

**Physical Exercise  
Opportunities**

**Parkinson's Exercise Group  
Class**

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

**Grand Health Challenge  
Weigh-In Dates:**

March 1 | 6 AM—8:30 AM  
March 2 | 4 PM—6 PM  
March 3 | 6 AM—8:30 AM  
Grand Lake Wellness Center

March 1 | 4 PM—6 PM  
March 2 | 6 AM—8:30 AM  
Wapakoneta Medical Center

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

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

March 3 | 4 PM—6 PM  
YMCA North | Celina

**Support Groups**

**Diabetes Support Group**

March 14 | 7 PM—9 PM  
March 15 | 10 AM—12 PM

**Parkinson's Support Group**

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

**Wellness Opportunities  
and Screenings**

**Blood Pressure Screening**

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

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

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

**Rotary Blood Testing Event**

March 6 | 7 AM—9 AM  
New Bremen High School  
*Discounted lab testing, free blood pres-  
sure screenings, light breakfast provided  
after testing*

**YMCA & Wellness Center Tours**

March 15 | 6:30 PM  
Grand Lake Wellness Center  
Grand Lake Health/Premier Health  
YMCA—Minster & Celina

**Education**

**Breastfeeding Class**

March 1 | 6 PM—8 PM  
*Call the Birthing Center to sign up:  
419-394-3335 ext. 2419*

**Pre-Diabetes Class**

March 15 | 9 AM—11 AM  
March 15 | 5:30PM—7:30 PM  
JTDMH | St. Marys

**Babysitting 101**

March 15, 22 & 29 | 4:30 PM—  
6:30 PM  
Grand Lake MOB | St. Marys

**Childbirth Education (Lamaze)**

March 17 & 24 | 6 PM—8:30 PM  
Grand Lake MOB | St. Marys  
*Call the Birthing Center to sign up:  
419-394-3335 Ext. 2419*