



# HEALTHY LIVING CENTERS

January 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 MOM'S Club of Deland 10am Stem Cells 5-6pm	8 Youth Mental Health & First Aid 4:30-8:30pm	9 Stretch your Grocery Dollar 9am Hear Well, Live Well 12pm	10	11	12
13	14	15 Youth Mental Health & First Aid 4:30-8:30pm	16 Dr. Primrose Motivational Woman's Coach 6pm	17	18 TAG 1 6:30-8pm	19
20	21	22	23 Habits of Healthy People 9am	24 BEMER 7pm	25 TAG 2 6:30-8pm	26
27	28	29 Stem Cells 5-6pm	30	31		

**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**

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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)

### **Youth Mental Health and First Aid**

**About:** Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

### **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 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)

### **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.

### **Stretch your Grocery Dollar**

**About:** Presented by Humana

### **Habits of Healthy People**

**About:** Presented by Humana

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

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