

Physical Exercise Opportunities

Parkinson's Exercise Group

September 6, 13 & 27 |
12:30 PM—2 PM
Grand Lake Health/Premier Health
YMCA—South | Minster

Grand Lake Half Marathon, 5K, and Kids Run

September 24 | 7:30 AM
Celina

Support Groups

Diabetes Support Group

September 12 | 7 PM
September 13 | 10 AM
Grand Lake MOB | St. Marys
Call 419-394-3337 to sign up

Alzheimer's Support Group

September 15 | 1 PM
Otterbein | St. Marys

Parkinson's Support Group

September 20 | 12:30 PM—1:30 PM
YMCA—South | Minster
Topic: Diabetes

Community Events

Grand Lake Golf Outing

September 9 | 8:30 AM
Arrowhead Golf Course—Minster

Family Fun Day

September 10 | 1 PM—3 PM
The Gardens—Wapakoneta

Wellness Opportunities and Screenings

Blood Pressure Screening

September 2 | 9:30 AM—10:30 AM
Auglaize County Council on
Aging | Wapakoneta Eagles

September 7, 14, 21, 28 |
9:30 AM—10:30 AM
Auglaize County Council on
Aging | St. Marys

September 12 | 9:00 AM—11:00 AM
Grand Lake Health/Premier Health
YMCA—North | Celina

September 19 | 9:00 AM—11:00 AM
Grand Lake Health/Premier Health
YMCA—South | Minster

Nail Clinics

September 8 | ACCA—St. Marys
Call 419-394-8252 to schedule appt.
September 14 | YMCA—Wapakoneta
Call 419-305-2618 to schedule appt.
Cost of trimming is \$20.00

Free Prostate Screenings

September 27 | 4 PM—6 PM
September 29 | 7 AM—9 AM
Call 419-394-6132 to schedule an appt.

Farmers Markets

Quellhorst Farmers Market

September 2, 9, 16, 23 & 30 |
8:30 AM—1 PM
Corner of St Rt 197 & Moulton-
Ft Amanda Road

Wapakoneta Farmers Market

September 3, 10, 17 & 24 |
8:30 AM—12:30 PM
Willipie Street | Wapakoneta

St. Marys Farmers Market

September 3, 10, 17 & 24 |
9 AM—12 PM
1700 Celina Road | St. Marys

Education

Breastfeeding Education

September 6 | 6 PM—8 PM
Grand Lake MOB | St. Marys
Call 419-394-3335 ext 2419

Babysitting 101

September 20, 27 & October 4 |
2 PM—5 PM
Grand Lake MOB | St. Marys
Call 419-394-6132 to sign up

Group Lifestyle Balance Program

September 21 | 1 PM—2 PM
Grand Lake Rehab | St. Marys

Childbirth Education (Lamaze)

September 22 & 29 |
6 PM—8:30 PM
Grand Lake MOB | St. Marys
Call 419-394-3335 Ext. 2419

Car Seat Class

September 27 | 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.

