

Physical Exercise Opportunities

Parkinson's Exercise Class

May 3, 10, 17 & 31 |
12:30 PM—2 PM
GLH/Premier Health YMCA—
South | Minster

Landen's 5K for SIDS Awareness

May 7 | 9 AM
High Street Shelter House | St. Marys
Registration @ 8 AM

Grand Health Challenge Weigh-In Dates:

May 3 | 6 AM—8:30 AM
May 4 | 4 PM—6 PM
May 5 | 6 AM—8:30 AM
Grand Lake Wellness Center

May 3 | 4 PM—6 PM
May 4 | 6 AM—8:30 AM
Wapakoneta Medical Center

May 4 | 7:30 AM—1:30 PM
Mercer County Health District

May 5 | 6 AM—8:30 AM
May 5 | 4 PM—6 PM
YMCA South | Minster

May 5 | 4 PM—6 PM
YMCA North | Celina

Kids Yoga @ WISH

May 21 | 10 AM—10:45 AM
WISH Boutique | Wapakoneta
\$7 to attend

Grand Health Challenge Finale

May 24 | 6:30pm

Support Groups

Diabetes Support Group

May 9 | 7 PM—8 PM
May 10 | 10 AM—11 AM
Grand Lake MOB | St. Marys

Alzheimer's Support Group

May 19 | 1 PM
Otterbein | St. Marys

Parkinson's Support Group

May 24 | 12:30 PM—1:30 PM
GLH/Premier Health YMCA—
South | Minster

Wellness Opportunities and Screenings

Blood Pressure Screening

May 2 | 9:00 AM—11:00 AM
Auglaize-Mercer Family YMCA—
North | Celina

May 4, 11, 18 & 25 |
9:30 AM—10:30 AM
Auglaize County Council on
Aging | St. Marys

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

School Physicals

May 11 | 5 PM—8 PM
New Bremen High School

May 25 | 8 AM—10 AM
St. Marys High School

School Health Fair

May 16 | Minster
May 20 | New Knoxville

Farmers Markets

Wapakoneta Farmers Market

May 7, 14, 21 & 28 |
8 AM—12:30 PM
Willipie Street | Wapakoneta

Quellhorst Farmers Market

May 6, 13, 20 & 27 | 8:30 AM—1 PM
Corner of St Rt 197 & Moulton-
Ft Amanda Road

Education

Pre-Diabetes Education Class

May 3 | 9 AM—11 AM
May 3 | 5:30 PM—7:30 PM
JTDMH | St. Marys

Alzheimer's Education Dinner

May 10 | 5 PM
Otterbein | St. Marys
RSVP to 419-394-6128

Breastfeeding Class

May 10 | 6 PM—8 PM
Grand Lake MOB | St. Marys
*Call the Birthing Center to sign up:
419-394-3335 ext. 2419*

Sleep Awareness

May 11 | 10 AM
ACCA | St. Marys

Childbirth Education (Lamaze)

May 19 & 26 | 6 PM—8:30 PM
Grand Lake MOB | St. Marys
*Call the Birthing Center to sign up:
419-394-3335 Ext. 2419*

Car Seat Class

May 31 | 1:15 PM
Auglaize County
Health Department | Wapakoneta
*Call 419-738-3410 to determine
eligibility and to sign up*

Pre-Hypertension/ Hypertension Class

JTDMH | St. Marys

Community Events

Bicycle Safety Day

May 14 | 10 AM—1 PM
TSC Garage/Wapak Fire Dept.

Craft and Vendor Show

May 14 | 11 AM—3 PM
Vancrest | St. Marys