

PROMEDICA COMMUNITY EVENTS IN APRIL

ProMedica will offer the following community events in April:

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.

Girl Talk: Let's Talk About What's Up Down There

ProMedica Women's Services is hosting a free seminar that shares the importance of proper pelvic health care including when to see a gynecologist, urogynecologist, or pelvic floor physical therapist. A panel of pelvic health experts will discuss the diagnosis, treatment and rehabilitation of pelvic conditions like chronic pelvic pain, incontinence, pelvic organ prolapse and pelvic floor physical therapy. Registration is required and spots are limited. For more information or to register, visit promedica.org/girltalk or call 844-320-5863.

Thursday, April 4

6 – 8 p.m.

Holiday Inn Express

Perrysburg Levis Commons

12710 Roachton Rd., Perrysburg, Ohio, 43551

Thursday, April 11

6 – 8 p.m.

ProMedica Flower Hospital

Conference Room E

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, April 9

1:30 – 2:30 p.m.

ProMedica Toledo Hospital

Entrance F, Mom & Me Boutique

2142 N. Cove Blvd., Toledo, Ohio, 43606

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, April 9

5:30 – 6:30 p.m.

ProMedica Flower Hospital

Conference Center, Boardroom

5200 Harroun Rd., Sylvania, Ohio, 43560

Bariatric Seminar – First Step

ProMedica Weight Loss is hosting free bariatric seminars. Attending an in-person seminar is your first step in the journey toward weight loss surgery. Learn from one of our expert surgeons who will explain the weight loss surgery process, eligibility requirements, types of surgical procedures, and your potential benefits and risks. Talk with someone who has already had bariatric surgery. Ask questions, and get answers that will inform your healthy weight loss decision. For more information or to register, call 419-291-6777 or 1-800-971-8203 or visit promedica.org/bariatric.

Tuesday, April 9

Monday, April 15

Wednesday, April 24

Monday, April 29

6 – 8 p.m.

ProMedica Health and Wellness Center

Community Education Room, Suite 101

5700 Monroe St., Sylvania, Ohio, 43560

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, April 10

6 p.m.

ProMedica Memorial Hospital

Chestnut Café – 1st Floor

715 S. Taft Ave., Fremont, Ohio, 43420

Scale Down Seminar

Are you ready to diet differently? ProMedica's Scale Down Weight Management Program is easy-to-follow. This supplemental diet plan helps you lose weight safely with a long-term maintenance program to keep the weight off. During this hour long session you will be able to hear about the HMR Program and success stories from patients both in and out of our clinic. Allow an additional 30 minutes of time after the presentation if you have additional questions and for signing up. The seminar is free but registration is required. To register, call 855-251-8615 or email promedica.wellness@promedica.org.

Wednesday, April 10

11:30 a.m.

ProMedica Health and Wellness Center

Community Education Room

5700 Monroe St., Sylvania, Ohio, 43560

Wednesday, April 17

5 p.m.

ProMedica Health and Wellness Center

Community Education Room

5700 Monroe St., Sylvania, Ohio, 43560

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, April 16

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 monthly support group is for stroke survivors and their caregivers. Our support group provides an opportunity for stroke survivors and supporters to share their experiences with one another and receive guidance from clinical stroke specialists. By participating, you will also have access to the many different community resources available. To learn more about ProMedica's stroke support group, call 419-291-0019 or email mary.britton@promedica.org.

Thursday, April 25

4 - 5:30 p.m.

ProMedica Flower Hospital

Conference Center Board Room

5200 Harroun Rd., Sylvania, Ohio, 43560

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.