

PROMEDICA COMMUNITY EVENTS IN JANUARY

TOLEDO, Ohio, December, 2018 – ProMedica will offer the following community events in January:

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, January 2 and 16

1 – 2 p.m.

The Victory Center

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

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, January 8

Monday, January 14

6 – 8 p.m.

ProMedica Health and Wellness Center

Community Education Room, Suite 101

5700 Monroe St., 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, January 8

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, January 8

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, January 9

6 p.m.

ProMedica Memorial Hospital

Chestnut Café – 1st Floor

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

CARE Pregnancy and Infant Loss Support Group

If you have experienced the loss of a baby during pregnancy or after birth, we are here for you. Families who have experienced miscarriage, stillbirth, or infant death in the first few months of life are invited to the C.A.R.E. (Caring and Restoring Each other) support group. For reservations, please call Kim Folk-Axe, ProMedica Toledo Children's Hospital neonatal intensive care unit social worker, at 419-291-9475 or email kim.folk-axe@promedica.org. Please come as you are, and other adult family members are welcome, too.

Tuesdays, January 8, 15, 22 and 29
7 – 8:30 p.m.
Ronald McDonald House
1st Floor conference room
3883 Monroe St., Toledo, Ohio, 43606

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, January 15
7 – 8:30 p.m.
ProMedica Monroe Regional Hospital
Conference Room A, 4th Floor
718 N. Macomb St., Monroe, Michigan, 48162

Prostate Cancer Support Group

ProMedica Memorial Hospital is hosting a free prostate cancer support group. This is an opportunity for prostate cancer survivors and newly diagnosed prostate cancer patients to socialize and seek support from one another.

Wednesday, January 23
7-10 p.m.
ProMedica Memorial Hospital
Chestnut café
715 S. Taft Ave., Fremont, Ohio, 43420

***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.*