



MAY 2023

EDUCATION & CLASSES

BABYSITTING 101

- **Grand Lake Rehab Conference Rm 1065 Hager St., St. Marys, OH**
May 1, 8, 15 | 4:30 PM - 6:30 PM
Call 419-394-6132 to register.

BREASTFEEDING EDUCATION

- **Grand Lake MOB - St. Marys**
May 2 | 7:00 PM - 9:00 PM
Call the birthing center to sign up: 419-394-3335 ext. 2419

DIABETES SUPPORT GROUP

- **Grand Lake MOB - St. Marys**
May 8 | 7:00 PM - 8:00 PM
May 9 | 10:00 AM - 11:00 AM

SCHOOL HEALTH FAIR

- **JTDMH, Conference Room 3**
May 30 | 9:00 AM - 11:00 AM

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

BLOOD PRESSURE SCREENINGS

- **Grand Lake Health/Premier Health YMCA - North, Celina**
May 1 | 9:00 AM - 11:00 AM
- **Auglaize County Council on Aging, St. Marys**
May 3 | 9:30 AM - 10:30 AM
- **Auglaize County Council on Aging, Wapakoneta - Eagles Basement**
May 5 | 9:30 AM - 10:30 AM
- **Grand Lake Health/Premier Health YMCA - South, Minster**
May 8 | 9:00 AM - 11:00 AM
- **Auglaize County Health Dept.**
May 8 | 10:30 AM - 12:00 PM

YMCA SENIOR EVENT

- **Grand Lake Health/Premier Health YMCA - North, Celina**
May 3 | 11:00 AM - 1:00 PM
- **Grand Lake Health/Premier Health YMCA - South, Minster**
May 10 | 11:00 AM - 1:00 PM
Mental Health Awareness

WELLNESS WEDNESDAY

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

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**
May 2, 9, 16, 30 | 12:30 PM - 2:00 PM

SIDS AWARENESS 5K - LANDEN'S RUN

- **High Street Shelter House - St. Marys**
May 6 | Registration 8:00 AM
Race starts at 9:00 AM

MENTAL HEALTH AWARENESS 5K

- **St. Marys Memorial Track**
May 13 | Registration 8:00 AM
Race starts at 9:00 AM

PARKINSON'S SUPPORT GROUP

- **Grand Lake Health/Premier Health YMCA - South, Minster**
May 23 | 12:30 PM - 1:30 PM

COMMUNITY EVENTS

GRAND HEALTH CHALLENGE

- **Mandatory In- Person Weigh-In**
May 9-11th
Please bring your ID to weigh-in
- Grand Lake Wellness Center
- Wapakoneta Medical Center
- YMCA - South, Minster
- YMCA - North, Celina
- Mercer County Health District

CARDIO DRUMMING

- **Wapakoneta YMCA**
May 6 | 10:30 AM
FREE and open to the public. Class size is limited!

BICYCLE SAFETY DAY

- **TSC Garage - Willipie St., Wapakoneta**
May 13 | 10:00 AM - 1:00 PM
All children 17 and under will receive a FREE fitted helmet. Make sure to bring your bicycle for a FREE inspection. Plus learn the rules of the road by completing the bicycle rodeo course



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