



# HEALTHY LIVING CENTERS

October 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Morning Bible Study 10:00am	3 Girl Scouts 6:30pm	4	5 T.O.P.S Support Group 6:15-8:00pm	6	7 Autism Support Group 12:00pm-2:00pm
8	9 Morning Bible Study 10:00am	10	11	12 T.O.P.S Support Group 6:15-8:00pm	13	14
15	16 Morning Bible Study 10:00am	17 Dementia Caregiver Seminar 10 am-12 pm *RSVP* Girl Scouts 6:30pm	18	19 Dental Health w/ DSC Students 11am-12pm T.O.P.S Support Group 6:15-8:00pm	20	21
22	23 Morning Bible Study 10:00am	24	25	26 T.O.P.S Support Group 6:15-8:00pm	27	28
29	30 Morning Bible Study 10:00am	31 Girl Scouts 6:30pm	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.

### **Dementia Caregiver Seminar**

**About:** Join Gary Joseph LeBlanc for an extremely valuable and informative seminar about coping with the everyday challenges and emotional struggles of caring for the memory impaired. This is a free seminar for medical professionals, family members and friends caring for a loved one with dementia and/or people who may be experiencing the early stages. **Space is limited. Please RSVP at membership or through the HLC (386) 425-5210.**

### **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

### **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](mailto:girlscouttroop918@yahoo.com)

### **Dental Health w/ DSC Students**

**About:** Daytona State College Dental Hygiene students will be discussing ways to maintain proper oral health. Find out about low-cost cleanings, proper brushing methods and denture care, and the importance of oral cancer screenings. Free samples will be given while supplies last!

**Cost:** Free

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

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