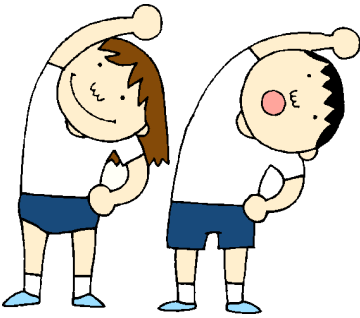



Community Calendar

For more information: Call: 574.335.4682 Click: sjmed.com/community-health



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
2 55+ Senior Fit (see times & locations listed below)	3 55+ Senior Fit (see times & locations listed below)	4 55+ Senior Fit (see times & locations listed below)	5 55+ Senior Fit (see times & locations listed below) Childbirth Education Series 6–8:30 pm Mishawaka Medical Center	6 (Friday) 55+ Senior Fit (see times & locations listed below) 7 (Saturday) Childbirth Education Series 10:00 am–2:00 pm Plymouth Med.Center Tours of Family Birthplace 12–1 pm Mishawaka Medical Center
9 55+ Senior Fit (see times & locations listed below)	10 55+ Senior Fit (see times & locations listed below)	11 55+ Senior Fit (see times & locations listed below) Breastfeeding Support Group 2–3:30 pm Mishawaka Medical Center For Your Health 2:30 pm Millers Senior Community Freedom from Smoking® 6–7:30 pm Mish. Med. Center	12 55+ Senior Fit (see times & locations listed below) Childbirth Education Series 6–8:30 pm Mishawaka Medical Center	13 (Friday) 55+ Senior Fit (see times & locations listed below) 14 (Saturday)
16 55+ Senior Fit (see times & locations listed below) Tours of Family Birthplace 6–7 pm Mishawaka Med. Center	17 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 9:30–11 am Mishawaka Medical Center	18 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 9:30–11 am Mishawaka Medical Center Breastfeeding Support Group 2–3:30 pm Mish. Med. Center Freedom from Smoking® 6–7:30 pm Mish. Med. Center (last chance to join this Spring)	19 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 9:30–11 am Mishawaka Medical Center	20 (Friday) 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 9:30–11 am Mishawaka Medical Center 21 (Saturday)
23 55+ Senior Fit (see times & locations listed below)	24 55+ Senior Fit (see times & locations listed below) Prenatal Breastfeeding 6–7:30 pm Mishawaka Medical Center Blowing Smoke: A Community Conversation on Tobacco Marketing 6–7 pm St Joseph Public Library (Main Branch)	25 55+ Senior Fit (see times & locations listed below) Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center	26 55+ Senior Fit (see times & locations listed below) 	27 (Friday) 55+ Senior Fit (see times & locations listed below) ND Soccer vs. Mexico 6:30 pm @ Notre Dame Soccer Field  28 (Saturday) Childbirth Education Series 9 am–2:30 pm Mishawaka Med. Center
30 55+ Senior Fit (see times & locations listed below)	<ul style="list-style-type: none"> • For information about Freedom From Smoking® or on quitting tobacco, call Latorya Greene at 574.335.4684 • For information or to register for Diabetes Prevention Classes: contact Courtney Hensel RN at 574.335.4686 (St Joseph County) or Debbie Berger RN at 574.335.7923 (Marshall County) • To get started with Senior Fit, call Bill Agnew at 574.335.4682 			

Class registration information & facility locations:

Diabetes classes
574.335.4500

Nutrition classes
574.335.4500

Creighton Model FertilityCare
574.335.6474

Senior Fit locations:

Holy Cross
17475 Dugdale Dr., SB
Mon. & Wed. 12:30 pm

MLK Recreation Center
1522 W. Linden Ave., SB
Tues. & Thur. 10 am

O'Brien Fitness Center
321 E. Walter St., SB
Tues. & Thur. 10:40 am

Pinhook Park
2801 Riverside Dr., SB
Mon. & Wed. 1 pm

St. Paul's
3602 S. Ironwood Dr., SB
Tues. & Fri. 11:15 am
Mon. & Wed. 5:30 pm

Marshall County Council on Aging
1305 W. Harrison St., Ply.
Mon. & Fri. 11 am

Hospital locations:

Mishawaka Medical Center
5215 Holy Cross Pkwy.
Mishawaka, IN

Plymouth Medical Center
1915 Lake Ave.
Plymouth, IN