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PROMEDICA COMMUNITY EVENTS IN JULY

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

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, July 3 and 17

1 – 2 p.m.

The Victory Center

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

ProMedica Summer Concert Series

The ProMedica Summer Concert Series Presented by Coors Light and Hollywood Casino Toledo is hosting weekly concerts at Promenade Park through September featuring a variety of local and national musicians and musical genres, including alternative, country, pop, rock, R&B, soul, and Tex-Mex. Tickets are \$15 presale or \$20 the day of the show. Super fans may purchase VIP tickets for entry closer to the stage for \$45. Tickets are available at Ticketmaster and www.promenadeconcerts.com.

Thursday, July 4 - Eric Chesser and Toledo Symphony Orchestra

Friday, July 19 - Killer Queen (An international tribute band)

Friday, July 26 - En Vogue and Kid 'n Play

6:15 p.m.

Promenade Park

400 Water Street, Toledo

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, July 9
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, July 9
1:30 – 2:30 p.m.
ProMedica Toledo Hospital
Entrance F, Mom & Me Boutique
2142 N. Cove Blvd., Toledo, Ohio, 43606

Blood Drive

ProMedica is hosting a blood drive for the American Red Cross. Registration to donate blood is required. To schedule a donation time, call Megan Thomas at 419-291-2215 or visit redcrossblood.org and enter sponsor code: TOLEDHOSP.

Tuesday, July 9
11 a.m. – 3 p.m.
ProMedica Toledo Hospital
Croxtan Auditorium
2142 N. Cove Blvd., Toledo, Ohio, 43606

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, July 10
11:30 a.m. – 12:30 p.m.
ProMedica Health and Wellness Center
Community Education Room
5700 Monroe St., Sylvania, Ohio, 43560

Wednesday, July 17
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, July 10

6 p.m.

ProMedica Memorial Hospital

Chestnut Café – 1st Floor

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

Outdoor Family Movie Night

ProMedica is offering a free, outdoor family movie night at Promenade Park. Entertainment will start at 6 p.m. and includes the interactive water feature, face painting, characters presented by Laurel's Princess Parties, LLC, food trucks, and more! The Lego Movie 2 starts at 7:30 p.m. Seating is on a first come, first serve basis. ProMedica's family movie nights, presented by Paramount Advantage, is in collaboration with Buckeye Broadband.

Saturday, July 13

6 – 7:30 p.m. - Entertainment

7:30 p.m. - Movie starts

Promenade Park

400 Water Street, Toledo

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, July 16

7 – 8:30 p.m.

ProMedica Monroe Regional Hospital

Conference Room A, 4th Floor

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

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, July 17

6 – 8 p.m.

ProMedica Defiance Regional Hospital

1200 Ralston Ave., Defiance, OH 43512
Maumee/Auglaize Room

Wednesday, July 24

6 – 8 p.m.

ProMedica Flower Hospital Conference Center

5200 Harroun Rd., Sylvania, OH 43560

Room E (Use Conference Center entrance)

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, July 25

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.*

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