



HEALTHY LIVING CENTERS

June 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 TAG Group 2 (CARD) 6:30pm-8:00pm	2
3	4 MOMS Club® of Deland 10am	5 Essential oils "Back to school" 10am	6 Brownies Troop 3:30pm Girl Scouts 6:00pm	7	8 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 1 (CARD) 6:30pm-8:00pm	9
10	11	12 "Stem Cells" Coast Integrative Health care 10am	13	14	15 TAG Group 2 (CARD) 6:30pm-8:00pm	16
17	18 The Benefits of Pre-Planning Final Arrangements Lunch provided RSVP 12pm	19	20 Brownies Troop 3:30pm Girl Scouts 6:00pm Hear Well Live Well, Hearing & Balance, Snacks provided RSVP 12pm	21	22 Ladies Only Bible Study Group 8:45 am-10:15 am TAG Group 1 (CARD) 6:30pm-8:00pm	23
24	25 Fertilize like a Floridian 12pm	26	27	28	29 TAG Group 2 (CARD) 6:30pm-8:00pm	30



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Essential Oils:

About: Join Young Living Expert, Carla Gibson, to discuss how essential oils can help. As a tool to make Summer Time Essential Oils for June and Back to School for July can help make each day a little brighter!

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>

Hear Well Live Well By:

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

The Benefits of Pre-Planning Final Arrangements

About: You are invited to join us for a very informative session that will answer all your questions about the cemetery, cremation, and funeral industry. Planning your arrangements is about **protecting your loved ones from extra financial and emotional stress** as well as **giving yourself peace of mind** knowing your wishes will be granted. This will be a 45-minute presentation where we turn a difficult discussion into an easy and comfortable conversation. You're encouraged to ask questions, express concerns, and share stories. Beverages and light snacks of vegetable and meat/cheese platters will be provided. To RSVP, please contact Mica Lill, YMCA Community Health Outreach Director, at MLill@vfymca.com or 386-425-5210. For more information, you may contact Richard Bock, Family Service Counselor with DeLand Memorial Gardens and Lohman's Funeral Home, at RBock@StoneMor.com or 386-740-1108.

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.

Stem Cells

Myth Vs Fact. How Stem Cells can help Peripheral Neuropathy. Talk stem Cell Regeneration Prevents Joint Replacement with Dr. Steflik. Light snacks provided RSVP MLill@vfymca.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.

Fertilize like a Floridian

About: The magnificent places we love – Blue spring, Lake Monroe, DeLeon Springs, St. Johns River, Halifax River, Indian River Lagoon, even the ocean– are being spoiled by excess nutrients - the same nutrients we spread on our lawns as fertilizer.

Volusia County calls all residents to Be Floridian Now! Nitrogen in our waterbodies can cause algae blooms and fish kills, affect wildlife habitats, and seep into our drinking water. We will discuss the special conditions we have as Floridians that guide how we can save this precious resource for ourselves and for the future.

Join with your community to be part of the solution to protect our waterways, and save the places where we fish, boat and swim. Learn how to Fertilize like a Floridian and follow Florida Friendly yard care practices and landscaping ideas.

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

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