



HEALTHY LIVING CENTERS

March 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Christian Active Parenting 5:30pm-8pm	2	3
4	5 Michael Kane Natural Bodhi Wellness Meditation 6pm	6 Men's Celebrate Recovery 5:30-8pm	7 Breastfeeding Support Group 10am -12pm	8 Christian Active Parenting 5:30pm-8pm	9 Know the Law Teen Initiative Presented by One Voice for Volusia 9:45-11:15AM	10
11	12	13 Men's Celebrate Recovery 5:30-8pm	14 Breastfeeding Support Group 10am -12pm	15 Christian Active Parenting 5:30pm-8pm	16	17
18	19 KT taping with Palmer 6pm	20 Community CPR/AED Certification \$20 <i>*Pre-registration required</i> 5:30pm-8:30pm	21 Breastfeeding Support Group 10am -12pm Managing Alzheimer's and Dementia Behaviors 2:30pm Brooks Rehab Presents: plantar fasciitis 6pm-7pm	22 Christian Active Parenting 5:30pm-8pm	23	24
25	26 Foam Rolling 101 6:15pm	27 Men's Celebrate Recovery 5:30-8pm	28 Breastfeeding Support Group 10am -12pm	29 Angie Bee presents Tuesday's with the Tour 4pm-6pm Christian Active Parenting 6-8pm	30	31
Notes: For more information on each event, please flip calendar.						

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

HEALTHY LIVING CENTERS ARE SPONSORED BY:





HEALTHY LIVING CENTERS

Angie Bee presents Tuesdays with the TOUR

About: Join the group for an interactive monthly workshop featuring presenters, authors, videos, sharing and more!

Know the Law

March 9th

"Know the Law" is an educational workshop by One Voice for Volusia that is geared towards middle and high school students. This presentation provides updated statutes on Bullying, Battery, Human Trafficking, Synthetics, Baker Act/Mental Health, Computer Crimes and Gangs which in turn empowers our youth to create safe environments.

Brooks Rehab Presents: Plantar Fasciitis

March 21st:

Do you have Plantar Fasciitis?

- Do you have heel pain first thing in the morning?
- Are daily activities of walking, running or standing becoming uncomfortable or even impossible?

If your pain isn't improving, or if you want to learn how to prevent this painful condition, please attend this free community event with: Podiatrist, Dr. Hillaree Milliron, DPM from Atlantic Foot & Ankle and Physical Therapist, Dr. Ashley Perry, PT, DPT, MTC from Halifax Health | Brooks Rehabilitation

Christian Active Parenting:

Every Thursday

Six-week Faith based parenting class. Registration is required. Please contact Pamj@calvaryfl.com for more information.

Managing Alzheimer's and Dementia

March 21st

Don't miss this free special seminar for medical professionals, family members and friends caring for a loved one with dementia and people who may be experiencing signs of early-stage dementia.

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

Foam Rolling 101

March 26th:

Self-myofascial release, also known as "foam rolling," has transformed from a once mysterious technique used only by professional athletes, coaches, and therapists to a familiar everyday practice for people at all levels of fitness. Recent information, technology, and affordable products have introduced an increasing array of training and recovery methods to the average person. Bring your foam roller and/or Lacrosse ball if you have one!

Meditation with Michael Kane

March 5th:

Through this practice you can reduce stress, confusion, develop inner calm and more. The result is the ability to become more fully present with each moment of daily life, more comfortable in our bodies and to develop a compassionate understanding of how we relate to ourselves and others.

KT TAPING

March 19th:

Free KT taping in your problem areas! We will show you how to apply!

It is believed that when applied correctly, KT Tape lifts the skin, decompressing the layers of fascia, allowing for greater movement of lymphatic fluid which transports white blood cells throughout the body and removes waste products, cellular debris, and bacteria.

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

Healthy Living Centers are sponsored by:

