



# HEALTHY LIVING CENTERS

May 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Ask Dr. Duff TAG(CARD) 5-7pm	2	3	4 TAG Group 2 (CARD) 6:30pm-8:00pm	5 TAG(CARD) 10am-2pm
6	7 MOMS Club® of DeLand 10am	8 Master Swim Coaches 3:30-4:30PM  Essential Oils Oils of Ancient Scripture 10am	9 Brownies Troop 3:30pm Girl Scouts 6:00pm Hear Well Live Well, Hearing & Balance, Lunch & Learn RSVP 12pm	10	11 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 1 (CARD) 6:30pm-8:00pm	12
13	14 Decoding Nutrient Labels 9-10am	15 Ask Dr. Duff TAG(CARD) 5-7pm	16	17	18 TAG Group 2 (CARD) 6:30pm-8:00pm	19 Day Camp Training All Day
20 Day Camp Training All Day	21	22	23 Brownies Troop 3:30pm Girl Scouts 6:00pm	24	25 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 1 (CARD) 6:30pm-8:00pm	26
27	28	29	30	31		
	<b>Notes:</b>					



## HEALTHY LIVING CENTERS

### 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.

### Hear Well Live Well By:

**About:** Dr. Stacy O'Brien from Atlantic Hearing & Balance, Lunch & Learn RSVP

The month of May is better hearing month, so please join Board-Certified Audiologist, Dr. Stacy O'Brien from Atlantic Hearing & Balance, who will discuss the latest research and most innovative advances in hearing healthcare and answer any questions you may have about hearing loss.

Topics we will review:

What is the relationship between aging, diabetes, dementia and hearing loss? Learn why you need and deserve evidence-based hearing care. We'll clear up all the confusion about hearing devices.

If you or a loved one is experiencing symptoms of hearing loss, don't miss this hearing and technology expo.

### 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).

### Decoding Nutrient Labels

**About:** Nutrition Facts" aren't as straightforward as they seem. Some numbers and ingredients can be confusing and even deceptive. Bring your questions and let MATTHEW O'MALIA, MS, ACSM-CES-EIM3 guide you to correctly reading labels.

### 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!

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

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