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PROMEDICA COMMUNITY EVENTS IN MARCH

TOLEDO, Ohio, February 2020– ProMedica will offer the following community events in March:

Art of the Cut

The Toledo Museum of Art Peristyle will be turned into a community barbershop with local Black barbers demonstrating their artistic abilities as they perform haircuts inspired by the past, present and visions for the future. The live barbering showcase will feature entertainment throughout the Peristyle Theater with a cash bar and food available for purchase. The event is free, but registration is encouraged. To register, visit toledomuseum.org/cut.

Sunday, March 1

3 – 6 p.m.

Toledo Museum of Art Peristyle

2445 Monroe St., Toledo, Ohio, 43620

Aromatherapy

Learn and 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, 4 and 18

1 – 2 p.m.

The Victory Center

Suite B

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

Bariatric Informational Seminar

ProMedica Weight Loss Surgery is hosting free bariatric informational seminars to help people learn about the ProMedica Weight Loss Surgery Program and the benefits of weight loss surgery. To register for a seminar or for more information, visit promedica.org/bariatricseminar or call 419-291-6777.

Tuesday, March 10

Monday, March 16

Wednesday, March 25

6 – 8 p.m.

ProMedica Health and Wellness Center

Community Education Rooms 1 & 2

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, March 10

1:30 – 2:30 p.m.

ProMedica Toledo Hospital

Entrance F, Mom & Me Boutique

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

Alzheimer's Support Group

Golden Threads at 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 Cheryl at 567-938-9394.

Wednesday, March 11

6 p.m.

ProMedica Memorial Hospital

Bistro Café

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

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, March 10

5:30 – 6:30 p.m.

ProMedica Flower Hospital

Conference Center, Boardroom

5200 Harroun Rd., Sylvania, Ohio, 43560

Car Seat & Infant Safety Class

New class for parents, grandparents and even babysitters who have many concerns about how to keep their babies safe. In this class they will learn about keeping their infant and growing toddler safe while at home, in the car and while they are sleeping. This class is taught by a ProMedica Pediatric Injury Prevention Specialist who is also a Certified Child Passenger Safety Technician. Parents can bring in a car seat and the vehicle it will be installed in for a check at the end of class! They will leave feeling confident that they have installed the car seat properly and that they have the skills and knowledge to keep their baby as safe as possible in the car and at home. The class is \$32.00 per couple and registration is required. To register, please call Preparation for Parenthood at 419-291-5666, or email childbirtheeducation@ProMedica.org.

Thursday, March 12

6 – 8:30 p.m.

ProMedica Toledo Hospital

2142 N. Cove Blvd

Toledo, Ohio, 43606

Lymphedema Support Group

ProMedica Flower Hospital hosts meetings intended for individuals, family, friends or community members to better understand what lymphedema is, the risk for lymphedema, the effects of lymphedema/lipedema and tools to help decrease symptoms. For more information, please contact Janeen Ramirez at Janeen.Ramirez@ProMedica.org.

Tuesday, March 17

6 – 7:30 p.m.

ProMedica Flower Hospital

Conference Center, Boardroom

5200 Harroun Rd., Sylvania, Ohio, 43560

Multiple Sclerosis Connection Support Group

This monthly support group provides those living with Multiple Sclerosis with support, conversation and educational topics. The free support group is held on the third Tuesday of every month. Individuals diagnosed with Multiple Sclerosis as well as family and caregivers are welcome to attend. For more information or to RSVP, contact Nikki Artiaga at Nikki.Artiaga@ProMedica.org.

Tuesday, March 17

5 – 6 p.m.

ProMedica Neurosciences Center

Second Floor, Education Rooms 1 & 2

2130 W. Central Ave., 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, March 17

7 – 8:30 p.m.

ProMedica Monroe Regional Hospital

Conference Room A, 4th Floor

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

Auxiliary Fundraiser – “The Nutman”

The Nutman will set up his display of nuts, candy and snack mixes in the main lobby for purchase. Stop by to sample all he has to offer. A portion of the proceeds will benefit the ProMedica Monroe Regional Hospital Auxiliary. For more information, email Lisa Gramlich at Lisa.Gramlich@ProMedica.org.

Wednesday, March 18

Thursday, March 19

8 a.m. – 4 p.m.

ProMedica Monroe Regional Hospital

Main Lobby

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

Eat Right Bite by Bite

Free Lunch 'n Learn to celebrate National Nutrition Month. Carolyn Tienarend, Registered Dietitian from Fostoria Community Hospital, will present "Eat Right Bite by Bite, Even the smallest changes can have a big impact on your health" She will discuss the benefits of adding "steps" to your normal activity as well as how to cut calories to lose weight. A healthy, light lunch will be provided. Must call to pre-register. 419-436-6688 by March 25.

Tuesday, March 31

12 – 1 p.m.

ProMedica Fostoria Community Hospital

Basement Conference Center

501 Van Buren St., Fostoria, Ohio, 44830