



WELLNESS OPPORTUNITIES  
& SCREENINGS

**BLOOD PRESSURE SCREENING**

Auglaize-Mercer Family YMCA- Minster  
Feb 7 | 9:00 AM - 11:00 AM

**BLOOD PRESSURE SCREENING**

Auglaize-Mercer Family YMCA- Celina  
Feb 3 | 9:00 AM - 11:00 AM

**BLOOD PRESSURE SCREENING**

Auglaize County Council on Aging  
St. Marys  
Feb 5 | 9:30 AM - 10:30 AM

**ST. PAUL UCC—HEALTH FAIR**

St. Pauls UCC—New Bremen  
Feb 9 | 11:30 AM - 2:00 PM  
Free blood pressure, glucose,  
osteoporosis screenings

**BLOOD PRESSURE SCREENING**

Stallo Library, Minster  
Feb 12 | 12:30 PM - 1:30 PM

**BLOOD PRESSURE SCREENING**

Auglaize County Council on Aging,  
Wapak  
Feb 19 | 9:30 AM - 10:30 AM

**COMMUNITY HEALTH FAIR**

Auglaize-Mercer Family YMCA-NORTH,  
Celina  
Walk-in lab services; Prescription drug  
take back; Free screenings including  
osteoporosis, dermascan, body fat  
analysis, colorectal cancer kits, posture  
checks, etc.  
For more information contact  
Community Outreach at 419.394.6132  
Feb 22 | 8:00 AM - 11:00 AM

**BLOOD PRESSURE SCREENING**

New Bremen Senior Citizen Center  
Feb 26 | 1:15 PM—2:00 PM

EDUCATION

**SENIORCIZE**

YMCA @ Otterbein Life Enrichment Ctr.  
St. Marys  
Feb 4, 6, 11, 13, 18, 20, 25, 27  
9:00 AM- 10:00 AM

**BABYSITTING 101**

JTDMH Conference Rm 1, St. Marys  
Feb 4, 10, 18 | 4:30 PM—6:30 PM

**CPR BASIC LIFE SUPPORT**

JTDMH Conf. Rooms, St. Marys  
Feb 10 | 12:30 PM—4:30 PM  
Feb 22 | 8:00 AM—12:00 PM

**HEART EDUCATION—Wagner's IGA**

Free blood pressure screening.  
Feb 11 | 11:00 AM-1:00 PM—Minster  
Feb 11 | 2:00 PM - 4:00 PM—NB

**BREASTFEEDING EDUCATION CLASS**

Feb 11 | 6:00 PM - 8:00 PM  
Call the Birthing Center to sign up:  
419-394-3335 ext. 2419

**CHILDBIRTH EDUCATION (LAMAZE)**

Feb 22 | 8:30 AM - 3:00 PM  
Call the Birthing Center to sign up:  
419-394-3335 ext. 2419

**AGAPE WELLNESS—HEART MONTH**

Agape, St. Marys  
Feb 25 | 12:00 PM—2:30 PM

**PARKINSON'S SUPPORT GROUP**

Auglaize-Mercer Family YMCA- Minster  
Feb 28 | 11:00 AM—11:45 AM

SPEAKER ENGAGEMENTS

**WCSM RADIO PRESENTATION**

Feb 10 | 12:30 PM  
Grand Lake Rehab

**WKKI RADIO PRESENTATION**

Feb 18 | 12:30 PM

GRAND HEALTH CHALLENGE

**WEIGH-IN DATES:**

**GRAND LAKE REHB & WELLNESS,  
ST. MARYS**  
Feb 4 | 6:00 a.m. - 8:30 a.m.  
Feb 5 | 4:00 p.m. - 6:00 p.m.  
Feb 6 | 6:00 a.m. - 8:30 a.m.

**WAPAKONETA MEDICAL CENTER**

Feb 4 | 4:00 p.m. - 6:00 p.m.  
Feb 5 | 6:00 a.m. - 8:30 a.m.

**MERCER CO. UNTY HEALTH  
DEPARTMENT, CELINA**

Feb 5 | 7:30 a.m. - 1:30 p.m.

**YMCA—SOUTH, MINSTER**

Feb 6 | 6:00 a.m. - 8:30 a.m.  
Feb 6 | 4:00 p.m. - 6:00 p.m.

**YMCA-NORTH, CELINA**

Feb 6 | 4:00 p.m. - 6:00 p.m.

**GROCERY STORE TOURS**

Grocery Store Tours  
Kroger's—St. Marys  
Feb 18 | 5:15 p.m. & 6:30 p.m.

ROAD TO FITNESS

**UNITED WAY HIKE FOR HEALTH**

St. Marys  
Feb 9 | 1:00 PM—3:00 PM

**Direct Access Testing**

The JTDMH Laboratory has a menu of  
specific tests that patients may order  
for themselves without a doctor's  
order.

Direct Access Testing program provides  
wellness tests that are similar to those  
found at health fairs, but with the  
convenience of being available every  
day at JTDMH. For more information,  
call Laboratory Services at  
419-394-3387 ext. 3513