



# HEALTHY LIVING CENTERS

January 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 TAG Group 1 (CARD) 6:30pm-8:00pm	6
7	8 MOMS Club® of Deland 10am	9	10 Brownies Troop 3:30pm Girl Scouts 6:00pm	11	12 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 2 (CARD) 6:30pm-8:00pm	13
14	15	16	17 New Year, New You w/ Essential Oils 10am	18	19 TAG Group 1 (CARD) 6:30pm-8:00pm	20
21	22	23	24 Brownies Troop 3:30pm Girl Scouts 6:00pm	25	26 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 2 (CARD) 6:30pm-8:00pm	27
28	29	30	31			
	<b>Notes:</b>					



## HEALTHY LIVING CENTERS

### **New Year, New You w/ Essential Oils**

**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](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).

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

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