



HEALTHY LIVING CENTERS

February 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 T.O.P.S Support Group 6:15-8:00pm	2 One Love Ministry Bible Study 5-7pm	3 Autism Support Group 12:00pm-2:00pm
4	5 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	6	7 Girl Scout Group 6-7pm	8 T.O.P.S Support Group 6:15-8:00pm	9 One Love Ministry Bible Study 5-7pm	10
11	12 Morning Bible Study 10:00am Echocardiogram Screenings By appointment; see back for details 3-4pm Daisies Girl Scout Group 6-7:30pm	13	14 Girl Scout Group 6-7pm	15 T.O.P.S Support Group 6:15-8:00pm	16 One Love Ministry Bible Study 5-7pm	17
18	19 Morning Bible Study 10:00am LOVE YOUR HEART DAY 8-10am & 11am-1pm Daisies Girl Scout Group 6-7:30pm	20 Community CPR/AED Certification \$20 *Pre-registration required 5:30pm-8:30pm	21 Girl Scout Group 6-7pm	22 T.O.P.S Support Group 6:15-8:00pm	23 One Love Ministry Bible Study 5-7pm	24
25	26 Morning Bible Study 10:00am Echocardiogram Screenings By appointment; see back for details 3-4pm Daisies Girl Scout Group 6-7:30pm	27	28 Girl Scout Group 6-7pm			

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

Love Your Heart Day:

About: February is heart month! Stop by the Healthy Living Center to learn how to protect this vital organ of ours, get some heart healthy snacks, and even get your blood pressure checked! *Participants throughout the day will be entered into a drawing for a hearty giveaway!*

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.

One Love Ministry Bible Study

About: A time of prayer for our community, families, and friends. Join us for a new book reading each month.

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 email: 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.

Echocardiogram Screenings

About: Presented by Rx Ultrasound Resources, these 15-minute screenings could save your life! All ages welcomed, no insurance required, results are mailed to you within 10 days.

Cost: Starting at \$50

SCHEDULE APPOINTMENTS @

rxultrasoundresources.com or call (407) 947-7547

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

Healthy Living Centers are sponsored by:

