



# HEALTHY LIVING CENTERS

February 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 TAG Group 1 (CARD) 6:30pm-8:00pm	3
4	5 MOMS Club® of Deland 10am	6 Diffuse Your Situation w/ Essential Oils 10am	7 Brownies Troop 3:30pm Girl Scouts 6:00pm	8	9 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 2 (CARD) 6:30pm-8:00pm	10
11	12 Echocardiogram Screenings By appointment; see back for details 1:30-3pm	13	14	15	16 TAG Group 1 (CARD) 6:30pm-8:00pm	17
18	19	20	21 Brownies Troop 3:30pm Girl Scouts 6:00pm	22	23 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 2 (CARD) 6:30pm-8:00pm	24
25	26 Echocardiogram Screenings By appointment; see back for details 1:30-3pm	27 LOVE YOUR HEART DAY 9am-12pm & 4-6pm	28			
	<b>Notes:</b>					



## HEALTHY LIVING CENTERS

**Love Your Heart Day:** February is heart month! Stop by the Healthy Living Center to learn how to protect this vital organ of ours, get some heart healthy snacks, and even get your blood pressure checked! *Participants throughout the day will be entered into a drawing for a hearty giveaway!*

### Diffuse Your Situation

**About:** Find yourself needing to take a breather from life's daily challenges? Join Young Living Expert, Carla Gibson, to discuss how specific essential oils can help you do just that!

### 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](mailto: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.

### 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](mailto: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](http://www.pals-ucfcard.org).

### Echocardiogram Screenings

**About:** Presented by Rx Ultrasound Resources, these 15-minute screenings could save your life! All ages welcomed, no insurance required, results are mailed to you within 10 days.

**Cost:** Starting at \$50

### SCHEDULE APPOINTMENTS @

[rxultrasoundresources.com](http://rxultrasoundresources.com) or call (407) 947-7547

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:

