



HEALTHY LIVING CENTERS

November 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 T.O.P.S Support Group 6:15-8:00pm	3	4 Autism Support Group 12:00pm-2:00pm
5	6 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	7	8	9 T.O.P.S Support Group 6:15-8:00pm	10	11
12	13 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	14 Community CPR/AED Certification \$20 <i>*Pre-registration required</i> 5:30pm-8:30pm	15 How to Protect Your Benefits 10:30am	16 T.O.P.S Support Group 6:15-8:00pm	17	18
19	20 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	21	22	23 T.O.P.S Support Group 6:15-8:00pm	24	25
26	27 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	28	29	30 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

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

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.

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.

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

How to Protect Your Benefits

About: Community Legal Services of Mid-Florida present an informational session on how to protect yourself against being wrongfully denied benefits such as social security, Medicaid, veterans services, etc. A Q and A will follow the discussion so bring any questions you may have on the topic.

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

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

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