



JANUARY 2023

EDUCATION & CLASSES

BREASTFEEDING EDUCATION

- **Grand Lake Health System**
Jan. 3 | 7:00 PM - 9:00 PM
*Call the Birthing Center to sign up:
419-394-3335 ext. 2419.*

CHILDBIRTH EDUCATION (LAMAZE)

- **Grand Lake Health System**
Jan. 21 | 8:30 AM - 3:00 PM
*Call the Birthing Center to sign up:
419-394-3335 ext. 2419.*

PRE-DIABETES EDUCATION

- **JTDMH Conference Rm, St. Marys**
Jan. 31 | 9:00 AM - 11:00 AM
*For more information or to register
please call Sue Wiseman @
419-394-3335 ext. 1723.*

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.*

HELP ME GROW HOME VISITING

- **Auglaize County Health Dept.**
*Baby on the way? Newborn or young
children at home? Help Me Grow
Home Visiting provides support for
pregnant women and parents of
young children. Call 419-738-3410 for
more information.*

PHYSICAL ACTIVITY & REHAB SERVICES

PARKINSON'S EXERCISE GROUP

- **Grand Lake Health/Premier Health YMCA - South, Minster**
Jan. 3 | 12:30 PM - 2:00 PM
Jan. 10 | 12:30 PM - 2:00 PM
Jan. 17 | 12:30 PM - 2:00 PM
Jan. 31 | 12:30 PM - 2:00 PM

LOCKKEEPERS' HIKE

- **Lockkeepers' House, New Bremen**
Jan. 8 | 1:00 PM - 3:00 PM
*A fun & free hike for all ages, and
leashed pets are welcome too!
Register anytime between 1pm-3pm
at the Lockkeepers' House - 22 S.
Water St., New Bremen.*

PARKINSON'S SUPPORT GROUP

- **Grand Lake Health/Premier Health YMCA - South, Minster**
Jan. 24 | 12:30 PM - 1:30 PM

COMMUNITY EVENTS

GRAND HEALTH CHALLENGE

- **Grand Lake Health System**
Jan. 10 | 6:30 PM Kick-Off Meeting
Entry form due by Jan. 4, 2023
*Teams consist of 2-7 people. \$5 per
person registration cost. Consists of
Monthly weigh-ins, activity/exercise
options and focused education
sessions. Contact Stefanie @ 419-
394-6132 for questions.*

ROAD TO FITNESS

- **Grand Lake Health System**
January to December 2023
*Fitness challenge consisting of 15
different hikes/races to participate in.
Earn points by participating in
hikes/races and redeem for prizes!
Contact Stefanie @ 419-394-6132
for questions.*

WELLNESS & SCREENING OPPORTUNITIES

BLOOD PRESSURE SCREENINGS

- **Grand Lake Health/Premier Health YMCA - North, Celina**
Jan. 2 | 9:00 AM - 11:00 AM
- **Auglaize County Council on Aging, St. Marys**
Jan. 4 | 9:30 AM - 10:30 AM
- **Auglaize County Council on Aging, Wapakoneta - Eagles Basement**
Jan. 6 | 9:30 AM - 10:30 AM
- **Grand Lake Health/Premier Health YMCA - South, Minster**
Jan. 9 | 9:00 AM - 11:00 AM

IMMUNIZATION CLINICS

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

CIRCLE OF SUPPORT

- **Auglaize County Public Library, Wapakoneta**
Jan. 17 | 6:00 PM - 7:00 PM
*Support group for families of children
under the age of 6 who are suspected
of being on the autism spectrum or
have an autism diagnosis. Hosted by
Auglaize County Board of
Developmental Disabilities.*

