



HEALTHY LIVING CENTERS

December 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 2 (CARD) 6:30pm-8:00pm	2
3	4 MOMS Club® of Deland 10am	5 Affordable Gifts with Essential Oils 10am Community CPR/AED Certification \$20 *Pre-registration required 5:30pm-8:30pm	6 Behavior Basics 2 (CARD) 6:30pm-8:00pm	7	8 TAG Group 1 (CARD) 6:30pm-8:00pm	9
10	11	12	13 Brownies Troop 3:30pm Girl Scouts 6:00pm	14	15 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 2 (CARD) 6:30pm-8:00pm	16
17	18	19	20	21	22	23
24	25	26	27 Brownies Troop 3:30pm Girl Scouts 6:00pm	28	29 Ladies Only Bible Study Group 8:45 am-10:15 am	30
31	Notes:					



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Ask the Expert

About: Experts in their field come to share their knowledge and offer helpful tips to the community.

Schedule:

- **Affordable Gifts with Essential Oils:** Want to make something unique and inexpensive for a loved one this holiday season? This month Young Living Expert, Carla Gibson, will be demonstrating how to make affordable gifts with essential oils.

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>

Behavior Basics:

- **Part 2 (CARD):** Will review participants' part 1 home assignment and present how to look at problem behaviors from a functional, behavioral perspective using principles of ABA (Applied Behavior Analysis).

**This is a 2-part training series. You must have attended Behavior Basics I in order to attend this training.*

<https://www.eventbrite.com/e/2067-volusia-behavior-basics-ii-tickets-36523541897>

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.

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.

Community CPR/AED Certification

About: An American Safety and Health Institute certification, this 4 hour class will teach you the skills to perform lifesaving skills on an adult, child and infant.

Cost: \$20

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

Healthy Living Centers are sponsored by:

