

COMMUNITY OUTREACH

events



WELLNESS OPPORTUNITIES & SCREENINGS

BLOOD PRESSURE SCREENING

**Auglaize-Mercer Family YMCA-SOUTH,
Minster**

Feb 2 | 9:00 AM - 11:00 AM

BLOOD PRESSURE SCREENING

**Auglaize-Mercer Family YMCA-NORTH,
Celina**

Feb 5 | 9:00 AM - 11:00 AM

BLOOD PRESSURE SCREENING

**Auglaize County Council on Aging
St. Marys**

Feb 7 | 9:30 AM - 10:30 AM

BLOOD PRESSURE SCREENING

**Auglaize County Council on Aging,
Wapak**

Feb 21 | 9:30 AM - 10:30 AM

NB SENIOR CITIZEN WELLNESS

**New Bremen Senior Citizen Center
Free blood pressure screens**

Feb 22 | 1:00 PM - 2:00 PM

COMMUNITY HEALTH FAIR

**Auglaize-Mercer Family YMCA-NORTH,
Celina**

Discounted lab work, free screenings,
health and wellness information. More
information, visit grandlakehealth.org

Feb 24 | 8:00 AM - 11:00 AM

SPEAKER ENGAGEMENTS

WCSM RADIO PRESENTATION

Heart Health Education

Feb 12 | 12:30 PM

WKKI RADIO PRESENTATION

Winter Health Fair

Feb 20 | 7:45 AM

EDUCATION

SENIORCIZE

**YMCA @ Otterbein Life Enrichment Ctr
St. Marys**

Feb 1 | 9:00 AM- 10:00 AM

Feb 6 & 8 | 9:00 AM-10:00 AM

Feb 13 & 15 | 9:00 AM-10:00 AM

Feb 20 & 22 | 9:00 AM-10:00 AM

Feb 27 | 9:00 AM-10:00 AM

HEART HEALTH EDUCATION

**Meyer Community Room, Otterbein,
St. Marys**

Feb 8 | 1:15 PM - 2:15 PM

HEART HEALTH EDUCATION

St. Paul's Church , New Bremen

Feb 15 | 10:30 AM - 11:30 AM

7:00 PM—8:00 PM

WAGNER'S WELLNESS: PRE-DIABETES

Feb 20 | 11:00 AM - 1:00 PM—Minster

2:00 PM - 4:00 PM—NB

CPR BASIC LIFE SUPPORT

JTDMH Conference Rooms, St. Marys

Feb 10 | 8:00 AM—12:00 PM

Feb 26 | 12:30 PM—4:30 PM

PRE-DIABETES EDUCATION

JTDMH Conference Rooms, St. Marys

Feb 27 | 9:00 AM-11:00 AM &

6:00 PM-8:00 PM

HEART HEALTH EDUCATION

Agape Ministries, St. Marys

Feb 27 | 12:00 PM-2:30 PM

CHILDBIRTH EDUCATION (LAMAZE)

Feb 21 | 6:00 PM - 8:00 PM

Feb 28 | 6:00 PM - 8:00 PM

Call the Birthing Center to sign up:

419-394-3335 ext. 2419

BABYSITTING CLASS

JTDMH Conference Rooms, St. Marys

Feb 27, 28, March 6 | 4:30 PM - 6:30 PM

ROAD TO FITNESS

REFIT REVOLUTION

YMCA—South

Feb 4 | 1:00 PM—3:00 PM

UNITED WAY HIKE FOR HEALTH 5K

Feb 11 | 1:00 PM—3:00 PM

GRAND HEALTH CHALLENGE

WEIGH-IN DATES:

JTDMH CARDIAC CENTER, ST. MARYS

Feb 13 | 6:00 a.m. - 8:30 a.m.

Feb 14 | 4:00 p.m. - 6:00 p.m.

Feb 15 | 6:00 a.m. - 8:30 a.m.

WAPAKONETA MEDICAL CENTER

Feb 13 | 4:00 p.m. - 6:00 p.m.

Feb 14 | 6:00 a.m. - 8:30 a.m.

MERCER COUNTY HEALTH

DEPARTMENT, CELINA

Feb 14 | 7:30 a.m. - 1:30 p.m.

YMCA—SOUTH, MINSTER

Feb 15 | 6:00 a.m. - 8:30 a.m.

Feb 15 | 4:00 p.m. - 6:00 p.m.

YMCA-NORTH, CELINA

Feb 15 | 4:00 p.m. - 6:00 p.m.

Clean Eating on a Budget —

Keynote Speaker: Jen Thompson

St. Marys Memorial High School

Auditorium, St. Marys

Feb 20 | 6:30 p.m.

Direct Access Testing

The JTDMH Laboratory has a menu of
specific tests that patients may order
for themselves without a doctor's
order.

Direct Access Testing program provides
wellness tests that are similar to those
found at health fairs, but with the
convenience of being available every
day at JTDMH. For more information,
call Carla Pond at 419-394-3387 ext.
3513