CommunityCalendar PROMEDICA | WELL CONNECTED.

PROMEDICA COMMUNITY EVENTS IN FEBRUARY

TOLEDO, **Ohio, February 1, 2019** – ProMedica will offer the following community events in February:

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, February 6 and 20
1 – 2 p.m.
The Victory Center
5532 W. Central Ave., Suite B, Toledo, Ohio, 43615

Golden Threads Trip Preview Party
ProMedica Golden Threads Senior Program is hosting the Golden Threads Trip Preview Party. This party is a review of Golden Threads 2019 Day Trips and the Auxiliary overnight trips. There will be an opportunity to reserve your seats for upcoming trips. A $25.00 deposit is required for day trips and $75.00 for overnight trips. To register for this event, contact Annette Overmyer at 419-334-6613 or by email, annette.overmyer@promedica.org.

Wednesday, February 6
2 – 3 p.m.
Fremont Eagles FOE
Social Hall
2570 W. State St., Fremont, Ohio, 43420

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, February 12
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. This month's topic is medication management. Sessions will feature health screenings and health information. 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 419-824-6448 option 2, or email katherine.gonzalez@promedica.org.

Tuesday, February 12
6:30 – 7:30 p.m.
ProMedica Flower Hospital
Conference Center, Boardroom
5200 Harroun Rd., 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, February 13
6 p.m.
ProMedica Memorial Hospital
Chestnut Café – 1st Floor
715 S. Taft Ave., Fremont, Ohio, 43420

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, February 19
7 – 8:30 p.m.
ProMedica Monroe Regional Hospital
Conference Room A, 4th Floor
718 N. Macomb St., Monroe, Michigan, 48162

Fire + Ice Winter Festival
ProMedica is hosting Fire + Ice, a free, three-day winter festival in Promenade Park. will be outdoors and will feature a variety of free activities, performances and demonstrations for all ages, including ice sculptures, ice skating, fire throwers, face painting, magicians, fire breathing dragon art car, soup cook-off with downtown restaurants, crafts, zip line, mobile escape room, characters from Laurel's Princess Parties, hot chocolate and s'mores stations

Heat tents will be available and there will also be music and entertainment throughout the festival. Food and drinks can be purchased from select vendors. A firework display will light up the sky Saturday night for the end of the festival.

Thursday, February 21, 5 - 7 p.m.
Friday, February 22, 5 - 9 p.m.
Saturday, February 23, Noon - 9 p.m.
Promenade Park
400 Water St., Toledo, Ohio, 43604

ProMedica's Fire + Ice Festival, presented by Buckeye Broadband, iHeartRadio and Laibe Electric/Technology, is in collaboration with Ace Sanitation, City of Toledo, DomeGuys International LLC, Imagination Station, Meredith Party Rentals, One SeaSkate, Renaissance Toledo Downtown Hotel, Sawan & Sawan, Stevens Disposal and The Blarney Irish Pub.

ProMedica *is a mission-based, not-for-profit integrated healthcare organization headquartered in Toledo, Ohio. It serves communities in 30 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 70,000 employees,13 hospitals, 2,700 physicians and advanced practice providers with privileges, 900+ healthcare providers employed by ProMedica Physicians, a health plan, and 450 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.*