



# HEALTHY LIVING CENTERS

| February 2019 |                                    |                                   |  |                                      |                                   |   |
|---------------|------------------------------------|-----------------------------------|--|--------------------------------------|-----------------------------------|---|
| Sun           | Mon                                | Tue                               | Wed  | Thu                                  | Fri                               | Sat   |
|               |                                    |                                   |  |                                      | 1                                 | 2<br>Tax Preparation 9-11:30am<br>Autism Support Group 12-2pm |
| 3             | 4<br>Daisies Girl Scouts 6-7:30pm  | 5<br>Tax Preparation 4:30-7:30pm  | 6<br>Hear Well, Live Well 12pm<br>Reinvent your Life 10:30-12pm<br>Girl Scouts 6-7pm                     | 7<br>T.O.P.S Support Group 6:15-8pm  | 8<br>Tax Preparation 4:30-7:30pm  | 9<br>Tax Preparation 9:30-12pm                                |
| 10            | 11<br>Daisies Girl Scouts 6-7:30pm | 12<br>Tax Preparation 4:30-7:30pm | 13<br>Boosting your mood with food and fitness 9am<br>Reinvent your Life 10:30-12pm<br>Girl Scouts 6-7pm | 14<br>T.O.P.S Support Group 6:15-8pm | 15<br>Tax Preparation 4:30-7:30pm | 16<br>Tax Preparation 9:30-12pm                               |
| 17            | 18<br>Daisies Girl Scouts 6-7:30pm | 19<br>Tax Preparation 4:30-7:30pm | 20<br>Love your Heart 9am<br>Reinvent your Life 10:30-12pm<br>Girl Scouts 6-7pm                          | 21<br>T.O.P.S Support Group 6:15-8pm | 22<br>Tax Preparation 4:30-7:30pm | 23<br>Tax Preparation 9:30-12pm                               |
| 24            | 25<br>Daisies Girl Scouts 6-7:30pm | 26<br>Tax Preparation 4:30-7:30pm | 27<br>Staying Social 9am<br>Reinvent your Life 10:30-12pm<br>Girl Scouts 6-7pm                           | 28<br>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](mailto:beth9stedt@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

### Tax Preparation

**About:** Presented by United Way/VITA

### Reinvent your Life

**About:** Like it or not, change is the one constant we can count on in life! Retirement. Divorce. Illness. Death. You can thrive in change! Learn how to use principles of design and research on happiness to create a quality new life

### Love your heart

**About:** Come and get the facts about heart health and learn which healthy snacks make your heart happy.

### 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

### 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](mailto:louisawhiting@gmail.com)

### Boosting your mood with food and fitness

**About:** Presented by Humana

### Staying Social: How to do it right

**About:** Presented by Humana

### 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.

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

Healthy Living Centers are sponsored by:

