

Community Calendar

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

FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>Ask us about Pre-diabetes! Call Liz at 574.335.4687 ¡Pregúntenos sobre la pre-diabetes! Llamar Liz en 574.335.4687</p>  <p>NEW Locations and times for Senior Fit! Register with Danielle at 574.335.4691</p> <p>Looking for help to Quit Smoking? Contact Latorya at 574.335.4684</p>				<p>1 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action Noon–1 pm 707 E Cedar St, South Bend</p> <p>2 (Saturday) Tours of Family Birthplace 12–1 pm Mishawaka Med.Center</p>
<p>4 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10 am St Paul's Yoga 11:15 am St Paul's Health In Action Noon–1 pm Battell Center, Mishawaka Health In Action 4–5 pm St. Paul's Breastfeeding Support Group 6–7:30 pm Mishawaka Med. Center</p>	<p>5 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 5:30–8 pm Mishawaka Med. Center</p>	<p>6 55+ Senior Fit (see times & locations listed below) Line Dancing 10 am St Paul's Yoga 11 am St Paul's Meditation Noon St Paul's Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center</p>	<p>7 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St Paul's Health In Action 5:30–6:30 pm Mishawaka Med. Center Childbirth Education Series 6–8:30 pm Mishawaka Med. Center</p>	<p>8 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action Noon–1 pm 707 E Cedar St, South Bend</p> <p>9 (Saturday)</p>
<p>11 55+ Senior Fit (see times & locations listed below) Yoga 11:15 am St Paul's Health In Action Noon–1 pm Battell Center, Mishawaka Health In Action 4–5 pm St. Paul's Breastfeeding Support Group 6–7:30 pm Mishawaka Med. Center</p>	<p>12 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 5:30–8 pm Mishawaka Med. Center Salud En Acción 5:30–7 pm Indiana Health Center 1901 W Western, SB</p>	<p>13 55+ Senior Fit (see times & locations listed below) Line Dancing 10 am St Paul's Yoga 11 am St Paul's Meditation Noon St Paul's Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center</p>	<p>14 VALENTINE'S DAY 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St Paul's Health In Action 5:30–6:30 pm Mishawaka Med. Center Childbirth Education Series 6–8:30 pm Mishawaka Med. Center</p>	<p>15 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action Noon–1 pm 707 E Cedar St, South Bend</p> <p>16 (Saturday) Childbirth Education Series 9 am–2:30 pm Mishawaka Med. Center</p>
<p>18 PRESIDENT'S DAY 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St Paul's Yoga 11:15 am St Paul's Health In Action 4–5 pm St. Paul's Tours of Family Birthplace 6–7 pm Mishawaka Med.Center Breastfeeding Support Group 6–7:30 pm Mishawaka Med. Center</p>	<p>19 55+ Senior Fit (see times & locations listed below) Floral Design 3:30–4:30 pm St Paul's Taking Charge of Diabetes 5:30–8 pm Mishawaka Med. Center Salud En Acción 5:30–7 pm Indiana Health Center 1901 W Western, SB</p>	<p>20 55+ Senior Fit (see times & locations listed below) Line Dancing 10 am St Paul's Yoga 11 am St Paul's Meditation Noon St Paul's Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center</p>	<p>21 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St Paul's</p>	<p>22 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action Noon–1 pm 707 E Cedar St, South Bend</p> <p>23 (Saturday)</p>
<p>25 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St Paul's Yoga 11:15 am St Paul's Health In Action 4–5 pm St. Paul's Health Fair 5–7 pm Kroc Center, South Bend Breastfeeding Support Group 6–7:30 pm Mishawaka Med. Center</p>	<p>26 55+ Senior Fit (see times & locations listed below) Salud En Acción 5:30–7 pm Indiana Health Center 1901 W Western, SB Prenatal Breastfeeding 6–7:30 pm Mishawaka Med. Center</p>	<p>27 55+ Senior Fit (see times & locations listed below) Line Dancing 10 am St Paul's Yoga 11 am St Paul's Meditation Noon St Paul's Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center</p>	<p>28 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St Paul's</p>	 <p>Ask us how Diabetes affects your Heart</p>

Class registration information & facility locations:

Diabetes classes
574.335.4500

Nutrition classes
574.335.4500

Creighton Model FertilityCare
574.335.6474



Senior Fit locations:

Battell Center
904 N. Main St., Mish.
Mon. & Wed. 1:15 pm

Charles Black Recreation Center
3419 W. Washington St., SB
Tues. & Thur. 10:30

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

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
Mon. & Fri. 11:15 am
Mon. & Wed. 5:30 pm

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

Hospital locations:

Mishawaka Medical Center
5215 Holy Cross Pkwy.
Mishawaka, IN

Plymouth Medical Center
1915 Lake Ave.
Plymouth, IN