



HEALTHY LIVING CENTERS

November 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 TAG Group 2 (CARD) 6:30pm-8:00pm	3
4	5 MOMS Club® of Deland 10am Sign Language Class 6pm	6	7 Eat this, Not that 9am Brownies Troop 3:30pm Girl Scouts 6:00pm	8	9	10
11	12 Sign Language Class 6pm	13	14 Grand Opening Meet Dr. Williams 12-1pm 6-7pm	15 Diabetes Prevention Program 11am-12pm	16 TAG Group 2 (CARD) 6:30pm-8:00pm	17
18	19 Sign Language Class 6pm	20	21 Hear Well, Live Well 12pm Brownies Troop 3:30pm Girl Scouts 6:00pm	22	23	24
25	26 Sign Language Class 6pm	27	28 Dr. Primrose Motivational Women's Coach 6pm 5 Sneaky causes of weight gain by Humana 9am	29	30	

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

HEALTHY LIVING CENTERS ARE SPONSORED BY:





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 or go to

<http://www.momsclubofdeland.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

5 Sneaky causes of weight gain:

About: presented by Humana

Grand Opening

About: Halifax Health and Volusia Flagler YMCA to host four open house introducing our new Healthy Living Center Medical Director. Come and meet Dr. Williams!

Diabetes

About: November is National Diabetes Awareness month. Join us for a free seminar to guide you to a healthier lifestyle.

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) 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

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

Sign Language level II

About: American sign language class presented by Easterseals. 9-week session for \$75 please register at <http://www.easterseals.com/necfl/our-programs/adult-services/american-sign-language.html>.

Eat this, Not that

About: presented by Humana

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

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