



# HEALTHY LIVING CENTERS

February 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 TAG 1 6:30-8pm	2
3	4 MOM'S Club of DeLand 10am	5 Welcome to the theater 10:30-12pm  Man Up 6:15pm	6	7 BEMER 7pm	8 TAG 2 6:30-8pm	9 CPR/AED First Aid 8:30-4:30pm
10	11 Stem Cells 10am	12 Intro to Acupuncture 9-10am Welcome to the theater 10:30-12pm Man Up 6:15pm	13 Boosting your mood with food & fitness 9am	14	15 Love your heart 9am TAG 1 6:30-8pm	16
17	18	19 Welcome to the theater 10:30-12pm  Man Up 6:15pm	20 Dr. Primrose Motivational Woman's Coach 6pm	21	22 TAG 2 6:30-8pm	23
24	25	26 Welcome to the theater 10:30-12pm  Man Up 6:15pm	27 Staying Social 9am	28 BEMER 7pm		

**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>

### **Stem Cells**

**About:** Myth Vs Fact. How stem Cells Regeneration Prevents Joint Replacement with Dr. Steflik. RSVP [Miill@vfymca.org](mailto:Miill@vfymca.org)

### **Boosting your mood with food and fitness**

**About:** Presented by Humana

### **Community CPR/AED/First Aid Certification**

**About:** An American safety and health institute certification, this 8 hour class will teach you the skills to perform lifesaving skills on an adult, child and infant.

Cost: \$20

Pre-registration is required. Contact [miill@vfymca.org](mailto:miill@vfymca.org)

### **Into to Acupuncture**

**About:** Learn the benefits to acupuncture and physical therapy to help with pain relief

### **Love your heart**

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

### **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)

### **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.

### **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)

### **Staying Social: How to do it right**

**About:** Presented by Humana

### **Welcome to the theater**

**About:** What is theater? How is it made, and where we can go to see it? Participants will explore these questions in lectures and discussions, video clips, hands on projects and activities, with an emphasis on acting exercises.

### **Man Up**

**About:** Mentoring program for male students in grades 3-12 with Sean King.

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

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