



HEALTHY LIVING CENTERS

April 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Hear Well, Live Well 12pm Meditation to Inner Peace 3:30pm	4 Maximizing your iPhone and iPad 10:30-12pm Posture Screening Event 1-3pm	5	6
7	8 Brooks Rehab 11-4pm	9 Breastfeeding Support Group 10am-12pm	10 Partner with your Doctor 9am QPR Suicide Prevention 6pm	11 Maximizing your iPhone and iPad 10:30-12pm	12	13 Christian Wholeness and Wellness Retreat 9-12pm
14	15 Dr. Primrose Motivational Woman's Coach 6pm Home Safety 10am	16 Breastfeeding Support Group 10am-12pm Dream Building 6pm	17 Nutrition for Optimal Wellness 12-1pm Meditation to Inner Peace 3:30pm Conflict Resolution 6:30-8:30pm	18 Maximizing your iPhone and iPad 10:30-12pm	19 5 Wishes 10-12pm	20
21	22 Regions Bank 9am Board Meeting 5:30pm	23 Breastfeeding Support Group 10am-12pm	24 Battling the aging brain 9am	25 Maximizing your iPhone and iPad 10:30-12pm	26	27
28	29 Safe Kids 10am	30 Breastfeeding Support Group 10am-12pm Dementia Caregiver 2pm				

PORT ORANGE FAMILY YMCA HEALTHY LIVING CENTER
 4701 City Center Parkway, Port Orange, FL 32129
 Call: 386.425.5210 | Visit: VFYMCA.ORG/HLC
TOGETHER WE CAN BUILD A BETTER US

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HEALTHY LIVING CENTERS

Hear Well Live Well by:

About: Please join Board-Certified Audiologist, Dr. Stacy O'Brien from 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.

Topics we will review: What is the relationship between aging, diabetes, dementia and hearing loss? Learn why you need and deserve evidence-based hearing care. We will clear up all the confusion about hearing devices.

If you or a loved one is experiencing symptoms of hearing loss, do not miss this hearing and technology expo

5 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

QPR Suicide Prevention

About: Presented by Angel D. Vives III with SMA Healthcare

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

Conflict Resolution

About: Techniques for powerful conflict resolution and negotiating to a win-win situation for everyone.

Regions Bank

About: Presented by Regions Bank with a complimentary breakfast.

Home Safety

About: Presented by Cher F. Philio, MPA
Healthy Start Marketing & Education Director
Certified Child Passenger Safety Instructor with Halifax Health Healthy Communities.

Posture Screening Event

About: Presented by Dr. Jennifer DeMayo

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

Maximizing your iPhone and iPad

About: Presented by Volusia Senior Learning. This 4-week course will cover topics such as iPhone photography and sharing with family, using maps, navigating safari, cybersecurity using social media, and reading digital books. Bring your questions and your iPhone 6 or newer or an iPad or newer.

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

Collaborate with your doctor

About: Presented by Humana

Battling the aging brain

About: Presented by Humana

Christian Wholeness and Wellness Retreat

About: Topics include wellness dispositions, limitations, awareness, presence, journaling, balance, levity, leisure, the sanctity of rest, holistic spiritual reading, Christian conflict resolution principles, forgiveness, let go and let God, discernment, living the Serenity Prayer, redemptive suffering, and time and stress transformation principles and practices. We will contemplate little victories achieved and attainable in our communal journey to wholeness and peace amid brokenness. Presented by Karl Schultz

Dementia Caregiver

About: Don't miss this free special seminar for medical professionals, family members and friends caring for a loved one with dementia and people who may be experiencing signs of early-stage dementia.

Safe Kids

About: Presented by Steve Parris
Community Health and Outreach Supervisor
Safe Kids Volusia/Flagler Counties Coordinator with Halifax Health Healthy Communities.

Dr. Primrose Cameron Motivational Speaker-Facilitator-Empowerment Coach

About: Sisters Build and we P.U.S.H (pursuing underlying success and happiness) group talk—Women 18 years of age and older are invited to attend a conversation about the issues that matter most to women: self-esteem, parenting, relationships, etc. Please contact Dr. Primrose Cameron for details 386-235-5032 or contact@primrosecameron.com

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

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