



HEALTHY LIVING CENTERS

| April 2019 | | | | | | |
|------------|---|--|---|-----------------------------------|---|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 Mindfulness Based Stress Reduction (MBSR) 6pm | 2 The Upside of Downsizing your space 10:30-12pm | 3 Breastfeeding Support Group 10am -12pm | 4 | 5 Overeaters Anonymous 10am | 6 |
| 7 | 8 Mindfulness Based Stress Reduction (MBSR) 6pm | 9 The Upside of Downsizing your space 10:30-12pm | 10 Stem Cells 6-7:30pm | 11 Straight Talk 6pm | 12 | 13 |
| 14 | 15 Mindfulness Based Stress Reduction (MBSR) 6pm | 16 The Upside of Downsizing your space 10:30-12pm | 17 Breastfeeding Support Group 10am -12pm The Psychology of Diabetes with Medtronic 6pm | 18 Dream Building 6p | 19 Overeaters Anonymous 10am | 20 |
| 21 | 22 Mindfulness Based Stress Reduction (MBSR) 6pm | 23 5 Wishes 9-11am The Upside of Downsizing your space 11-12:30pm Nutrition for Optimal Wellness 5:30pm | 24 Battling the aging brain 9am Breastfeeding Support Group 10am -12pm | 25 Straight Talk 6pm | 26 Overeaters Anonymous 10am | 27 |
| 28 | 29 Mindfulness Based Stress Reduction (MBSR) 6pm | 30 | | | | |

ORMOND BEACH FAMILY YMCA HEALTHY LIVING CENTER
 500 Sterthaus Drive, Ormond Beach, FL 32174
 Call: 386.425.5210 | Visit: VFYMCA.ORG/HLC
TOGETHER WE CAN BUILD A BETTER US

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HEALTHY LIVING CENTERS

Breastfeeding Support Group

About: Support and encouragement for breastfeeding moms while also providing a chance to meet other moms with children of similar age. New mothers always welcomed!

Schedule: Weekly

Five Wishes

About: Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself.

Straight Talk

About: From Calvary Christian church families of loved ones addicted to drugs support group

The Psychology of Diabetes with Medtronic

About: Presented by Dr. Shelia Gupta.

Overeaters Anonymous Event: This is a Fellowship of individuals who through shared experience, strength and hope... are recovering from compulsive overeating. This meeting is open to young people too. For information contact: Victoria 386.441.2968 or victorianofi@aol.com

The Upside to Downsizing your space

About: Presented by Volusia Senior Learning. Come learn from an expert who can be your coach and mentor with the skills, knowledge and inspiration you need.

Nutrition for Optimal Wellness

About: Presented by Jayde, who is a certified PHD consultant and is based on A PARADIGM SHIFT ON NUTRITION FOR OPTIMAL WELLNESS

Battling the aging brain

About: Presented by Humana

Stem Cells

About: Presented by Neo Matrix Medical

Dream Building

About: Dream Builder is a proven system that can help people to turn their Dream into reality. Presented by Life coach De Luna

Mindfulness Based Stress Reduction (MBSR) Event: Join Teresa Rand to explore the practice and benefits of MBSR. Needed: mat to sit on, blanket, cushion or yoga blocks as needed for support. Class may be taken sitting on the floor or in a chair. Please arrive on time and plan to stay the full hour of class to avoid disruption of other participants.

For more information and registration please visit vfymca.org/hlc or call 386-425-5210

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