



HEALTHY LIVING CENTERS

May 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Girl Scouts 6-7pm	2 T.O.P.S Support Group 6:15-8pm	3	4 Autism Support Group 12-2pm
5	6 Daisies Girl Scouts 6-7:30pm	7	8 Healthy Brain 9am Girl Scouts 6-7pm	9 T.O.P.S Support Group 6:15-8pm	10	11
12	13 Daisies Girl Scouts 6-7:30pm	14 Medicare 101 10am Water Safety 5:30pm	15 Girl Scouts 6-7pm	16 T.O.P.S Support Group 6:15-8pm	17	18
19	20 Daisies Girl Scouts 6-7:30pm	21 Medicare 101 10am	22 Staying Social: How to do it right 9am Girl Scouts 6-7pm	23 T.O.P.S Support Group 6:15-8pm	24	25
26	27 Daisies Girl Scouts 6-7:30pm	28 Board Meeting 11:30-1:30pm	29 Girl Scouts 6-7pm	30 T.O.P.S Support Group 6:15-8pm	31	
	Notes:					





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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

Medicare 101

About: Presented by Rob Lovenbury with Sunsure Insurance

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

Healthy Brain

About: Presented by Humana. Dementia and Alzheimer's disease can be scary, but there are things you can do to keep your brain healthy. Find out how staying active, being social, training your brain, and eating a healthy diet can help.

Staying Social: How to do it right

About: Presented by Humana. It's important to stay social as you get older, but it isn't always easy. Learn about the benefits of staying connected to others and strategies to help you keep a healthy social life.

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

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.

Water Safety

About: Presented by Steve Parris. Community Health and Outreach Supervisor Safe Kids Volusia/Flagler Counties Coordinator with Halifax Healthy Communities.

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

Healthy Living Centers are sponsored by:

