



HEALTHY LIVING CENTERS

May 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Seniors Speak Spanish in 6 hours 10:30-12pm Les Mills Meeting 1-3:30pm	2	3 TAG 2 6:30-8pm	4 CPR/AED First Aid 8:30-4:30pm
5	6 MOM'S Club of Deland 10am Man Up 6:30pm	7	8 Seniors Speak Spanish in 6 hours 10:30-12pm Healthy Brain 1pm	9	10 TAG 1 6:30-8pm	11
12	13 Medicare 101 10am	14 Intro to Acupuncture 10:30am	15 Seniors Speak Spanish in 6 hours 10:30-12pm Diabetes and Nutrition 6pm	16	17 TAG 2 6:30-8pm	18
19	20 Medicare 101 10am Man Up 6:30pm	21	22 Seniors Speak Spanish in 6 hours 10:30-12pm	23	24	25
26	27	28	29	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 or go to <http://www.momsclubofdeland.org>

Man Up

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

Diabetes and Nutrition

About: Kim Koevenig RD, LDN, CDE is a registered dietitian and certified diabetes educator at Halifax Health. She will help you navigate the confusing world of "what to eat" when you have diabetes. Kim will speak on topics such as carbohydrates, reading food labels, healthy foods and beverages for diabetes, how to work in your favorite foods into your meal plan and much more.

Medicare 101

About: Presented by Rob Lovenbury with Sunsure Insurance

Into to Acupuncture

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

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 mlill@vfymca.org

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

Seniors Speak Spanish in 6 hours

About: Presented by Volusia Senior Learning. This introduction to Spanish course will offer you many benefits. It will enhance your travel experiences to Spanish speaking countries by knowing phrases, getting directions and ordering at restaurants. It will enrich your social life by being able to greet people in your community. Learning a second language improves cognition. Research has shown that people who are bilingual have delayed the onset of dementia or Alzheimer's by four years.

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

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