



# HEALTHY LIVING CENTERS

May 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Navy 3:30-5:50pm Girl Scout Group 6-7pm	3 Healthy Nutrient Tips For Families 6-7PM	4	5 Autism Support Group 12:00pm-2:00pm
6	7 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	8	9 Girl Scout Group 6-7pm	10 T.O.P.S Support Group 6:15-8:00pm	11	12
13	14 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	15	16 Girl Scout Group 6-7pm  Decoding Nutrient Labels 12-1pm	17 T.O.P.S Support Group 6:15-8:00pm	18	19
20	21 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	22	23 Girl Scout Group 6-7pm	24 T.O.P.S Support Group 6:15-8:00pm	25	26
27	28 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	29	30 Community CPR/AED Certification \$20 <i>*Pre-registration required</i> 5:30pm-8:30pm  Hear Well Live Well, Hearing & Balance, Lunch & Learn RSVP 12pm	31 T.O.P.S Support Group 6:15-8:00pm		

**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

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

### Hear Well Live Well By:

**About:** Dr. Stacy O'Brien from Atlantic Hearing & Balance, Lunch & Learn RSVP

The month of May is better hearing month, so please join Board-Certified Audiologist, Dr. Stacy O'Brien from Atlantic Hearing & Balance, who will discuss the latest research and most innovative advances in hearing healthcare and answer any questions you may have about hearing loss.

Topics we will review:

What is the relationship between aging, diabetes, dementia and hearing loss? Learn why you need and deserve evidence-based hearing care. We'll clear up all the confusion about hearing devices.

If you or a loved one is experiencing symptoms of hearing loss, don't miss this hearing and technology expo.

### Navy

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

### 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.

### Decoding Nutrient Labels

**About:** Nutrition Facts" aren't as straightforward as they seem. Some numbers and ingredients can be confusing and even deceptive. Bring your questions and let MATTHEW O'MALIA, MS, ACSM-CES-EIM3 guide you to correctly reading labels.

### Healthy Nutrient Tips for Families

**About:** presented by DSC Nursing students on Promoting healthy nutrition in children. How to make eating healthy fun for kids, tips on picky eaters, etc.

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

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