



GRAND LAKE<sup>TM</sup>  
HEALTH SYSTEM

## COMMUNITY OUTREACH

# events

FEBRUARY

### WELLNESS OPPORTUNITIES & SCREENINGS

#### GRAND LAKE HEALTH SYSTEM-

##### COMMUNITY HEALTH FAIR

Auglaize-Mercer Family YMCA-NORTH Branch  
SR 703, Celina

FEB 25 | 8:00 a.m. - 11:00 a.m.

#### DRUG TAKE BACK PROGRAM

@ Community Health Fair Booth

Auglaize-Mercer Family YMCA-NORTH Branch  
SR 703, Celina

FEB 25 | 8:00 a.m. - 11:00 a.m.

#### BLOOD PRESSURE SCREEN

ACCA -Auglaize County Council on Aging, St. Marys

FEB 1 | 9:30 a.m. - 10:30 a.m.

#### BLOOD PRESSURE SCREEN

Auglaize-Mercer Family YMCA- SOUTH Branch  
Wuebker Rd, Minster

FEB 3 | 9:00 a.m. - 11:00 a.m.

#### BLOOD PRESSURE SCREEN

Auglaize-Mercer Family YMCA-NORTH Branch  
SR 703, Celina

FEB 6 | 9:00 a.m. - 11:00 a.m.

#### WAGNER WELLNESS PROGRAM

SR 66, New Bremen & SR 119, Minster  
Pre- Diabetes & Heart Education-Women & Cardiovascular Disease Blood Pressure and Pulse Ox Screen

FEB 14 | 11:00 A.M.— 1:00 P.M. Minster

FEB 14 | 2:00 P.M.— 4:00 P.M. New Bremen

#### BLOOD PRESSURE SCREEN

YMCA-Otterbein Life Enrichment Center Cafe  
SR 364 St. Marys

FEB 16 | 8:00 a.m. - 9:00 p.m.

#### NEW BREMEN WELLNESS PROGRAM

SR 274, New Bremen  
Blood Pressure and Pulse Ox Screen

FEB 22 | 1:00 a.m. - 2:00 p.m.

#### AGAPE WELLNESS PROGRAM

Spring St. St. Marys  
Heart Education-Women & Cardiovascular Disease  
Blood Pressure and Pulse Ox Screen

FEB 28 | 12:00 P.M.—2:30 P.M.

#### WCSM SPRING FLING HOME, GARDEN & TRADE SHOW

Galleria, Celina  
Colorectal Cancer Awareness and Education  
Blood Pressure and Pulse Ox Screen

FEB 26 | 11:30 A.M.—3:30 P.M.

### EDUCATION

#### SENIORCIZE

YMCA @ Otterbein Life Enrichment Center

SR364, St. Marys

FEB 2 | 9:00 a.m. - 10:00 a.m.

FEB 7 | 9:00 a.m. - 10:00 a.m.

FEB 9 | 9:00 a.m. - 10:00 a.m.

FEB 14 | 9:00 a.m. - 10:00 a.m.

FEB 16 | 9:00 a.m. - 10:00 a.m.

FEB 21 | 9:00 a.m. - 10:00 a.m.

FEB 23 | 9:00 a.m. - 10:00 a.m.

FEB 28 | 9:00 a.m. - 10:00 a.m.

#### CPR BASIC LIFE SUPPORT

HEALTHCARE PROVIDERS PUBLIC NEW HCP

Grand Lake Health System JTDH, St. Marys

Conference Rooms

FEB 18 | 8:00 a.m.-12:00 p.m.

FEB 27 | 12:30 p.m. - 4:30 p.m.

#### PRE-DIABETES EDUCATION

Grand Lake Health System JTDH, St. Marys-CRoom

FEB 28 | 9:00 a.m.-11:00 a.m.

FEB 28 | 6:00 p.m.-8:00 p.m.

### SPEAKERS ENGAGEMENTS

#### WCSM RADIO PRESENTATION-Steve Steinecker-Drug

Take Back Program Grand Lake Health System JTDH,  
St. Marys

FEB 13 | 12:30 p.m.

#### WKFI RADIO PRESENTATION-Heart Health -Lesia Arnett

By Grand Lake Health System JTDH, St. Marys

FEB 21 | 3:00 p.m.

### SUPPORT GROUPS

#### BEREAVEMENT SUPPORT

Grand Lake Health System JTDH, St. Marys

Annex- Hospice Conference Room

" The Journey of Grief—1 "

FEB 2 | 10:00 a.m. - 11:00 a.m.

" The Journey of Grief— 2"

FEB 16 | 10:00 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/>

### ROAD TO FITNESS

#### UNITED WAY " HIKE FOR HEALTH "

[www.auglaizeunitedway.org](http://www.auglaizeunitedway.org)

City of St. Marys Utilities Building (Canal Room)

FEB 12 | 1:00 p.m. - 3:00 p.m.

### GRAND HEALTH CHALLENGE

#### WEIGH-IN DATES:

#### JTDH CARDIAC CENTER, ST. MARYS

FEB 7 | 6:00 a.m. - 8:30 a.m.

FEB 8 | 4:00 p.m. - 6:00 p.m.

FEB 9 | 6:00 a.m. - 8:30 a.m.

#### WAPAKONETA MEDICAL CENTER

FEB 7 | 4:00 p.m. - 6:00 p.m.

FEB 8 | 6:00 a.m. - 8:30 a.m.

#### MERCER COUNTY HEALTH DEPARTMENT, Celina

FEB 8 | 7:30 a.m. - 1:30 p.m.

#### MIAMI & ERIE MEDICAL CENTER

FEB 9 | 6:00 a.m. - 8:30 a.m.

FEB 9 | 4:00 p.m. - 6:00 p.m.

#### YMCA-NORTH, Celina

FEB 9 | 4:00 p.m. - 6:00 p.m.

#### ST. MARYS MEMORIAL HIGH SCHOOL, St. Marys

FEB 10 | 6:30 a.m.

#### "FIT BLITZ" MEETING —3 Wellness & Fitness Sessions

St. Marys Memorial High School Auditorium, St. Marys

FEB 21 | 6:30 p.m.

JOIN US!



419-394-6132



[grandlakehealth.org](http://grandlakehealth.org)



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