

## Physical Exercise Opportunities

### **Parkinson's Exercise Group Class**

April 5 & 12  
12:30 PM - 2 PM  
Auglaize-Mercer Family  
YMCA—South | Minster

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

April 5 | 6 AM—8:30 AM  
April 6 | 4 PM—6 PM  
April 7 | 6 AM—8:30 AM  
Grand Lake Wellness Center

April 5 | 4 PM—6 PM  
April 6 | 6 AM—8:30 AM  
Wapakoneta Medical Center

April 6 | 7:30 AM—1:30 PM  
Mercer County Health District

April 7 | 6 AM—8:30 AM  
April 7 | 4 PM—6 PM  
YMCA South | Minster

April 7 | 4 PM—6 PM  
YMCA North | Celina

## Outreach Events

### **Annual Easter Egg Hunt**

April 9 | 10 AM  
YMCA—South | Minster

## Support Groups

### **Diabetes Support Group**

April 11 | 7 PM—8 PM  
April 12 | 10 AM—11 AM  
JTDMH | St. Marys

## Wellness Opportunities and Screenings

### **Family Health Fair**

April 2 | 8 AM—10 AM  
Tri Star | Celina

### **Blood Pressure Screening**

April 4 | 9:00 AM—11:00 AM  
Auglaize-Mercer Family YMCA—  
North | Celina

April 6, 13, 20 & 27 |  
9:30 AM—10:30 AM  
Auglaize County Council on  
Aging | St. Marys

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

April 27 | 1:00 PM—2:00 PM  
New Bremen Senior Citizen Center

### **Shoe Fitting Clinic**

April 7 | 9:00 AM—5:00 PM  
Grand Lake Rehab | St. Marys  
*Call 419-394-3387 ext. 3578 for an  
appt.*

### **Dry Needling Demo**

April 8 | 3 PM—5 PM  
YMCA—South | Minster  
April 28 | 3 PM—5 PM  
YMCA—North | Celina

## Education

### **Babysitting 101**

April 6, 13 & 20 | 4:30 PM—6:30 PM  
Grand Lake MOB | St. Marys

### **Fail to Plan, Plan to Fail**

April 19 | 6:30 PM  
St. Marys High School  
*Grand Health Challenge | Meal  
Prepping Education*

### **Breastfeeding Class**

April 19 | 6 PM—8 PM  
*Call the Birthing Center to sign  
up: 419-394-3335 ext. 2419*

### **Car Seat Class**

April 26 | 1:15 PM  
Auglaize County Health Dept.  
*Call 419-738-3410 to determine  
eligibility and to sign up*

### **Childbirth Education (Lamaze)**

April 30 | 8:30 AM—3 PM  
Grand Lake MOB | St. Marys  
*Call the Birthing Center to sign  
up: 419-394-3335 Ext. 2419*

### **Pre-Hypertension/Hypertension**

JTDMH | St. Marys  
*Call 419-300-1125 for an appt.*

