



HEALTHY LIVING CENTERS

August 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Silhouette Cameo Crafting Group 6:00-8:00 pm	2	3 T.O.P.S Support Group 6:15-8:00pm	4	5 Autism Support Group 12:00pm-2:00pm
6	7 Morning Bible Study 10:30am	8 Girl Scouts 6:30pm	9	10 T.O.P.S Support Group 6:15-8:00pm	11	12
13	14 Morning Bible Study 10:30am	15 Girl Scouts 6:30pm	16	17 T.O.P.S Support Group 6:15-8:00pm	18	19
20	21 Morning Bible Study 10:30am	22 Girl Scouts 6:30pm	23	24 Lunch and Learn: How to Reduce Stress 1:30 pm <i>*Pre-registration required</i> T.O.P.S Support Group 6:15-8:00pm	25 New Beginnings 4:00 pm	26
27	28 Morning Bible Study 10:30am Echocardiogram Screenings By appointment; see back for details 1pm-2pm	29 Girl Scouts 6:30pm	30	31 T.O.P.S Support Group 6:15-8:00pm	Notes:	

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

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HEALTHY LIVING CENTERS

Lunch and Learn: How to Reduce Stress

About: Come enjoy a healthy lunch with Integrative Physical Medicine as they teach us ways to reduce stress.

Cost: FREE

Please pre-register.

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.

Girl Scout Troop 918

About: Join the Girl Scout troop 918 and learn life skills by earning badges, making friends and lasting memories! For more information on how to join, show up or email Erin Miller @ girlscouttroop918@yahoo.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

New Beginnings

About: Pastor Rox-Anne Grant will be speaking and facilitating small groups discussing food wisdom, detoxing, rest and relaxation. Come join us for an afternoon improving your well-being!

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

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

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