



# HEALTHY LIVING CENTERS

August 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Ladies Only Bible Study Group 8:45 am-10:15 am	5 More than Words Program (Closed class, see back for details) 9:30a - 11:30a
6	7 MOMS Club® of Deland 10am	8	9 Girl Scouts 6:00pm	10	11	12 More than Words Program (Closed class, see back for details) 9:30a - 11:30a
13	14	15	16	17	18 Ladies Only Bible Study Group 8:45 am-10:15 am	19 More than Words Program (Closed class, see back for details) 9:30a - 11:30a
20	21 Echocardiogram Screenings By appointment; see back for details 1pm-2pm	22 Lunch and Learn: How to Reduce Stress 1:30 pm <i>*Pre-registration required</i>	23 Girl Scouts 6:00pm	24	25 TAG Group 1 (CARD) 6:30pm-8:00pm	26 More than Words Program (Closed class, see back for details) 9:30a - 11:30a
27	28	29	30	31	Notes:	

**DELAND FAMILY YMCA HEALTHY LIVING CENTER**  
 761 E International Speedway Boulevard, DeLand, FL 32724  
 Call: 386.425.5210 | Visit: VFYMCA.ORG/HLC  
**TOGETHER WE CAN BUILD A BETTER US**

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## 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 10AM

**Questions?** Email [momsclubdeland@gmail.com](mailto:momsclubdeland@gmail.com) or go to <http://www.momsclubofdeland.org>

### **More than Words Program**

**About:** This program is presented by UCF center for Autism and related disorders. The class is currently closed for enrollment. If you would like to learn more, please call Lisa at 407-823-6011.

### **Girl Scout Troop 1400**

**About:** Join the Girl Scout troop 1400 and learn life skills by earning badges, making friends and lasting memories! For more information on how to join, show up or email Ginger Barnhart at [plaidhatgirl@gmail.com](mailto:plaidhatgirl@gmail.com)

### **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).

### **Lunch and Learn: How to Reduce Stress**

**About:** Come enjoy a healthy lunch with Integrative Physical Medicine as they teach us ways to reduce stress.

**Cost:** FREE

**Please pre-register.**

### **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.

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

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