



FEBRUARY 2023

EDUCATION & CLASSES

BREASTFEEDING EDUCATION

- **Grand Lake Health System**
Feb. 7 | 7:00 PM - 9:00 PM
Call the Birthing Center to sign up: 419-394-3335 ext. 2419.

YMCA - SENIOR EVENT

- **Grand Lake Health/Premier Health YMCA - North, Celina**
Feb. 1 | 11:00 AM - 1:00 PM
- **Grand Lake Health/Premier Health YMCA - South, Minster**
Feb. 8 | 11:00 AM - 1:00 PM
Diabetes Education

BABYSITTING 101

- **Grand Lake Rehab Conference Room, 1065 Hager Street**
Feb. 21, 28, & March 7
4:30 PM - 6:30 PM
Call 419-394-6132 to register.

PRE-HYPERTENSION & HYPERTENSION CLASS

- **JTDMH Conference Rm, St. Marys**
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.

PHYSICAL ACTIVITY & REHAB SERVICES

PARKINSON'S EXERCISE GROUP

- **Grand Lake Health/Premier Health YMCA - South, Minster**
Feb. 7 | 12:30 PM - 2:00 PM
Feb. 14 | 12:30 PM - 2:00 PM
Feb. 28 | 12:30 PM - 2:00 PM

PARKINSON'S SUPPORT GROUP

- **Grand Lake Health/Premier Health YMCA - South, Minster**
Feb. 21 | 12:30 PM - 1:30 PM

LOCKKEEPER'S VALENTINES HIKE

- **St. Marys Utility Building**
106 E. Spring Street
Feb. 12 | 1:00 PM - 3:00 PM
Part of JTDMH's Road to Fitness

COMMUNITY EVENTS

GRAND HEALTH CHALLENGE

- **Mandatory Weigh-In**
Feb. 14-16th
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

- **Auglaize County Public Library, Wapakoneta**
Feb. 10 | 10:30 AM - 11:30 AM
Valentine's Fun! To register, please call 419-977-2210.

WELLNESS & SCREENING OPPORTUNITIES

BLOOD PRESSURE SCREENINGS

- **Auglaize County Council on Aging, St. Marys**
Feb. 1 | 9:30 AM - 10:30 AM
- **Auglaize County Council on Aging, Wapakoneta - Eagles Basement**
Feb. 3 | 9:30 AM - 10:30 AM
- **Grand Lake Health/Premier Health YMCA - North, Celina**
Feb. 6 | 9:00 AM - 11:00 AM
- **Grand Lake Health/Premier Health YMCA - South, Minster**
Feb. 13 | 9:00 AM - 11:00 AM
- **New Bremen Senior Citizen Center**
Feb. 22 | 1:00 PM - 2:00 PM

WELLNESS WEDNESDAY

- **Auglaize County Council on Aging, St. Marys**
Feb. 8 | 10:00 AM
Take Care of Your Feet

ROTARY BLOOD TESTING EVENT

- **New Knoxville School**
Feb. 18 | 7:00 AM - 9:00 AM
Discounted lab testing, free blood pressure screenings, and light breakfast.

IMMUNIZATION CLINICS

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

