



HEALTHY LIVING CENTERS

June 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Autism Support Group 12:00pm-2:00pm
3	4 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	5	6 Girl Scout Group 6-7pm	7 T.O.P.S Support Group 6:15-8:00pm	8	9
10	11 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	12	13 Girl Scout Group 6-7pm	14 T.O.P.S Support Group 6:15-8:00pm	15	16
17	18 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm Decoding Nutrient Labels 11:30am	19	20 Girl Scout Group 6-7pm	21 T.O.P.S Support Group 6:15-8:00pm	22	23
24	25 Morning Bible Study 10:00am Daisies Girl Scout Group 6-7:30pm	26	27 Girl Scout Group 6-7pm Hear Well Live Well, Hearing & Balance, Light Snacks provided Please RSVP 12pm	28 T.O.P.S Support Group 6:15-8:00pm	29	30

FOUR TOWNES FAMILY YMCA HEALTHY LIVING CENTER
 280 Wolf Pack Run, Deltona, FL 32725
 Call: 386.425.5210 | Visit: VFYMCA.ORG/HLC
TOGETHER WE CAN BUILD A BETTER US

HEALTHY LIVING CENTERS ARE SPONSORED BY:
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HEALTHY LIVING CENTERS

Morning Bible Study

About: We will be exploring the Gospel of John as our first study. Participants need to bring a bible. Each class will begin and end with prayer. All are welcome! Taught by Rev. Susan McCaffery

Daisies- Girl Scout Group

About: Join our group as we develop skills to build confidence, courage, and character to make the world a better place! The girls will do activities that teach them how to use their resources wisely; crafts that help the girls use their imagination and creativity all in a positive atmosphere. Girls ages 6-7 are welcome to join. Please contact Beth Nienstedt -Smith beth9stedt@gmail.com.

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.

Hear Well Live Well

About: Dr. Stacy O'Brien from Atlantic Hearing & Balance. Please RSVP and 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 1270

About: Of the Citrus Council Girl Scouts. We provide educational activities that can be anything from fun crafts to confidence and skill building games. Our goal is to give the girls of our community the chance to realize their full potential, help develop values to guide their actions and provide a solid foundation for sound decision making.

Ages: 6-8

Contact: Louisa Whiting email: louisawhiting@gmail.com

T.O.P.S. - Taking Off Pounds Sensibly

About: TOPS is a not for profit weight loss support group that meets weekly. Gain support, get weighed, celebrates losses and milestones, and join others to help you achieve your goal weight

Cost: Small fee for membership; first meeting free, all fees associated with T.O.P.S; not a YMCA program

Schedule: Weekly, every Thursday

Autism Support Group

About: This is an opportunity for parents and caregivers to meet together and receive support for caring for loved one with Autism. This month's group will focus on challenging behaviors. We will have Applied Behavior Analysts ready to give tips and answer questions. Licensed COTAs and volunteers will also be available for childcare. Please notify if childcare will be needed.

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

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