



HEALTHY LIVING CENTERS

October 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 T.O.P.S Support Group 6:15-8:00pm	5	6 Autism Support Group 12:00pm-2:00pm
7	8 Daisies Girl Scout Group 6-7:30pm	9	10 Girl Scout Group 6-7pm	11 T.O.P.S Support Group 6:15-8:00pm	12 Stem Cells 10am	13
14	15 Daisies Girl Scout Group 6-7:30pm	16	17 Hear Well Live Well, Tinnitus and Hearing 12pm Girl Scout Group 6-7pm	18 T.O.P.S Support Group 6:15-8:00pm	19	20
21	22 Daisies Girl Scout Group 6-7:30pm	23	24 Girl Scout Group 6-7pm	25 T.O.P.S Support Group 6:15-8:00pm	26	27
28	29 Daisies Girl Scout Group 6-7:30pm	30	31 Girl Scout Group 6-7pm			
	Notes:					

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

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HEALTHY LIVING CENTERS

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.

Stem Cells

About: Myth Vs Fact. How stem Cells Regeneration Prevents Joint Replacement with Dr. Steflik. RSVP Mill@vfymca.org

Hear Well Live Well by:

About: 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.

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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