

2016 April 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.

Free Blood Pressure Screening and Blood Sugar Screening (2 hour Fasting Preferred)

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

- **Mercer County Council on Aging, Celina** – April 6, 10 a.m. – 12 noon
- **Chickasaw Library** – April 7, 1 – 3 p.m.
- **Barry's Market, Rockford** – April 14, 2-4 p.m.
- **Mary Help of Christians Catholic Church, Ft. Recovery** – April 27, 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.

- **Weekend Childbirth Education Class** – April 2, 8:30 a.m. – 4:30 p.m.
- **Breastfeeding Class** – April 7, 6 – 7:30 p.m.
- **Infant Massage** – Every Thursday April 7-28 (7, 14, 21 and 28), 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** – April 11, 2 p.m. at Mercer County Community Hospital

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.

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.

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 2-5 – Spring Session (9 weeks total)** – April 5, 12, 19 and 26, 11 a.m. or 6 p.m.
- **Free Surgical Weight Loss Seminar** – April 4, 6 p.m. or available anytime at www.mercer-health.com
- **Introduction to Medifast®** – April 11, 6 p.m.
- **Weight Management Support Group** – April 18, 11 a.m. or 6 p.m.

Back on Track – This special annual program, which will discuss how you can get 'back on track', is the perfect opportunity for those wanting to re-start or re-kick their weight loss journey, just before summer! Presentation provided by Judy Broering, RD, LD, Mercer Health Weight Management Center.



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

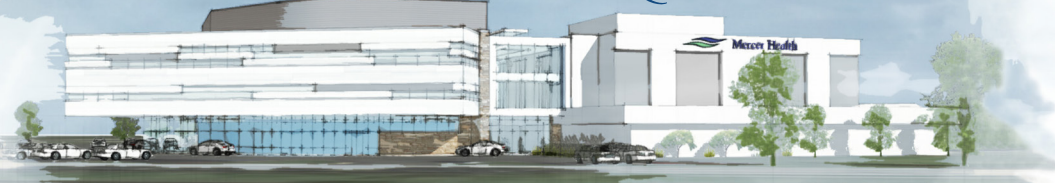
Mercer Health Medical Group
at Celina Pro
801 Pro Dr., Celina

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

BUILDING *on a*
PROMISE



More information at www.mercer-health.com

April 2016

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