



APRIL 2023

EDUCATION & CLASSES

DIABETES SUPPORT GROUP

- **Grand Lake MOB - St. Marys**
April 10 | 7:00 PM - 8:00 PM
April 11 | 10:00 AM - 11:00 AM

CPR CERTIFICATION

- **Grand Lake MOB - St. Marys**
April 12 | 8:00 AM - 1:00 PM

CHILDBIRTH (LAMAZE) CLASS

- **Grand Lake MOB - St. Marys**
April 22 | 8:30 AM - 3:00 PM
*Call the birthing center to sign up:
419-394-3335 ext. 2419*

PRE-HYPERTENSION

- **JTDMH Conference Room**
Call 419-300-1125 for an appt.

CAR SEAT CLASSES

- **Auglaize County Health Dept.**
*Call 419-738-3410 to determine
eligibility and/or make an appt.*

MOM'S QUIT FOR 2

- **Auglaize County Health Dept.**
*Individualized tobacco cessation
counseling for pregnant mothers.
Participants can earn up to \$350 in
diaper & wipe vouchers. Call 419-
738-3410 for more information.*

WELLNESS & SCREENING OPPORTUNITIES

COMMUNITY HEALTH FAIR

- **Tri-Star Career Complex, Celina**
April 1 | 8:00 AM - 10:00 AM
*Walk-in lab services; Prescription
drug take back; Free wellness
screenings.*

BLOOD PRESSURE SCREENINGS

- **Grand Lake Health/Premier Health YMCA - North, Celina**
April 3 | 9:00 AM - 11:00 AM
- **Auglaize County Council on Aging, St. Marys**
April 5 | 9:30 AM - 10:30 AM
- **Auglaize County Council on Aging, Wapakoneta - Eagles Basement**
April 7 | 9:30 AM - 10:30 AM
- **Grand Lake Health/Premier Health YMCA - South, Minster**
April 10 | 9:00 AM - 11:00 AM
- **New Bremen Senior Citizen Center**
April 26 | 1:00 PM - 2:00 PM

WELLNESS WEDNESDAY

- **Auglaize County Council on Aging, St. Marys**
April 12 | 10:00 AM

RED CROSS BLOOD DRIVE

- **Grand Lake Health System**
April 13 | 7:30 AM - 1:30 PM

ONU FREE MOBILE CLINIC

- **Auglaize County Council on Aging**
April 24 | 9:00 AM - 12:00 PM
*Offering free blood pressure checks,
blood sugar checks, medication
reviews, and cholesterol checks. For
more information call 419-394-8252.*

IMMUNIZATION CLINICS

- **Auglaize County Health Dept.**
*Call 419-738-3410 to ask questions
or make an appointment.*

PHYSICAL ACTIVITY & REHAB SERVICES

PARKINSON'S EXERCISE GROUP

- **Grand Lake Health/Premier Health YMCA - South, Minster**
April 4 | 12:30 PM - 2:00 PM
April 11 | 12:30 PM - 2:00 PM
*Call Grand Lake Rehab or YMCA
if you have questions: 419-394-3387
ext. 3578.*

APRIL SHOWERS HIKE

- **Noble Township Hall**
April 16 | 1:00 PM - 3:00 PM
16586 CR 66A, St. Marys
Part of JTDMH's Road to Fitness

COMMUNITY EVENTS

GRAND HEALTH CHALLENGE

- **Mandatory Weigh-In**
April 11-13th
In person or at home
- Community Outreach | 7AM - 4PM
1027 E. Spring Street
- Grand Lake Wellness Center | 6AM - 6PM, 1065 Hager Street
- YMCA - South, Minster | 5AM - 10PM
4075 Wuebker Road
- YMCA - North, Celina | 5 AM - 10 PM
7590 State Route 703

*Call or text 419-790-3045 or email
slowry@jtdmh.org for questions.*

PLAY WITH A PURPOSE

- **Riverside Art Center, Wapakoneta**
April 14 | 10:30 AM - 11:30 AM
*Paint and interact with other children
and families! Contact the Auglaize
County Board of DD at 419-977-2210
for more information.*

HEALTHY KIDS DAY

- **Grand Lake Health/Premier Health YMCA - North, Celina**
April 29 | 10:00 AM - 2:00 PM

