



HEALTHY LIVING CENTERS

March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 TAG 1 6:30-8pm	2
3	4 MOM'S Club of Deland 10am The Rise and Fall of Hollywood East 1-2:30pm	5 Sign Language 1 6-7:30pm	6 Tech 101 1pm	7 Sign Language 2 6-7:30pm	8 TAG 2 6:30-8pm	9
10	11 Intro to Acupuncture 10:30am The Rise and Fall of Hollywood East 1-2:30pm	12 Sign Language 1 6-7:30pm	13 Stem Cells 4pm Dr. Primrose Motivational Woman's Coach 6pm	14 Sign Language 2 6-7:30pm	15	16
17	18 The Rise and Fall of Hollywood East 1-2:30pm Man Up 6:15pm	19 Sign Language 1 6-7:30pm	20	21 Sign Language 2 6-7:30pm	22	23
24	25 The Rise and Fall of Hollywood East 1-2:30pm	26 Sign Language 1 6-7:30pm	27 Using technology to stay connected 9am Stem Cells 4pm	28 Sign Language 2 6-7:30pm	29 TAG 1 6:30-8pm	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

HEALTHY LIVING CENTERS ARE SPONSORED BY:





HEALTHY LIVING CENTERS

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

The Rise and Fall of Hollywood East

About: From Florida to Hollywood to Hawaii and back; from above the line to below the line, from the are of film, the changing technology of the media abd the arcane business, this class will examine what can does go wrong and what sometimes, somehow, against all odds can go right.

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

Sign Language 1 and 2

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>

Stem Cells

About: Myth Vs Fact. How stem Cells Regeneration Prevents Joint Replacement with Dr. Steflik. RSVP MIll@vfymca.org

Tech 101

About: Presented by Humana

Using technology to stay connected

About: Presented by Humana

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 or go to <http://www.momsclubofdeland.org>

Man Up

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

Intro to Acupuncture

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

For more information and registration please visit vfymca.org/hlc or call 386-425-5210

Healthy Living Centers are sponsored by:

