



HEALTHY LIVING CENTERS

May 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Intro to Acupuncture 10:30am	4
5	6	7	8 Healthy Brain 9am	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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



HEALTHY LIVING CENTERS

Into to Acupuncture

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

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.