



# HEALTHY LIVING CENTERS

| January 2018 |   |  |  |  |           |  |
|--------------|---|--|--|--|-----------|--|
| Sun          | Mon   | Tue  | Wed                                    | Thu  | Fri       | Sat  |
|              | <b>1</b><br>Morning Bible Study<br>10:00am<br>Daisies Girl Scout Group<br>6-7:30pm  | <b>2</b>   | <b>3</b><br>Girl Scout Group<br>6-7pm  | <b>4</b><br>T.O.P.S<br>Support Group<br>6:15-8:00pm  | <b>5</b>  | <b>6</b><br>Autism Support Group<br>12:00pm-2:00pm |
| <b>7</b>     | <b>8</b><br>Morning Bible Study<br>10:00am<br>Daisies Girl Scout Group<br>6-7:30pm  | <b>9</b>   | <b>10</b><br>Girl Scout Group<br>6-7pm | <b>11</b><br>T.O.P.S<br>Support Group<br>6:15-8:00pm | <b>12</b> | <b>13</b>  |
| <b>14</b>    | <b>15</b><br>Morning Bible Study<br>10:00am<br>Daisies Girl Scout Group<br>6-7:30pm | <b>16</b>  | <b>17</b><br>Girl Scout Group<br>6-7pm | <b>18</b><br>T.O.P.S<br>Support Group<br>6:15-8:00pm | <b>19</b> | <b>20</b>  |
| <b>21</b>    | <b>22</b><br>Morning Bible Study<br>10:00am<br>Daisies Girl Scout Group<br>6-7:30pm | <b>23</b><br>Halifax Health<br>Presents:<br>Hips, Shoulders,<br>Knees and Woes!<br>4-6pm | <b>24</b><br>Girl Scout Group<br>6-7pm | <b>25</b><br>T.O.P.S<br>Support Group<br>6:15-8:00pm | <b>26</b> | <b>27</b>  |
| <b>28</b>    | <b>29</b><br>Morning Bible Study<br>10:00am<br>Daisies Girl Scout Group<br>6-7:30pm | <b>30</b>  | <b>31</b><br>Girl Scout Group<br>6-7pm |  |           |  |
|              | <b>Notes:</b>   |  |  |  |           |  |





## HEALTHY LIVING CENTERS

### **Halifax Health Presents: Hips, Shoulders, Knees and Woes!**

**About:** Want to get back to doing the things you love, but hip pain is slowing you down? Learn from Halifax Health's Dr. Todd McCall, a board certified orthopedic surgeon with special interests and training in orthopedic trauma, complex fracture management, non-unions, and total hip replacement. He will be presenting on hip pain and other medical issues regarding the hip, symptoms that may point towards time for surgery and what to expect pre and post-surgery and the recovery process.

- A light meal will be included with the event.
- Please RSVP by calling Ashley Wohlford (386) 566-7589 or email [ashley.wohlford@halifax.org](mailto:ashley.wohlford@halifax.org)

### **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](mailto:beth9stedt@gmail.com).

### **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](mailto: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.

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

Healthy Living Centers are sponsored by:

