

Physical Exercise Opportunities

Parkinson's Exercise Group Class

January 4, 11, & 25 | 12:30 PM - 2 PM
Auglaize-Mercer Family YMCA—
South | Minster

Grand Health Challenge Weigh-In Dates:

January 11 | 6:00 AM—8:30 AM
January 12 | 4:00 PM—6:00 PM
January 13 | 6:00 AM—8:30 AM
Grand Lake Wellness Center |
St. Marys

January 11 | 4:00 PM—6:00 PM
January 12 | 6:00 AM—8:30 AM
Wapakoneta Medical Center

January 12 | 7:30 AM—1:30 PM
Mercer County Health
Department | Celina

January 13 | 6:00 AM—8:30 AM
January 13 | 4:00 PM—6:00 PM
YMCA—South | Minster

January 13 | 4:00 PM—6:00 PM
YMCA—North | Celina

Kick-Off Meeting

January 18 | 6:30 PM
St. Marys Memorial High School
Auditorium

Support Groups

Parkinson's Support Group

January 25 | 12:30 PM—2:00 PM
Auglaize-Mercer YMCA—South |
Minster

Wellness Opportunities and Screenings

Blood Pressure Screening

January 3 | 9:00 AM—11:00 AM
Auglaize-Mercer Family YMCA—
North | Celina

January 5, 12, 19 & 26 |
9:30 AM—10:30 AM
Auglaize County Council on
Aging | St. Marys

January 10 | 9:00 AM—11:00 AM
Auglaize-Mercer Family YMCA—
South | Minster

Nail Clinic

January 26 | \$20.00
YMCA | Wapakoneta

Education

Childbirth Education (Lamaze)

January 13 & 20 | 6:00 PM—8:30 PM
JTDMH | St. Marys
*Call the Birthing Center to sign up:
419-394-3335 Ext. 2419*

Breastfeeding Education

January 25 | 6:00 PM—8:00 PM
*Call the Birthing Center to sign up:
419-394-3335 Ext. 2419*