



HEALTHY LIVING CENTERS

April 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Healthy Meal Prep 101 6pm Navy 3:30-5:30pm	5 T.O.P.S Support Group 6:15-8:00pm Girl Scout Group 5pm	6 One Love Ministry Bible Study 5-7pm	7 Autism Support Group 12:00pm-2:00pm
8	9 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	10	11 Girl Scout Group 6-7pm	12 T.O.P.S Support Group 6:15-8:00pm	13 One Love Ministry Bible Study 5-7pm	14
15	16 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	17 Five wishes presented by Halifax Hospice 10am	18 Girl Scout Group 6-7pm	19 T.O.P.S Support Group 6:15-8:00pm	20 One Love Ministry Bible Study 5-7pm	21
22	23 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	24	25 Girl Scout Group 6-7pm	26 T.O.P.S Support Group 6:15-8:00pm Community CPR/AED Certification \$20 <i>*Pre-registration required</i> 9am-5pm	27 One Love Ministry Bible Study 5-7pm	28
29	30 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm					

FOUR TOWNES FAMILY YMCA HEALTHY LIVING CENTER
 280 Wolf Pack Run, Deltona, FL 32725
 Call: 386.425.5210 | Visit: VFYMCA.ORG/HLC
TOGETHER WE CAN BUILD A BETTER US

HEALTHY LIVING CENTERS ARE SPONSORED BY:



HEALTHY LIVING CENTERS

Community CPR/AED Certification

About: An American Safety and Health Institute certification, this 4-hour class will teach you the skills to perform lifesaving skills on an adult, child and infant.

Cost: \$20

Pre-registration required

Morning Bible Study

About: We will be exploring the Gospel of John as our first study. Participants need to bring a bible. Each class will begin and end with prayer. All are welcome! Taught by Rev. Susan McCaffery.

Daisies- Girl Scout Group

About: Join our group as we develop skills to build confidence, courage, and character to make the world a better place! The girls will do activities that teach them how to use their resources wisely, crafts that help the girls use their imagination and creativity all in a positive atmosphere. Girls ages 6-7 are welcome to join. Please contact Beth Nienstedt -Smith beth9stedt@gmail.com.

Healthy Meal Prep 101:

Join Jennifer for a lesson in how to prepare healthy meals on a low budget! You won't want to miss this class!

Navy

About: Join us for a future sailor meeting what we call DEP (delayed entry program), where we prepare future sailors for what to expect at boot camp.

Five wishes

About: Changing the way we talk about care at the end of life. Five wishes is the first living will that talks about your personal, emotional and spiritual needs as well as medical wishes.

Girl Scout Troop 1270

About: Of the Citrus Council Girl Scouts. We provide educational activities that can be anything from fun crafts to confidence and skill building games. Our goal is to give the girls of our community the chance to realize their full potential, help develop values to guide their actions and provide a solid foundation for sound decision making.

Ages: 6-8

Contact: Louisa Whiting at louisawhiting@gmail.com

T.O.P.S. - Taking Off Pounds Sensibly

About: TOPS is a not for profit weight loss support group that meets weekly. Gain support, get weighed, celebrates losses and milestones, and join others to help you achieve your goal weight

Cost: Small fee for membership; first meeting free, all fees associated with T.O.P.S; not a YMCA program

Schedule: Weekly, every Thursday

Autism Support Group

About: This is an opportunity for parents and caregivers to meet together and receive support for caring for loved one with Autism. This month's group will focus on challenging behaviors. We will have Applied Behavior Analysts ready to give tips and answer questions. Licensed COTAs and volunteers will also be available for childcare. Please notify if childcare will be needed.

One Love Ministry Bible Study

About: This group is designed to learn strategies on how to combat the enemy and rightfully claim the victory in Jesus name. For more info on how to register please visit <https://calvaryfl.com> To learn more about OLM please visit www.onelovemissions.com

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

Healthy Living Centers are sponsored by:

