

**COMMUNITY  
OUTREACH**

# events


**WELLNESS OPPORTUNITIES  
& SCREENINGS**
**BLOOD PRESSURE SCREENING**

**Auglaize-Mercer Family YMCA-NORTH, Celina**  
 July 1 | 9:00 AM - 11:00 AM

**BLOOD PRESSURE SCREENING**

**Auglaize County Council on Aging, St. Marys**  
 July 3 | 9:30 AM - 10:30 AM

**BLOOD PRESSURE SCREENING**

**Auglaize-Mercer Family YMCA-SOUTH, Minster**  
 July 12 | 9:00 AM - 11:00 AM

**BLOOD PRESSURE SCREENING**

**Auglaize County Council on Aging, Wapak**  
 July 17 | 9:30 AM - 10:30 AM

**BONE HEALTH AWARENESS**

**Agape, St. Marys**  
 July 23 | 12:00 PM—2:30 PM  
 Free osteoporosis screening and education

**WOMEN'S WALK FOR WELLNESS**

**North Shore Park—Celina**  
 July 27 | 8:05 AM  
 Registration forms available at [www.grandlakehealth.org/communityoutreach](http://www.grandlakehealth.org/communityoutreach)  
 Register by July 5 to receive a t-shirt.  
 All participants will enjoy a continental breakfast following the walk. Registration—\$10

**AUGLAIZE COUNTY FAIR**

**Wapakoneta Fairgrounds**  
 July 28—Aug 3 | 12 PM — 9:00 PM  
 Free blood pressure and pulse ox screening

**EDUCATION**
**CPR BASIC LIFE SUPPORT**

**JTDMH Conf. Rooms, St. Marys**  
 July 8 | 12:30 PM—4:30 PM  
 July 20 | 8:00 AM—12:00 PM

**CHILDBIRTH EDUCATION (LAMAZE)**

**JTDMH Conference Rm, St. Marys**  
 July 10 | 6:00 PM - 8:30 PM  
 July 17 | 6:00 PM - 8:30 PM  
 Call the Birthing Center to sign up:  
 419-394-3335 ext. 2419

**WAGNER'S WELLNESS PROGRAM**

**Colorectal Cancer Awareness**  
 July 16 | 11:00 AM—1:00 PM  
 Wagner's IGA—Minster  
 July 16 | 2:00 PM—4:00 PM  
 Wagner's IGA—New Bremen  
 Free colorectal cancer screening kits

**BREASTFEEDING EDUCATION CLASS**

**JTDMH Conference Rm, St. Marys**  
 July 16 | 7:00 PM - 9:00 PM  
 Call the Birthing Center to sign up:  
 419-394-3335 ext. 2419

**BABYSITTING 101 COURSE**

**JTDMH Conference Rooms**  
 July 22, 23 | 1:00 PM — 4:00 PM  
 Registration required. To sign up,  
 call 419-394-6132.

**AGAPE WELLNESS:**

**BONE HEALTH AWARENESS**  
**Agape, St. Marys**  
 July 23 | 12:00 PM—2:30 PM  
 Free osteoporosis screening and education

**PARKINSONS SUPPORT GROUP**

**YMCA—South**  
 July 26 | 11:00 AM—11:45 AM

**ROAD TO FITNESS**
**FIRECRACKER 5K RUN/WALK**

**Wapakoneta**  
 July 4 | 9:00 AM

**RUN TO THE MOON 5K/10K**

**Wapakoneta**  
 July 20 | 8:15 AM

**FIREMAN'S MEMORIAL 5K**

**New Bremen**  
 July 26 | 8:00 PM

**GRAND HEALTH CHALLENGE**
**MASTER MAINTAINER WEIGH IN**

**JTDMH Cardiac Center**  
 July 16 | 6:00 AM—8:00 AM  
 July 16 | 4:00 PM—6:00 PM

**SPEAKER ENGAGEMENTS**
**WCSM RADIO PRESENTATION**

**July 8 | 12:30 PM**  
**Grand Lake Rehab**  
 Update on the new facility

**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 Laboratory Services at 419-394-3387 ext. 3513.