



Wellness Opportunities and Screenings

JTDMH Health Fair

November 6 | 8 AM—11 AM
YMCA SOUTH | Minster

Physical Exercise Opportunities

Harvest 5K

November 20 | 1:30 PM
New Knoxville

Santa Shuffle

December 4

Support Groups

Diabetes Support Group

November 8 | 7:00 PM—8:00 PM
November 9 | 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

Education

Childbirth Education (Lamaze)

November 13 | 8:30 AM—3 PM
JTDMH | St. Marys

*Call the Birthing Center to sign up:
419-394-3335 Ext. 2419*

Pre Diabetes Education

November 16 | 9 AM—11 AM &
5:30 PM—7:30 PM

JTDMH | St. Marys

Breastfeeding Education

November 23 | 6:00 PM—8:00 PM

*Call the Birthing Center to sign up:
419-394-3335 Ext. 2419*

Babysitting 101

November 30 & December 7 & 14 |
4:30 PM—6:30 PM

JTDMH | St. Marys