

**Contact:** Callie Dudek  
**Office:** 567-585-3510  
**Cell:** 419-262-0371  
**Web Site:** [www.promedica.org](http://www.promedica.org)

## PROMEDICA COMMUNITY EVENTS IN MARCH

**TOLEDO, Ohio, February 25, 2019** – ProMedica will offer the following community events in March:

### **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, March 6 and 20

1 – 2 p.m.

The Victory Center

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

### **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, March 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. 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](mailto:Cheyenne.Abrego@ProMedica.org).

Tuesday, March 12

5:30 – 6:30 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, March 13

6 p.m.

ProMedica Memorial Hospital

Chestnut Café – 1<sup>st</sup> 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, March 19

7 – 8:30 p.m.

ProMedica Monroe Regional Hospital

Conference Room A, 4<sup>th</sup> Floor

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

### **Lymphedema Support Group**

ProMedica Flower Hospital is hosting a Lymphedema support group. The Lymphedema Support group is free for individuals, friends and family members of anyone who is at risk or currently suffering from the effects of lymphedema/lipedema. Come share and receive support from others fighting with you.

Tuesday, March 19

6 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](http://www.promedica.org/aboutus).*