

## Physical Exercise Opportunities

**Parkinson's Exercise Group**  
August 2 & 9 | 12:30 PM—2 PM  
Grand Lake Health/Premier Health  
YMCA—South | Minster

**Bremenfest Bike Tour**  
August 20 | 8 AM (Check-In)  
Crown Pavilion | New Bremen

## Support Groups

**Diabetes Support Group**  
August 8 | 7 PM—8 PM  
Grand Lake Medical Office Building  
| St. Marys  
*Call 419-394-3337 to sign up*

**Alzheimer's Support Group**  
August 18 | 1 PM  
Otterbein | St. Marys

## Community Events

**Auglaize County Fair**  
July 31—August 5th  
Auglaize County Fairgrounds |  
Wapakoneta

**National Night Out**  
August 2 | 6 PM—8 PM  
Harmon Park | Wapakoneta

**Auglaize County Family Fair**  
August 5 | 10 AM—12 PM  
Mill Street Shelter House/  
Splash Pad | St. Marys  
*In Celebration of Breastfeeding  
Awareness Month; Open to all  
families with children ages 0-5*

## Wellness Opportunities and Screenings

**Blood Pressure Screening**  
August 1 | 9:00 AM—11:00 AM  
Grand Lake Health/Premier Health  
YMCA—North | Celina

August 3, 10, 17, 24 & 31 |  
9:30 AM—10:30 AM  
Auglaize County Council on  
Aging | St. Marys

August 5 | 9:30 AM—10:30 AM  
Auglaize County Council on  
Aging | Wapakoneta

August 8 | 9:00 AM—11:00 AM  
Grand Lake Health/Premier Health  
YMCA—South | Minster

New Bremen Senior Citizen Center  
August 24 | 1 PM—2 PM

**Nail Clinics**  
August 4th | ACCA—St. Marys  
Call 419-394-8252 to schedule appt.  
August 10th | YMCA—Wapakoneta  
Call 419-305-2618 to schedule appt.  
*Cost of trimming is \$20.00*

## Farmers Markets

**Quellhorst Farmers Market**  
August 5, 12, 19, & 26 |  
8:30 AM—1 PM  
Corner of St Rt 197 & Moulton-  
Ft Amanda Road

**Wapakoneta Farmers Market**  
August 6, 13, 20, & 27 |  
8:30 AM—12:30 PM  
Willipie Street | Wapakoneta

**St. Marys Farmers Market**  
August 6, 13, 20 & 27 |  
9 AM—12 PM  
1700 Celina Road | St. Marys

## Education

### **Understanding Alzheimer's & Dementia**

August 4 | 5 PM—6 PM  
Vancrest | St. Marys

Skin Cancer Education &  
Dermascan  
August 10 | 10 AM  
Auglaize County Council on Aging |  
St. Marys

### **Babysitting 101**

August 10 & 11 | 2 PM—5 PM  
Grand Lake MOB | St. Marys

### **Pre-Diabetes Education**

August 16 | 9 AM—11 AM & 5:30  
PM—7:30 PM  
JTDMMH | St. Marys  
Call 419-394-3335 ext. 1723  
to sign-up

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

August 20 | 8:30 AM—3 PM  
Grand Lake MOB | St. Marys  
*Call the Birthing Center to sign up:  
419-394-3335 Ext. 2419*

### **Group Lifestyle Balance Program**

August 24 | 1 PM—2 PM  
Grand Lake Rehab | St. Marys

### **Car Seat Class**

August 30 | 1:15 PM  
Auglaize County  
Health Department | Wapakoneta  
*Call 419-738-3410 to determine  
eligibility and to sign up*

### **Pre-hypertension/Hypertension Education**

*Call 419-300-1125 for an appt.*