



MARCH 2023

EDUCATION & CLASSES

CHILDBIRTH (LAMAZE) CLASS

- **Grand Lake MOB - St. Marys**
March 11 | 8:30 AM - 3:00 PM

DIABETES SUPPORT GROUP

- **Grand Lake MOB - St. Marys**
March 13 | 7:00 PM
March 14 | 10:00 AM

BREASTFEEDING EDUCATION

- **Grand Lake Health System**
March 21 | 7:00 PM - 9:00 PM
*Call the Birthing Center to sign up:
419-394-3335 ext. 2419.*

BABYSITTING 101

- **Grand Lake MOB - St. Marys**
March 20, 27, & April 3
4:30 PM - 6:30 PM
Call 419-394-6132 to register.

PRE-DIABETES CLASS

- **JTDMH Conference Room 1**
March 28 | 5:30 PM - 7:30 PM

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**
March 7 | 12:30 PM - 2:00 PM
March 14 | 12:30 PM - 2:00 PM
March 28 | 12:30 PM - 2:00 PM

PARKINSON'S SUPPORT GROUP

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

SPRING FORWARD HIKE

- **Noble Township Hall**
March 12 | 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**
March 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
- **Cooking Demo/Meal Prep**
March 14 | 6:30 PM
1140 S. Knoxville Avenue, St. Marys
Call or text 419-790-3045 or email slowry@jtdmh.org for questions.

WELLNESS & SCREENING OPPORTUNITIES

BLOOD PRESSURE SCREENINGS

- **Auglaize County Council on Aging, St. Marys**
March 1 | 9:30 AM - 10:30 AM
- **Auglaize County Council on Aging, Wapakoneta - Eagles Basement**
March 3 | 9:30 AM - 10:30 AM
- **Grand Lake Health/Premier Health YMCA - North, Celina**
March 6 | 9:00 AM - 11:00 AM
- **Grand Lake Health/Premier Health YMCA - South, Minster**
March 13 | 9:00 AM - 11:00 AM

ROTARY BLOOD TESTING EVENT

- **New Bremen High School**
March 4 | 7:00 AM - 9:00 AM
Discounted lab testing, free blood pressure screenings, and light breakfast.

WELLNESS WEDNESDAY

- **Auglaize County Council on Aging, St. Marys**
March 8 | 10:00 AM
Do this or that? Eat this or that?

HIV TESTING EVENT

- **Auglaize County Health Dept.**
March 17 | 1:00 PM - 4:00 PM
Testing and services provided by Allen County Public Health.

IMMUNIZATION CLINICS

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

