

# PROMEDICA COMMUNITY EVENTS IN AUGUST

ProMedica will offer the following community events in August:

## 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, August 7 and 21

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](http://www.promenadeconcerts.com).

Friday, August 9 - Dennis Young

Friday, August 23 - Martina McBride

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](mailto:Cheyenne.Abrego@ProMedica.org).

Tuesday, August 13

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, August 13

1:30 – 2:30 p.m.

ProMedica Toledo Hospital

Entrance F, Mom & Me Boutique

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](mailto:promedica.wellness@promedica.org).

Wednesday, August 7

5 – 6 p.m.

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

Wednesday, August 14

11:30 a.m. – Noon

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, August 14

6 p.m.

ProMedica Memorial Hospital  
Chestnut Café – 1st Floor  
715 S. Taft Ave., Fremont, Ohio, 43420

## Outdoor Family Movie Night

ProMedica is offering free, outdoor family movie nights at Promenade Park. Entertainment will start at before the movie and includes the interactive water feature, face painting, characters presented by Laurel's Princess Parties, LLC, food trucks, and more! 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, August 3 - Incredibles 2

6 – 7:30 p.m. - Entertainment

7:30 p.m. - Movie starts

Promenade Park

400 Water Street, Toledo

Saturday, August 24 - Ralph Breaks the Internet

5:30 – 7 p.m. – Entertainment

7 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, August 20

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](http://www.Promedica.org/regenerativemedicine) or call 419-578-7515.

Wednesday, August 14

6 – 8 p.m.

ProMedica Fostoria Community Hospital

First floor conference center

501 Van Buren St.

Fostoria, Ohio 44830

Wednesday, August 14

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](mailto:stroke.support@promedica.org).

Thursday, August 22

4 – 5:30 p.m.

ProMedica Flower Hospital

Conference Center Board Room

5200 Harroun Road, Sylvania, Ohio, 43560