



# HEALTHY LIVING CENTERS

August 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 TAG Group 1 (CARD) 6:00pm-8:00pm	4
5	6 MOMS Club® of Deland 10am  Sign Language Class 6pm	7	8 Brownies Troop 3:30pm  Girl Scouts 6:00pm	9	10 Ladies Only Bible Study Group 8:45 am-10:15 am  TAG Group 2 (CARD) 6:00pm-8:00pm	11
12	13 Sign Language Class 6pm	14	15 Stem Cells 4:30PM  Hear Well Live Well 12PM  Dr. Primrose Cameron Motivational Speaker-Facilitator-Empowerment Coach 6PM	16	17   TAG Group 1 (CARD) 6:00pm-8:00pm	18
19	20 Sign Language Class 6pm	21 Healing Oils of the Bible 6:30PM	22 Brownies Troop 3:30pm  Girl Scouts 6:00pm	23	24 Ladies Only Bible Study Group 8:45 am-10:15 am  TAG Group 2 (CARD) 6:00pm-8:00pm	25
26	27 Sign Language Class 6pm	28	29	30	31 TAG Group 1 (CARD) 6:00pm-8:00pm	





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HEALTH

## HEALTHY LIVING CENTERS

### **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.

### **Stem Cells**

**About:** Myth Vs Fact. How stem Cells Regeneration Prevents Joint Replacement with Dr. Steflik. RSVP [Mlill@vfymca.org](mailto:Mlill@vfymca.org)

### **Sign Language**

**About:** American sign language class presented by Easterseals. 9-week session for \$50 please register at <http://www.easterseals.com/necfl/our-programs/adult-services/american-sign-language.html>.

### **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)

**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](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)

### **Healing Oils of the Bible**

**About:** Did you know that essential oils were an important part of daily life in Bible times? You'll get to experience the oils mentioned in the Bible as we explore scripture references and the ancient uses of these wonderful oils with Janine Wooten

For more information and registration please visit [vfymca.org/hlc](http://vfymca.org/hlc) or call 386-425-5210

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