


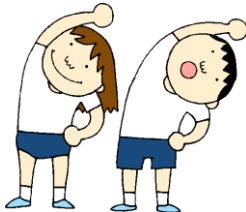
Community Calendar

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



FEBRUARY 2018



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<ul style="list-style-type: none"> For information or to register for Diabetes Prevention Classes: call 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 or information about the Walking Alongside Series, contact John Bruinsma at 574.335.4689 For Freedom from Smoking®, or more information on quitting tobacco, call Latorya Greene at 574-335-4684 			1 55+ Senior Fit (see times & locations listed below) Childbirth Education Series 6–8:30 pm Mishawaka Med. Center	2 (Friday) 55+ Senior Fit (see times & locations listed below) 3 (Saturday) Childbirth Education Series 10:00 am–2:00 pm Plymouth Medical Center Tours of Family Birthplace Noon–1 pm Mishawaka Med. Center
5 55+ Senior Fit (see times & locations listed below)	6 55+ Senior Fit (see times & locations listed below)	7 55+ Senior Fit (see times & locations listed below)* Breastfeeding Support Group 2–3:30 pm Mish. Med. Center Freedom from Smoking (last chance to sign up this session) 6–7:30 pm Monroe Circle Comm. Center	8 55+ Senior Fit (see times & locations listed below) Childbirth Education Series 6–8:30 pm Mishawaka Med. Center	9 (Friday) 55+ Senior Fit (see times & locations listed below) 10 (Saturday)
12 55+ Senior Fit (see times & locations listed below)	13 55+ Senior Fit (see times & locations listed below) Taking Charge of Your Diabetes 1–3:30 pm Mishawaka Med. Center	14 ASH WEDNESDAY VALENTINE'S DAY 55+ Senior Fit (see times & locations listed below)* Taking Charge of Your Diabetes 1–3:30 pm Mish. Med. Center Breastfeeding Support Group 2–3:30 pm Mish. Med. Center For Your Health 2:30 pm Millers Senior Community	15 55+ Senior Fit (see times & locations listed below) Taking Charge of Your Diabetes 1–3:30 pm Mishawaka Med. Center	16 (Friday) 55+ Senior Fit (see times & locations listed below) Taking Charge of Your Diabetes 1–3:30 pm Mishawaka Med. Center 17 (Saturday)
19 PRESIDENT'S DAY 55+ Senior Fit (see times & locations listed below) Tours of Family Birthplace 6–7 pm Mishawaka Med. Center 	20 55+ Senior Fit (see times & locations listed below) 	21 55+ Senior Fit (see times & locations listed below)* Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center	22 55+ Senior Fit (see times & locations listed below) Diabetes Prevention Class REGISTRATION REQUIRED IN ADVANCE 5:30–6:30 pm Mishawaka Med. Center	23 (Friday) 55+ Senior Fit (see times & locations listed below) 24 (Saturday) Childbirth Education Series 9 am–2:30 pm Mishawaka Med. Center Walking Alongside Series: Workshop For Spousal Caregivers 1–3 pm ND Center for Arts/Culture 1045 W Washington St, SB
26 55+ Senior Fit (see times & locations listed below)	27 55+ Senior Fit (see times & locations listed below) Prenatal Breastfeeding 6–7:30 pm Mishawaka Med. Center	28 55+ Senior Fit (see times & locations listed below)* Breastfeeding Support Group 2–3:30 pm Mish. Med. Center	*Beginning in January, the Tuesday & Friday 11:15 am Senior Fit class at St Paul's will meet on Wednesday & Fridays at 11:15 am. This schedule is effective through February, until March 7. On Tuesday, March 13, the schedule reverts to Tuesdays & Fridays at 11:15 am.	

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

Wed. & 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