

ProMedica will offer the following community events in December:

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, December 5 and 19

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.

Thursday, December 6

Tuesday, December 11

Wednesday, December 19

6 – 8 p.m.

ProMedica Health and Wellness Center

Community Education Room, Suite 101

5700 Monroe St., Sylvania, Ohio, 43560

Love Lights Memorial Service

ProMedica Hospice cordially invites you to attend the 30th annual Love Lights Memorial Service. Love Lights is a brilliant display of sparkling tree lights and glowing luminaries displayed on the front lawn of the Eliza Ramsay Home. Doors open at 6:30 p.m. and the program starts at 7 p.m. Light refreshments will be served. Parking is available behind the office and on side streets. This event is free and open to the public. To request a

luminary for your lost loved one or for more information, contact Christina at 419-547-6419.

Friday, December 7

6:30 – 8 p.m.

Eliza Ramsey Home

430 S. Main St., Clyde, Ohio, 43410

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, December 11

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, December 11

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, December 12

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, December 18

7 – 8:30 p.m.

ProMedica Monroe Regional Hospital

Conference Room A, 4th Floor

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

Blood Drive

ProMedica is hosting a blood drive for the American Red Cross.

Registration to donate blood is required. To select a donation time, visit

<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=TOLEDOHOSP>.

Wednesday, December 26

10 a.m. – 3 p.m.

ProMedica Toledo Hospital

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

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.