



# HEALTHY LIVING CENTERS

July 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Essential oils "Back to school" 10am	4 Happy 4 <sup>th</sup> of July!	5	6 TAG Group 1 (CARD) 6:30pm-8:00pm	7
8	9 MOMS Club® of DeLand 10am	10	11 Girl Scouts 6:00pm	12 Autism Support Group 3PM-5pm	13 Ladies Only Bible Study Group 8:45 am-10:15 am  TAG Group 2 (CARD) 6:30pm-8:00pm	14
15	16	17 Community CPR/AED Certification \$20 <i>*Pre-registration required</i> 5:30pm-8:45pm	18 Dr. Primrose 6pm	19 Autism Support Group 3pm-5pm	20 TAG Group 1 (CARD) 6:30pm-8:00pm	21
22	23 Easterseals Sign Language Class 5-6pm	24	25 Girl Scouts 6:00pm  Hear Well Live Well 12pm	26	27 Ladies Only Bible Study Group 8:45 am-10:15 am  TAG Group 2 (CARD) 6:30pm-8:00pm	28
29	30 Easterseals Sign Language Class 5-6pm	31				

**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

### 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](mailto:momsclubdeland@gmail.com) or go to <http://www.momsclubofdeland.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.

### 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 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](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).

### Dr. Primrose Cameron Motivational Speaker-Facilitator-Empowerment Coach

**About:** Sisters Build and we P.U.S.H (pursuing underlying success and happiness) group talk—Women 18 years of age and older are invited to attend a conversation about the issues that matter most to women: self-esteem, parenting, relationships, etc. Please contact Dr. Primrose Cameron for details 386-235-5032 or [contact@primrosecameron.com](mailto:contact@primrosecameron.com)

### 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

**Pre-registration required**

### 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](http://vfymca.org/hlc) or call 386-425-5210

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