CommunityCalendar PROMEDICA | WELL CONNECTED.

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# PROMEDICA COMMUNITY EVENTS IN JUNE

**TOLEDO**, **Ohio, May, 2019** – ProMedica will offer the following community events in June:

**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, June 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, June 11
Tuesday, June 17
Wednesday, June 26
6 – 8 p.m.
ProMedica Health and Wellness Center
Community Education Room, Suite 101
5700 Monroe St., Sylvania, Ohio, 43560

**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, June 11
5:30 – 6:30 p.m.
ProMedica Flower Hospital
Conference Center, Boardroom
5200 Harroun Rd., 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, June 11
1:30 – 2:30 p.m.
ProMedica Toledo Hospital
Entrance F, Mom & Me Boutique
2142 N. Cove Blvd., Toledo, Ohio, 43606

**Regenerative Medicine Seminar**
Do you suffer from joint pain or non-healing fractures? Regenerative medicine procedures use your own stem cells and platelets to encourage your body's natural healing abilities to restore function and relieve pain. ProMedica's board-certified physicians have received extensive training in these non-surgical procedures that treat common injuries and degenerative orthopaedic conditions in the knee, hand, hip, back, ankle and shoulder. Come to the free seminar to learn more. Registration is required. To register, visit www.Promedica.org/regenerativemedicine or call 419-578-7515.

Wednesday, June 12
6 – 8 p.m.
ProMedica Toledo Hospital
2142 N. Cove Blvd., Toledo, OH 43606
Education Center Auditorium, Park at P2

Wednesday, June 26
6 – 8 p.m.
ProMedica Bay Park Hospital
2801 Bay Park Dr., Oregon, OH 43616
Michigan/Superior room

**Scale Down Seminar**
Are you ready to diet differently? ProMedica's Scale Down Weight Management Program is easy-to-follow. This supplemental diet plan helps you lose weight safely with a long-term maintenance program to keep the weight off. During this hour-long session, you will be able to hear about the HMR Program and success stories from patients both in and out of our clinic. Allow an additional 30 minutes of time after the presentation if you have additional questions and for signing up. The seminar is free but registration is required. To register, call 855-251-8615 or email promedica.wellness@promedica.org.

Wednesday, June 12
11:30 a.m. – 12:30 p.m.

ProMedica Health and Wellness Center
Community Education Room
5700 Monroe St., Sylvania, Ohio, 43560

Wednesday, June 19
5 – 6 p.m.
ProMedica Health and Wellness Center
Community Education Room
5700 Monroe St., 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, June 12
6 p.m.
ProMedica Memorial Hospital
Chestnut Café – 1st Floor
715 S. Taft Ave., Fremont, Ohio, 43420

**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. The topic that will be covered is the function of lymphatics and how dry brushing/rebounding exercises may be beneficial for you.

Tuesday, June 18
6 – 7: 30 p.m.
ProMedica Flower Hospital
Conference Center Board Room
5200 Harroun Rd., Sylvania, Ohio, 43560

**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, June 18
7 – 8:30 p.m.
ProMedica Monroe Regional Hospital
Conference Room A, 4th Floor
718 N. Macomb St., Monroe, Michigan, 48162

**Stroke Support Group**

This free, monthly support group is for stroke survivors and their caregivers. Scheduled speakers and topics vary each month and are related to stroke survival. For more information, contact 419-291-7537 or stroke.support@promedica.org.

Thursday, June 27
4 – 5:30 p.m.
ProMedica Flower Hospital
Conference Center Board Room
5200 Harroun Road, 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.*