



HEALTHY LIVING CENTERS

May 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Posture Screening Event 1-3pm	3	4
5	6	7 Room Reserved 9-9:30am Breastfeeding Support Group 10am-12pm	8 Healthy Brain 9am Meditation to Inner Peace 3:30pm	9 Room Reserved 9-9:30am Foster Family Care 6-7:30pm	10	11
12	13	14 Room Reserved 9-9:30am Breastfeeding Support Group 10am-12pm	15	16 Room Reserved 9-9:30am Posture Screening Event 1-3pm	17	18
19	20 Dr. Primrose Motivational Woman's Coach 6pm	21 Room Reserved 9-9:30am Breastfeeding Support Group 10am-12pm	22 Meditation to Inner Peace 3:30pm	23 Room Reserved 9-9:30am	24	25
26	27 Board Meeting 5:30pm	28 Room Reserved 9-9:30am Breastfeeding Support Group 10am-12pm	29	30 Room Reserved 9-9:30am	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

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

Posture Screening Event

About: Presented by Dr. Jennifer DeMayo

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

Foster Family Care

About: Presented by Douglas Taylor with Florida United Methodist Children's Home.

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

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

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

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