



# HEALTHY LIVING CENTERS

August 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Kids Yoga Ages 5-12 5pm	2 Overeaters Anonymous 10am	3
4 MS group meeting	5	6	7 Breastfeeding Support Group 10am -12pm	8 Who says I'm too old to go back to work? 10:30-12pm Kids Yoga Ages 5-12 5pm	9 Overeaters Anonymous 10am	10
11	12 Intro to Mindfulness 6-7:15pm	13 Medicare for Baby Boomers 10am	14 Medicare 101 9am Breastfeeding Support Group 10am -12pm	15 Who says I'm too old to go back to work? 10:30-12pm Kids Yoga Ages 5-12 5pm	16 Overeaters Anonymous 10am	17
18	19 Intro to Mindfulness 6-7:15pm	20 Intro to Acupuncture 10:30am CPR/AED 5:30-8:30pm	21 Breastfeeding Support Group 10am -12pm	22 Who says I'm too old to go back to work? 10:30-12pm Kids Yoga Ages 5-12 5pm	23 Overeaters Anonymous 10am	24
25	26 Intro to Mindfulness 6-7:15pm	27 Social Security Strategies for Baby Boomers 6pm	28 Breastfeeding Support Group 10am -12pm	29 Who says I'm too old to go back to work? 10:30-12pm Kids Yoga Ages 5-12 5pm	30 Overeaters Anonymous 10am	31

**ORMOND BEACH FAMILY YMCA HEALTHY LIVING CENTER**

500 Sterthaus Drive, Ormond Beach, FL 32174  
 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

### **Medicare 101**

**About:** Presented by Humana

### **Social Security for Baby Boomers**

**About:** Presented by Jane Eddy, ChFC, CASL

### **Who says I'm too old to go back to work?**

**About:** Presented by Volusia Senior Learning. Make extra money with part or full time work. Learn how application process has changed. Recognize how to adapt these changes to your benefit and show your skills to the new job market. This is a paid class. Please contact Paula at 386-299-9169.

### **Community CPR/AED Certification**

**About:** An American safety and health institute certification, this 3 hour 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)

### **Into to Acupuncture**

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

### **Medicare for Baby Boomers**

**About:** Presented by Sunsure Insurance, Licensed agent for FHCP/Florida Blue.

### **Kids Yoga**

**About:** Ages 5-12. Lead by Jennifer Sullivan

### **Intro to Mindfulness**

**About:** You live in an exciting modern society—fast-paced, technological advances, at the peak of our ability to multi-task, 24/7 networking, non-stop information sharing—with the risk that you lose touch with yourself and with what matters most to you. If you reflect on the moments in your life where you were most happy, connected, alive, the common denominator is that there was in those moments a quality of presence, some degree of being here for the life that is happening. In this course you will learn a systematic and supportive way to take a pause to reconnect with what matters most to you. Mindfulness is a training to calm the mind and steady the heart. When the mind and body is relaxed and aware, and supported by skillful and focused attention, wisdom, clarity and kindness arise naturally. We will explore the landscape our body, mind and heart through practices that reveal the gifts of spaciousness, dignity, respect and kindness that are always available to us, no matter the circumstances. All are welcome, new and experienced

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

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