



HEALTHY LIVING CENTERS

October 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 MOMS Club® of Deland 10am	3	4 Girl Scouts 6:00pm	5	6 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 1 (CARD) 6:30pm-8:00pm	7
8	9	10 DIY with Essential Oils <i>*pre-registration encouraged</i> 10am	11	12 Dental Health w/ DSC Students 11am-12pm	13 TAG Group 2 (CARD) 6:30pm-8:00pm	14
15	16	17	18 Connect Hearing Screening 10am-12pm Girl Scouts 6:00pm	19 Know Your Numbers Event 8am – 12pm	20 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 1 (CARD) 6:30pm-8:00pm	21
22	23	24	25	26	27 TAG Group 2 (CARD) 6:30pm-8:00pm	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: a support group designed to focus on enriching 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!

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>

Ask the Expert

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

Schedule:

- **DIY with Essential Oils:** Learn how to eliminate toxic chemicals from your daily routine and save money too! Presented by Young Living Expert, Carla Gibson. Samples will be given; pre-registration encouraged.

Connect Hearing Screening

About: Audiologist Greg Freeman will offer free hearing screenings to check for potential hearing loss/damage, check for wax blockages, and answer common questions about maintaining healthy ears. Walk-ins welcome! Takes only 5-10 minutes.

Cost: Free

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.

Know Your Numbers Event

About: Presented by Daytona State College Nursing Students. Come and have your BP, vision, height, weight, BMI, pulse oximetry, checked.

Cost: Free

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

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.

Dental Health w/ DSC Students

About: Daytona State College Dental Hygiene students will be discussing ways to maintain proper oral health. Find out about low-cost cleanings, proper brushing methods and denture care, and the importance of oral cancer screenings. Free samples will be given while supplies last!

Cost: Free

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

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