



HEALTHY LIVING CENTERS

January 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Girl Scouts 6-7pm	3 T.O.P.S Support Group 6:15-8pm	4 Bemer 2pm	5 Autism Support Group 12-2pm
6	7 Daisies Girl Scouts 6-7:30pm	8	9 Stretch your Grocery Dollar 9am Girl Scouts 6-7pm	10 T.O.P.S Support Group 6:15-8pm	11	12
13	14 Clinical Trials 101 12:30pm Daisies Girl Scouts 6-7:30pm	15	16 Girl Scouts 6-7pm	17 T.O.P.S Support Group 6:15-8pm	18	19
20	21 Daisies Girl Scouts 6-7:30pm	22	23 Habits of Healthy People 9am Girl Scouts 6-7pm	24 T.O.P.S Support Group 6:15-8pm	25	26
27	28 Daisies Girl Scouts 6-7:30pm	29 Stem Cells 5-6pm	30 Girl Scouts 6-7pm	31 T.O.P.S Support Group 6:15-8pm		
	Notes:					





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

Bemer

About: With BEMER physical vascular therapy, we affect 74% of our cardio vascular system called microcirculation. With BEMER, the use of an electro-magnetic field simply allows us to transport this specific stimulus.

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

Stretch your Grocery Dollar

About: Presented by Humana

Habits of Healthy People

About: Presented by Humana

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

Healthy Living Centers are sponsored by:

