



HEALTHY LIVING CENTERS

March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Overeaters Anonymous 10am	2
3	4 Medicare 101 9:30am Mindfulness Based Stress Reduction (MBSR) 6pm	5	6 Tech 101 9am Breastfeeding Support Group 10am -12pm Hear Well, Live Well 12pm	7 Healthy Eating as We Age 10:30-12pm	8 Overeaters Anonymous 10am	9
10	11 Mindfulness Based Stress Reduction (MBSR) 6pm	12 Sugar Cravings and Why We Have Them 11am	13 Breastfeeding Support Group 10am -12pm	14 Healthy Eating as We Age 10:30-12pm Kids Yoga Ages 4-7 4:30-5 Ages 8-14 5-5:30 Straight Street 6pm	15 Overeaters Anonymous 10am	16
17	18 Medicare 101 9:30am Mindfulness Based Stress Reduction (MBSR) 6pm	19 Intro to Acupuncture 10:30am	20 Breastfeeding Support Group 10am -12pm Nutrition for Optimal Wellness 12-1pm Handling Sibling Rivalry 6:30-8:30pm	21 Healthy Eating as We Age 10:30-12pm Live Blood Analysis 12-5pm Ormond Beach Board Meeting 5:30pm	22 Overeaters Anonymous 10am	23
24	25 Mindfulness Based Stress Reduction (MBSR) 6pm	26 Budgeting and Savings 11am Corporate Board Meeting 5:30-7pm	27 Using technology to stay... 9am Breastfeeding Support Group 10am -12pm Dream Building 6pm	28 Healthy Eating as We Age 10:30-12pm Straight Street 6pm	29 Overeaters Anonymous 10am Angie Bee presents Friday's with the Tour 5pm-7pm	30 The Lego First Jr Club 1-2pm



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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!

Angie Bee presents Friday's with the TOUR

About: Join the group for an interactive monthly workshop featuring presenters, authors, videos, sharing and more!

Medicare 101

About: Presented by Sunshine Insurance

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.

Sugar Cravings and Why We Have Them

About: Presented by Stephanie Thibodeau

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

Dream Building

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

Kids Yoga

About: Ages 4-7 and 8-14. Lead by Jennifer Sullivan

Handling Sibling Rivalry

About: There is a difference between sibling rivalry and sibling conflict. Learn how to identify these two very different behaviors and how to correct them.

Intro to Acupuncture

About: Learn the benefits to acupuncture and physical therapy to help with pain relief

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

Budgeting and Savings

About: Presented by Fifth Third Bank

Healthy Eating as We Age

About: As you are seeing a lot of media coverage and hearing people talk about foods and diets that make you smarter, happier, more energetic and prevent disease? Enjoy and discover the facts so you can join the conversation as Stacey enthusiastically shares what she has learned over her 20+ years as a registered dietician. This 6-hour course will cover super foods that are very "trendy", new food labeling for 2020, myth busters about nutrition and questions you may have.

Straight Talk

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

Hear Well Live Well by:

About: Please join Board-Certified Audiologists, Atlantic Hearing & Balance, who will discuss the latest research and most innovative advances in hearing healthcare and answer any questions you may have about hearing loss. What is the relationship between aging, diabetes, dementia and hearing loss?

The Lego First Jr Club

About: **FIRST LEGO League Jr. (FLL Jr.)** is a non-competitive robotics program designed for children ages six to ten. It is one of the programs established by FIRST. FIRST LEGO League Jr. follows the same theme given to FIRST LEGO League. While FIRST LEGO League teams conduct research projects and design autonomous robots specifically to carry out missions relating to the topic, FIRST LEGO League Jr. teams conduct much smaller projects and makes models out of LEGO elements to illustrate one part of the theme.

Tech 101

About: Presented by Humana

Using Technology to Stay Connected

About: Presented by Humana

Live Blood Analysis

About: Nutritional Blood Analysis is a unique test that's done with a single drop of your blood placed under a high-powered microscope that is connected to a video monitor. A live picture of your blood is displayed revealing deficiencies such as B12 and Iron, as well as abnormalities that may be present such as yeast, parasites, uric acid crystals, aggregated red blood cells, fat plaque, and many other conditions that may affect your health.

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

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