

2016

# March Community Calendar

Many education and support programs are available. Some are listed below. For more information visit the Community Calendar page at [www.mercer-health.com](http://www.mercer-health.com).

## Free Blood Pressure Screening and Colo-Rectal Screening Kits available

Neighborhood Nurse offers different free screenings each month. Call Wellness Services at 419-586-1220 for more information.

- **Chickasaw Library** – March 3, 1 – 3 p.m.
- **Mercer County Council on Aging, Celina** – March 9, 10:30 a.m.-12:30 p.m.
- **Barry's Market, Rockford** – March 10, 2-4 p.m.
- **Mary Help of Christians Catholic Church, Ft. Recovery** – March 23, 1:30-3:30 p.m.

## Childbirth Center Classes

Registration required. All classes are held at Mercer County Community Hospital. To register or for more information about these and other upcoming classes, visit [www.mercer-health.com](http://www.mercer-health.com).

- **Childbirth Education Class** – March 2, 9 & 16, 6 – 8 p.m.
- **Breastfeeding Class** – March 3, 6 – 7:30 p.m.
- **Big Brother/Big Sister Class** – March 8, 7 – 7:45 p.m.
- **Infant Massage** – Every Thursday February 4-25 (4, 11, 18 and 25), 6:30-7:30 p.m.

## Diabetes Center – Support Groups and Education

For more information about these and other programs, call the Diabetes Center at 419-586-9657.

- **Diabetes Support Group** – March 14, 2 p.m. at Mercer County Community Hospital

## Mercer Healthy Living Expo

- **March 5, 8:00 – 11:30 a.m.** – The Galleria, Celina - Most Comprehensive annual health fair in the area offering laboratory tests, many free health screenings, collaboration with over 30 local organizations. Includes blood drive, live demonstrations, prescription drug take back, fun activities for children and more! For more information visit: [www.mercer-health.com](http://www.mercer-health.com).

## Foot and Toenail Clinics

Registration required. Call 419-586-9657 for more information. Every Wednesday from 1 – 4 p.m. at Disease Management Clinic at the Community Medical Center.

## Patient Authorized, Direct Access Testing

For more information, visit [www.mercer-health.com](http://www.mercer-health.com).

**Laboratory Tests available** in two locations. Appointments not required.

- **Mercer County Community Hospital** - Every Wednesday from 7 a.m. to 7 p.m. and Every Saturday from 7 a.m. to 11 a.m.
- **Mercer Health Medical Group at Celina Pro** – Monday through Thursday from 7 a.m. to 4:30 p.m., Friday from 6 a.m. to 12 noon
- **Mercer Health Medical Group at St. Henry** – Monday and Tuesdays from 8:30 a.m. – 4 p.m., Wednesday from 6:30 a.m. – 4 p.m., Thursday from 7 a.m. – 1 p.m. and Friday from 7:30 a.m. – 4 p.m.
- **Mercer Health Medical Group at Ft. Recovery** – Monday from 8:30 a.m. – 4 p.m., Tuesday from 7:30 a.m. – 4 p.m., Wednesday from 8:30 a.m. – 12 noon, Thursday from 8:30 a.m. – 4 p.m. and Friday from 7:30 a.m. – 4 p.m.

**Stroke Prevention/Vascular Screenings** available two Saturdays each month from 7 a.m. to 2:30 p.m. Appointments are required prior to the screening. Please call 419-678-5112 to schedule.

## Prostate Screenings - FREE

Free prostate screenings will be offered on Thursday, March 17 from 4:00 to 6:00 p.m. at the Community Medical Center in Celina. For more information about the screening or to register call 419-586-1220

## Weight Management Center Programs

Registration required for all programs. All programs are offered at Mercer Health West Campus, Weight Management Center. Call the Weight Management Center at 419-678-THIN for more info.

- **Rev It Up!® Session 9 – Winter Session (9 weeks total)** – March 2, 11 a.m. or 6 p.m.
- **Rev It Up!® Session 1 – Spring Session (9 weeks total)** – March 30, 11 a.m. or 6 p.m.
- **Free Surgical Weight Loss Seminar** – March 7, 6 p.m. or available anytime at [www.mercer-health.com](http://www.mercer-health.com)
- **Weight Management Support Group** – March 14, 6 p.m.  
*Live Fitness Demonstrations – Have you heard of 'Pound' or Pilates classes but have been hesitant to try it? This is the perfect class to experience and view some of the new exercise classes available in our area! Demonstration provided by Kelly Lefeld, Certified Zumba Instructor.*
- **Introduction to Medifast® Class** – March 21, 11 a.m. or 6 p.m.
- **Medifast® Transition Class** – March 7, 11:00 a.m.

# BUILDING on a PROMISE



## Mercer Health

Mercer County  
Community Hospital  
800 W. Main St., Coldwater

Community Medical Center and  
Doctor's Urgent Care  
950 S. Main St., Celina

### Galleria Offices:

Mercer Health Home Care  
Mercer Health Medical Equipment  
Mercer Health Medical Group  
at the Galleria  
909 E. Wayne St., Celina

Mercer Health  
Rehabilitation Services  
903 E. Wayne St., Celina

Mercer Health Medical Group  
at Celina Pro  
801 Pro Dr., Celina

Mercer Health Medical Group  
at Coldwater  
830 W. Main St., Coldwater

Mercer Health Medical Group  
at Ft. Recovery  
1830 Union City Rd., Ft. Recovery

Mercer Health Medical Group  
at St. Henry  
442 Stachler Rd., St. Henry

## March 2016

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

More information at [www.mercer-health.com](http://www.mercer-health.com)