



# HEALTHY LIVING CENTERS

December 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <b>MOMS@ Club of Deland</b> 10am Clinical Trials 101 12:30 Sign Language 6pm	4	5 Sugar, Not so sweet 9am Brownie Troop 3:30pm Girl Scouts 6pm	6	7 <b>Stem Cells</b> 10-11am  TAG Group 1 (CARD) 6:30-8:30pm	8
9	10 Sign Language 6pm	11	12	13	14	15 <b>CPR/AED First-Aid</b> 8:30-4:30pm
16	17 Sign Language 6pm	18	19 Stretch your Dollar 9am Brownie Troop 3:30pm Dr. Primrose 6pm	20	21	22
23	24 <b>Christmas Eve</b>	25 <b>Merry Christmas!</b>	26	27	28	29
30	31					

**DELAND FAMILY YMCA HEALTHY LIVING CENTER**  
 761 E International Speedway Boulevard, DeLand, FL 32724  
 Call: 386.425.5210 | Visit: [VFYMCA.ORG/HLC](http://VFYMCA.ORG/HLC)  
**TOGETHER WE CAN BUILD A BETTER US**

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## 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>

### 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)

### Stretch Your Dollar:

**About:** presented by Humana

### Clinical Trials 101: Understanding Clinical Trials

Clinical trials are necessary to move new medications and treatments forward. You'll learn the basics of what clinical trials are, how the clinical trial process works, and how you can find clinical trials in your geographical area.

### 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) 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).

### 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 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>.

### Sugar, Not so Sweet

**About:** presented by Humana

### CPR/FIRST AID

This is an American Safety and Health Institute certification. During this 4-hour class, you will be taught the skills to perform lifesaving skills on an adult, child, and infant. Rate: This class costs \$20 for members and non-YMCA members. You do not have to be a YMCA member to attend.

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

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