



# HEALTHY LIVING CENTERS

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10 Partner with your Doctor 9am	11	12	13
14	15	16	17 5 Wishes 10-12pm	18	19	20
21	22	23	24 Battling the aging brain 9am	25	26	27
28	29	30				

For more information regarding HLC events please contact our Community Health Outreach Director Mica Lill: mill@vfymca.org, or call (386)425-5210.



# HEALTHY LIVING CENTERS

## **Partner with your Doctor**

**About:** Presented by Humana

## **Battling the aging brain**

**About:** Presented by Humana

## **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.