

## PROMEDICA COMMUNITY EVENTS IN FEBRUARY

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

### **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, Feb., 5 and 19

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.

Tuesday, Feb. 11

Monday, Feb. 17

Wednesday, Feb. 26

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, Feb. 11

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, Feb. 12

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 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, Feb. 12

6:30 – 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](mailto:nikki.artiaga@promedica.org).

Tuesday, Feb. 18

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, Feb. 18

7 – 8:30 p.m.

ProMedica Monroe Regional Hospital

Conference Room A, 4<sup>th</sup> Floor

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

### **Cookin' Men**

Cookin' Men is a first-class event offering one-of-a-kind culinary experiences to guests all prepared and served by local community leaders. This signature fundraiser features celebrity chefs, endless taste testing and unique auctions. You won't want to miss this event, which promises to provide a perfect combination of fun, fellowship and fundraising for a great cause. Please join us as we celebrate ProMedica Memorial Hospital's collaboration with the Terra College Foundation to bring about a positive impact on health and well-being of our community. Event proceeds support student safety initiatives at both organizations. For additional information or tickets: Contact Rachel McCoy, ProMedica Memorial Hospital Foundation 419-333-2033 or email [Rachel.McCoy@ProMedica.org](mailto:Rachel.McCoy@ProMedica.org).

Saturday, Feb. 29

6 – 10 p.m.

\$75 per Ticket

Neeley Center – Terra State Community College

2830 Napoleon Rd., Toledo, Ohio, 43420

***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).*