

Contact: Callie Dudek
Office: 567-585-3510
Cell: 419-262-0371
Web Site: www.promedica.org

PROMEDICA COMMUNITY EVENTS IN SEPTEMBER

TOLEDO, Ohio, August, 2019 – ProMedica will offer the following community events in September:

Aromatherapy

Discuss the special ways that essential oils can be used for everyday health and wellness. This program is free to people with a cancer diagnosis and is sponsored by ProMedica Cancer Institute. Aromatherapy takes place the first and third Wednesday of each month. Call the Victory Center at 419-531-7600 for details.

Wednesdays, September 4 and 18

1 – 2 p.m.

The Victory Center

5532 W. Central Ave., Suite B, Toledo, Ohio, 43615

ProMedica Summer Concert Series

The ProMedica Summer Concert Series Presented by Coors Light and Hollywood Casino Toledo is hosting weekly concerts at Promenade Park through September featuring a variety of local and national musicians and musical genres, including alternative, country, pop, rock, R&B, soul, and Tex-Mex. Tickets are \$15 presale or \$20 the day of the show. Super fans may purchase VIP tickets for entry closer to the stage for \$45. Tickets are available at Ticketmaster and www.promenadeconcerts.com.

Friday, September 13 – Frankie Ballard

Friday, September 20 – Chaka Khan

6:15 p.m.

Promenade Park

400 Water Street, Toledo

ProMedica Dementia Education Series

ProMedica's Goerlich Center is offering free dementia education sessions for family members, caregivers, friends, and community members. ProMedica experts will provide insight, strategies, techniques and care approaches for managing the course of Alzheimer's disease and dementia. A Certified Dementia Practitioner will provide free adult day care supervision and recreational activities during the event. Light refreshments will be provided. This series takes place on the second Tuesday of each month. Pre-registration is requested, but not required. For more information, call Cheyenne Abrego 419-824-1758 or email Cheyenne.Abrego@ProMedica.org.

Tuesday, September 10
5:30 – 6:30 p.m.
ProMedica Flower Hospital
Conference Center, Boardroom
5200 Harroun Rd., Sylvania, Ohio, 43560

Nursing Mothers Support Group

ProMedica Toledo Hospital's women's services is hosting a breastfeeding support group for nursing mothers. Do you have breastfeeding questions? Drop in and receive support from a certified lactation consultant and other nursing mothers. The group meets the second Tuesday of every month. For more information, call 419-291-5666.

Tuesday, September 10
1:30 – 2:30 p.m.
ProMedica Toledo Hospital
Entrance F, Mom & Me Boutique
2142 N. Cove Blvd., Toledo, Ohio, 43606

Alzheimer's Support Group

ProMedica Memorial Hospital is hosting a monthly Alzheimer's support group. This group is for family members, friends and patients as they navigate through the complexity of the illness. It is an opportunity to get support from others who are experiencing the trials and tribulations of dementia. This support group meets on the second Wednesday of every month and is free and open to the public. For more information, call 567-938-9394.

Wednesday, September 11
6 p.m.
ProMedica Memorial Hospital
Chestnut Café – 1st Floor
715 S. Taft Ave., Fremont, Ohio, 43420

Outdoor Family Movie Night

ProMedica is offering free, outdoor family movie nights at Promenade Park. Entertainment will start at before the movie and includes the interactive water feature, face painting, characters presented by Laurel's Princess Parties, LLC, food trucks, and more! Seating is on a first come, first serve basis. ProMedica's family movie nights, presented by Paramount Advantage, is in collaboration with Buckeye Broadband.

Saturday, September 7 - TBA
5:30 – 7 p.m. - Entertainment
7 p.m. - Movie starts
Promenade Park
400 Water Street, Toledo

Women's Cancer Support Group

ProMedica Monroe Regional Hospital's Cancer Center is hosting a cancer support group for women who have a cancer diagnosis. It is a safe harbor to come to give or receive support. The

group meets the third Tuesday of each month and provides education, encouragement and sharing in an informal social environment. Guest speakers who are compassionate professionals specializing in cancer issues may occasionally be invited. Come, share, and receive encouragement, love, compassion, hope, laughter and much more!

Tuesday, September 24

7 – 8:30 p.m.

ProMedica Monroe Regional Hospital

Conference Room A, 4th Floor

718 N. Macomb St., Monroe, Michigan, 48162

Stroke Support Group

This free, monthly support group is for stroke survivors and their caregivers. Scheduled speakers and topics vary each month and are related to stroke survival. For more information, contact 419-291-7537 or stroke.support@promedica.org.

Thursday, September 26

4 – 6 p.m.

ProMedica Flower Hospital

Conference Center Board Room

5200 Harroun Road, Sylvania, Ohio, 43560

ONE Yoga Festival

All Toledo yoga teachers come together as one! Money will be raised to benefit the ONE Yoga Outreach program so that everyone in our community may benefit from the practice of yoga.

The day will be filled with yoga, workshops, vendors, spa services, and food! For more information about the ONE Yoga Festival, visit <https://www.oneyogafestival.com/>

Sunday, September 8

8 a.m. – 4 p.m.

Promenade Park

400 Water Street

Toledo, Ohio 43604

ProMedica Memorial Hospital Family Fest

This free, annual event focuses on families' physical, mental, and social well-being. There will be booths and fun activities 1 - 3 p.m., free giveaways, and a teddy Bear Clinic. Gift basket raffles for children 15 and under drawing begins at 3:15 p.m. Rain or shine.

Monday, September 9

1 p.m. – 3:30 p.m.

Memorial Hospital Hill

715 S. Taft Avenue

Fremont, Ohio, 43420

ProMedica is a mission-based, not-for-profit integrated healthcare organization headquartered in Toledo, Ohio. It serves communities in 28 states. The organization offers acute and ambulatory care, an insurance company with a dental plan, and post-acute and academic business lines. The organization has more than 56,000 employees, 13 hospitals, 2,100+ physicians and advanced practice providers with privileges, 900+ healthcare providers employed by ProMedica Physicians, a health plan, and nearly 400 assisted living facilities, skilled nursing and rehabilitation centers, memory care communities, outpatient rehabilitation clinics, and hospice and home health care agencies. Driven by its Mission to improve your health and well-being, ProMedica has been nationally recognized for its

advocacy programs and efforts to address social determinants of health. For more information about ProMedica, please visit www.promedica.org/aboutus.

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