

Physical Exercise Opportunities

Parkinson's Exercise Group Class

February 1, 8, 15 & 22 |
12:30 PM - 2 PM
Auglaize-Mercer Family YMCA—
South | Minster

Grand Health Challenge Weigh-In Dates:

February 1st | 6 AM—8:30 AM
February 2nd | 4 PM—6 PM
February 3rd | 6 PM—8:30 PM
Grand Lake Rehab

February 1st | 4 PM—6 PM
February 2nd | 6 AM—8:30 AM
Wapakoneta Medical Center

February 2nd | 7:30 AM—1:30 PM
Mercer County Health District

February 3rd | 6 AM—8:30 AM
February 3rd | 4 PM—6 PM
YMCA South | Minster

February 3rd | 4 PM—6 PM
YMCA North | Celina

Support Groups

Parkinson's Support Group

February 22 | 12:30 PM—2:00 PM
Auglaize-Mercer YMCA—South |
Minster

Wellness Opportunities and Screenings

Blood Pressure Screening

February 2, 9, 16, 23 |
9:30 AM—10:30 AM
Auglaize County Council on
Aging | St. Marys

February 7 | 9:00 AM—11:00 AM
Auglaize-Mercer Family YMCA—
North | Celina

February 14 | 9:00 AM—11:00 AM
Auglaize-Mercer Family YMCA—
South | Minster

February 23 | 1 PM—2 PM
New Bremen Senior Citizen Center

Rotary Blood Testing Event

February 19 | 7 AM—9 AM
New Knoxville School
*Discounted lab testing, free blood pres-
sure screenings, light breakfast provided
after testing*

Conquering the Nutritional Maze—Grand Health Challenge

February 15 | 6:30 PM
Kroger | St. Marys

Education

Childbirth Education (Lamaze)

February 26 | 8:30 AM—3 PM
JTDMH | St. Marys
*Call the Birthing Center to sign up:
419-394-3335 Ext. 2419*