



# HEALTHY LIVING CENTERS

May 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Breastfeeding Support Group 10am -12pm	2 Ready, Set, Travel-Let's Go 1-2:30pm	3 Overeaters Anonymous 10am	4
5 The Lego First Jr Club 1-2pm	6 Silver sneakers Open Enrollment 10-1pm Who's the face in the mirror 6pm	7	8 Healthy Brain 9am Breastfeeding Support Group 10am -12pm Acid Reflux 6pm	9 Ready, Set, Travel-Let's Go 1-2:30pm	10 Overeaters Anonymous 10am	11
12	13	14	15 Breastfeeding Support Group 10am -12pm Hear Well, Live Well 12pm	16 Ready, Set, Travel-Let's Go 1-2:30pm Kids Yoga Ages 4-7 4:30-5 Ages 8-14 5-5:30	17 Overeaters Anonymous 10am	18
19	20 CPR/AED First Aid 5:30-8:30pm	21	22 Staying Social: How to do it right 9am Breastfeeding Support Group 10am -12pm QPR Suicide Prevention 6pm	23 Intro to Acupuncture 10:30am Ready, Set, Travel-Let's Go 1-2:30pm	24 Overeaters Anonymous 10am	25
26	27	28 Who's the face in the mirror 11am	29 Breastfeeding Support Group 10am -12pm	30	31 Overeaters Anonymous 10am	

**ORMOND BEACH FAMILY YMCA HEALTHY LIVING CENTER**  
 500 Sterthaus Drive, Ormond Beach, FL 32174  
 Call: 386.425.5210 | Visit: [VFYMCA.ORG/HLC](http://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

### 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.

**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](mailto:victorianofi@aol.com)

### Ready, Set, Travel-Let's Go

**About:** Presented by Volusia Senior Learning. Learn how to pack your suitcase, pick the airline, train or cruise line that is right for your interests and budget.

### Who's the face in the mirror

**About:** Come join Astrologer/Author, Kelly Lowe for an enlightening and entertaining talk about you and your sun sign. Astrology is a tool that can enhance your life by providing insight and a unique perspective on the situation and challenges you deal with every day so that you can make conscious and positive choices in your life. It is an awareness tool that can help you better understand yourself and those around you.

### 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

### QPR Suicide Prevention

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

### Into to Acupuncture

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

### Kids Yoga

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

### Healthy Brain

**About:** Presented by Humana. Dementia and Alzheimer's disease can be scary, but there are things you can do to keep your brain healthy. Find out how staying active, being social, training your brain, and eating a healthy diet can help.

### Staying Social: How to do it right

**About:** Presented to Humana. It's important to stay social as you get older, but it isn't always easy. Learn about the benefits of staying connected to others and strategies to help you keep a healthy social life.

### Community CPR/AED/First Aid Certification

**About:** An American safety and health institute certification, this class will teach you the skills to perform lifesaving skills on an adult, child and infant.

Cost: \$20

Pre-registration is required. Contact [mlill@vfymca.org](mailto:mlill@vfymca.org)

For more information and registration please visit [vfymca.org/hlc](http://vfymca.org/hlc) or call 386-425-5210

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