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## PROMEDICA COMMUNITY EVENTS IN DECEMBER

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

### **Golden Threads Holiday Luncheon**

Golden Threads will be hosting a holiday luncheon for members of the Golden Threads senior program at Ole Zims Wagon Shed in Gibsonburg, Ohio. The registration fee is \$9.50 for those attending and entertainment will be provided by a local high school.

Tuesday, December 3  
Noon – 2 p.m.  
Ole Zims Wagon Shed  
1387 N Ste. Rte. 590, Gibsonburg, Ohio, 43420

### **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, December 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](http://promedica.org/bariatricseminar) or call 419-291-6777.

Thursday, December 5  
Tuesday, December 10  
Wednesday, December 18  
6 – 8 p.m.  
ProMedica Health and Wellness Center  
Community Education Rooms 1 & 2

5700 Monroe St., Sylvania, Ohio, 43560

### **Love Lights Memorial Service**

ProMedica Hospice cordially invites you to attend the 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 6

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 10

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 Wednesday 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).

Wednesday, December 11

6:30 – 7:30 p.m.

ProMedica Flower Hospital

Conference Center, Boardroom

5200 Harroun Rd., Sylvania, Ohio, 43560

### **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, December 11

6 p.m.

ProMedica Memorial Hospital  
Bistro Café  
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 17  
7 – 8:30 p.m.  
ProMedica Monroe Regional Hospital  
Conference Room A, 4<sup>th</sup> Floor  
718 N. Macomb St., Monroe, Mich., 48162

### **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](mailto:nikki.artiaga@promedica.org).

Tuesday, December 17  
5 – 6 p.m.  
ProMedica Neurosciences Center  
Second Floor, Education Rooms 1 & 2  
2130 W. Central Ave., Toledo, Ohio, 43606

*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).*

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