



HEALTHY LIVING CENTERS

| April 2018 | | | | | | |
|------------|---------------------------------------|---|--|-----|---|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 | 3 Community CPR/AED Certification \$20 <i>*Pre-registration required</i> 5:30pm-8:30pm Five wishes Halifax Hospice 10am | 4 | 5 | 6 TAG Group 2 (CARD) 6:30pm-8:00pm | 7 |
| 8 | 9 MOMS Club® of DeLand 10am | 10 Essential Oils Oils of Ancient Scripture 10am | 11 Brownies Troop 3:30pm Girl Scouts 6:00pm | 12 | 13 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 1 (CARD) 6:30pm-8:00pm | 14 |
| 15 | 16 | 17 | 18 Dr. Primrose Cameron Motivational Speaker-Facilitator-Empowerment Coach 6PM | 19 | 20 TAG Group 2 (CARD) 6:30pm-8:00pm | 21 |
| 22 | 23 | 24 Fifth Third Bank Know your financial health 6pm | 25 Brownies Troop 3:30pm Girl Scouts 6:00pm | 26 | 27 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 1 (CARD) 6:30pm-8:00pm | 28 |
| 29 | 30 | | | | | |



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Essential Oils: Oils of Ancient Scripture

About: Join Young Living Expert, Carla Gibson, to discuss how essential oils can help make this a successful year. Use oils as a tool to make each day a little brighter!

MOMS Club® of Deland

About: Moms Offering Moms Support® is support group whose focus is to enrich the lives of stay at home moms, including those who have home-based businesses or work part-time. We believe that making the choice to stay home with your children shouldn't have to isolate you, so we provide the opportunity for moms in our area to meet one another through a large variety of fun, child-friendly activities throughout each month! Our calendar boasts a variety of daily activities to appeal to moms and children of all ages. Join us to add fun and encouragement to your life.

Cost: Yearly dues at \$25 (payable to group, not YMCA affiliated)

Schedule: First Monday of every month at 9:30AM

Questions? Email momsclubdeland@gmail.com or go to <http://www.momsclubofdeland.org>

Ladies Only Bible Study Group

About: Different topics each month will be presented by Hannah Hoffman. This group is open to women of any age and welcome all denominations.

Dr. Primrose Cameron Motivational Speaker-Facilitator-Empowerment Coach

About: Sisters Build and we P.U.S.H (pursuing underlying success and happiness) group talk— Women 18 years of age and older are invited to attend a conversation about the issues that matter most to women: self-esteem, parenting, relationships, etc. Please contact Dr. Primrose Cameron for details 386-235-5032 or contact@primrosecameron.com

Girl Scout Troop 1400

About: Join the Girl Scout troop 1400 and learn life skills by earning badges, making friends and lasting memories! Meets second Wednesday of each month.

For more information on how to join email Ginger Barnhart at plaidhatgirl@gmail.com

Brownies Troop: Be a part of Troop 1398 as they unleash her inner G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™ through a collection of engaging, challenging, and fun activities; like earning badges, going on awesome trips, selling cookies, exploring science, getting outdoors, and doing community service projects.

Ages: 7 and 8

Teen Asperger's Group (TAG)

About: This program is provided by PALS to support the individuals registered with the UCF Center for Autism and Related Disabilities. For more information, please contact Yasmine at 407-823-6020 or visit www.pals-ucfcard.org.

Five wishes

About: Changing the way we talk about care at the end of life. Five wishes is the first living will that talks about your personal, emotional and spiritual needs as well as medical wishes.

Fifth Third Bank Know your financial health

About: Financial Empowerment Program that helps you understand how important your financial health is.

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

Healthy Living Centers are sponsored by:

