GRAND LAKE™ HEALTH SYSTEM

COMMUNITY OUTREACH events

DECEMBER

WELLNESS OPPORTUNITIES & SCREENINGS

SENIORCIZE - EXERCISE

Otterbein Living Center-YMCA, St. Marys

DEC 1, 6, 8, 13 & 15 | 9:00 a.m. –10:00 a.m.

ACCA—Blood Pressure Screening

Auglaize County Council on Aging, St. Marys

DEC 7 | 9:30 a.m. - 10:30 a.m.

AUGLAIZE-MERCER FAMILY YMCA-South Branch

Blood Pressure Screening

Wuebker Rd, Minster

DEC 2 | 9:00 a.m. - 11:00 a.m.

AUGLAIZE-MERCER FAMILY YMCA- North Branch

Blood Pressure Screening

SR 703, Celina

DEC 5 | 9:00 a.m. - 11:00 a.m.

OTTERBEIN LIVING CENTER- YMCA

Blood Pressure Screening

SR 364, St. Marys

DEC 8 | 8:00 a.m.— 9:00 a.m.

NEW BREMEN SENIOR CITIZEN CENTER

WELLNESS PROGRAM

FREE Glucose Screening

FREE Blood Pressure & Pulse Ox Screening

SR 274, New Bremen, OH

DEC 14 | 1:00 p.m.

EDUCATION

CPR BASIC LIFE SUPPORT

HEALTHCARE PROVIDERS PUBLIC NEW HCP

Grand Lake Health System JTDMH

DEC 5 I 12:30 p.m. - 4: 30 p.m.

DEC 17 I 8:00 am - 12:00 noon

ROAD TO FITNESS

SANTA SHUFFLE — 5K (Walk/Run)

New Bremen High School, New Bremen, OH

www.speedy-feet.com

DEC 10 I 8:30 a.m. Fun Run / 9:00 a.m. 5K

OTHER OPPORTUNITIES

SENIOR SUPPER HOUR

Holiday Entertainment

Otterbein Living Center-Meyer Community Room

DEC 1 I 5:00 p.m.—6:30 p.m.

BLOOD MOBILE-RED CROSS

Grand Lake Health System-JTDMH

DEC 12 I 9:00 a.m.—2:00 p.m.

SUPPORT GROUPS

BEREAVEMENT

Hospice Conference Room

"Grief and Your Relationships"

DEC 1 | 10:00 a.m. - 11:00 a.m.

"Why?""

DEC 15 | 10:00 a.m. - 11:00 a.m.

PRE-DIABETES CLASS

Grand Lake Health System JTDMH - Conf. Room

DEC 29 | 9:00 a.m. –11:00 a.m.

HONORING ANGELS -

LOSS OF CHILD BEREAVEMENT

Center for Personal Wellness

96 W. 4th St., Minster

See Meeting Schedule on FACEBOOK:

https://www.facebook.com/groups/155645517976078/

SPEAKERS ENGAGEMENTS

WCSM RADIO PRESENTATION

Grand Health Challenge 2017

DEC 12 | 12:30 p.m.

WKKI RADIO PRESENTATION

Grand Health Challenge 2017

DEC 20 | 3:00 p.m.

JOIN US!

419-394-6132

grandlakehealth.org

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