



HEALTHY LIVING CENTERS

March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Budgeting and Savings 11am	5 Breastfeeding Support Group 10am-12pm	6 Sugar Blues 9am The Rise and Fall of Hollywood East 1-2:30pm	7	8	9
10	11 Dr. Primrose Motivational Woman's Coach 6pm	12 Breastfeeding Support Group 10am-12pm	13 Tech 101 1pm The Rise and Fall of Hollywood East 1-2:30pm Acid Reflux 5:30pm	14	15	16
17	18	19 Breastfeeding Support Group 10am-12pm	20 Sugar Blues 9am Meditation to Inner Peace 3:30pm The Rise and Fall of Hollywood East 1-2:30pm Diabetes and your family with Dr. Williams 6pm	21 Preferred Fitness by FHCP 10-12pm	22	23
24	25 Board Meeting 5:30pm	26 Breastfeeding Support Group 10am-12pm Live Blood Analysis 1-7pm	27 Using technology to stay connected 9am Hear Well, Live Well 12pm The Rise and Fall of Hollywood East 1-2:30pm	28	29	30
31						

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

Budgeting and Savings

About: Presented by Fifth Third Bank

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

The Rise and Fall of Hollywood East

About: From Florida to Hollywood to Hawaii and back; from above the line to below the line, from the area of film, the changing technology of the media and the arcane business, this class will examine what can go wrong and what sometimes, somehow, against all odds can go right.

Tech 101

About: Presented by Humana

Using technology to stay connected

About: Presented by Humana

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. 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'll clear up all the confusion about hearing devices. If you or a loved one is experiencing symptoms of hearing loss, don't miss this hearing and technology expo.

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

Preferred Fitness by FHCP

About: presented by Florida Health Care Plans

Acid Reflux

About: Tracy L. Anderson, Clinical Care Coordinator of the Daytona Reflux Center, will speak about LINX® Reflux Management System, a revolutionary solution for sufferers of chronic heartburn and acid reflux. LINX® is intended for patients diagnosed with Gastroesophageal Reflux Disease (GERD) as defined by abnormal pH testing and who are seeking an alternative to continuous acid suppression therapy.

Sugar Blues

About: The Sugar Blues workshop explores the effects of sugar on your body and how you can successfully overcome it. Participants will gain a greater understanding of why we crave sweets, how sugar decreases our energy, and the cycle of sugar addiction. They will learn how to identify the hidden refined sugar in common foods and explore tasty alternatives to stay sugar-free for life. Presented by certified health coach **François Michaud-Novak**

Meditation to Inner Peace

About: Enjoy a guided breathing meditation to help reduce your daily stress and anxiety and a short teaching on how to use meditation practice to live with more peace, compassion and wisdom

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

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