



HEALTHY LIVING CENTERS

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Stem Cells 12pm	2	3	4 Neighborhood Watch 6pm	5	6
7	8 Nuts and Bolts of Mindset with Tasso 12pm	9	10	11 Nuts and Bolts of Mindset with Tasso 5:15pm	12	13
14	15 Setting Goals-FHCP 12pm	16	17	18 Setting Goals-FHCP 5:15pm	19	20
21	22 Home Buyers 12pm	23	24	25 Home Buyers 5:15pm	26	27
28	29 Medicare 101 12pm	30	31			



SICA Hall Community Center
1065 Daytona Ave
Daytona Beach, FL 32117

In Partnership With The Holly Hill Family YMCA

For more information regarding HLC events please contact our Community Health Outreach Director Mica Lill: mlill@vfymca.org, or call (386)425-5210.



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Stem Cells

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

Home Buyer

About: Presented by Fifth and Third Bank to help you start your journey to financial health done right.

Nuts and Bolts of Mindset with Tasso

About: The second set to Tasso insight on living a Healthy Life.

Setting Goals-FHCP

About: Join Florida Health Care Plans for making lifestyle changes.

Medicare 101:

About: presented by Humana



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