

Physical Activity Opportunities

Oktoberfest 10K Run/Walk
October 3 | 9:30 AM
Minster

Walk with Nature 5K/10K
October 17 | 12:00 PM
St. Marys

Wellness Opportunities and Screenings

Blood Pressure Screenings
October 1 | 9:00 AM—11:00 AM
YMCA— SOUTH | Minster
October 4 | 9:00 AM—11:00 AM
YMCA—NORTH | Celina
October 6 | 9:30 AM—10:30 AM
Auglaize County Council on
Aging | St. Marys

Prostate Screening
October 5 | 7:00 AM—9:00 AM
October 7 | 4:00 PM—6:00 PM
Grand Lake Health System
Medical Office Building (Lab
Clinic) | St. Marys
*Call to schedule appointment:
419-394-6132*

Breast Cancer Awareness
October 26 | 9:00 AM—11:00 AM
Wagners IGA—Minster
October 26 12:00 PM—2:00 PM
Wagners IGA—New Bremen
*Information regarding Breast
Cancer Awareness Month.
Free blood pressure and pulse ox
screening*

Grand Lake Rehab Physical Therapy “Ask a Therapist”

October 27 | 8:00 AM—10:00 AM
YMCA—SOUTH | Minster
*Get your questions answered about
aches, pains or injuries.*

Support Groups

Diabetes Support Group
October 11 | 7:00 PM—8:00 PM
October 12 | 10:00 AM—11:00 AM
Grand Lake Health System Medical
Office Building (Suite D) | St. Marys
*Call the Diabetes Education
Coordinator to sign up:
419-394-3335 Ext. 2147*

Farmers Market

Wapak Farmers Market
October 2, 9, 16, 23 & 30
8:30 AM—1 PM
Courthouse Parking Lot

Outreach Events

Wellness Wednesdays
October 13th
Drug Take Back Day
Physical Therapy Month
Auglaize County Council on
Aging | St. Marys
Call 419-394-8252 with questions

Prescription Drug Take Back
October 23 | 8:00 AM—11:00 AM
JTDMH Main Lobby

Education

Childbirth Education (Lamaze)
October 6 & 13 | 6:00 PM—8:30 PM
JTDMH | St. Marys
*Call the Birthing Center to sign up:
419-394-3335 Ext. 2419*

Breastfeeding Education
October 12 | 6:00 PM—8:00 PM
*Call the Birthing Center to sign up:
419-394-3335 Ext. 2419*