




Community Calendar

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

 **MARCH 2019** 

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>FREEDOM FROM SMOKING® Classes begin March 7 in Plymouth, at Community Resource Center. Contact Latorya: 574.335.4684</p> <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 for Senior Fit in Mishawaka, South Bend AND Plymouth! Register with Danielle at 574.335.4691</p>			<p>March is National NUTRITION MONTH</p>	
<p>4 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St Paul's Yoga 11:15 am St Paul's Health In Action Noon-1 pm Battell Center, Mishawaka Taking Charge of Diabetes 1-4 pm Plymouth Med. Center Health In Action 4-5 pm St. Paul's Breastfeeding Support Group 6-7:30 pm Mishawaka Med. Center</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>5 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 4-7 pm Mishawaka Med. Center</p> 			<p>6 ASH WEDNESDAY 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 Taking Charge of Diabetes 4-7 pm Mishawaka Med. Center</p>	
<p>11 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St Paul's Yoga 11:15 am St Paul's Health In Action Noon-1 pm Battell Center, Mishawaka Taking Charge of Diabetes 1-4 pm Plymouth Med. Center Health In Action 4-5 pm St. Paul's Breastfeeding Support Group 6-7:30 pm Mishawaka Med. Center</p>			<p>7 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St Paul's Taking Charge of Diabetes 4-7 pm Mishawaka Med. Center Health In Action 5:30-6:30 pm Mishawaka Med. Center Childbirth Education Series 6-8:30 pm Mishawaka Med. Center Freedom from Smoking® 6-7:30 pm, Community Resource Center, Plymouth</p>	
<p>12 55+ Senior Fit (see times & locations listed below) Salud En Acción 5:30-7 pm Indiana Health Center 1901 W Western, South Bend</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) Set your clocks ahead before bed!</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>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)</p>	
<p>18 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St Paul's Yoga 11:15 am St Paul's Taking Charge of Diabetes 1-4 pm Plymouth Med. Center 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>14 55+ Senior Fit (see times & locations listed below) Tai Chi 10 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 Freedom from Smoking® 6-7:30 pm, Community Resource Center, Plymouth</p>	
<p>19 FEAST OF ST. JOSEPH 55+ Senior Fit (see times & locations listed below) Floral Design 3:30-4:30 pm St Paul's Salud En Acción 5:30-7 pm Indiana Health Center 1901 W Western, South Bend</p>			<p>21 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St Paul's</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>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 10 am St Paul's Yoga 11:15 am St Paul's Health In Action 4-5 pm St. Paul's Breastfeeding Support Group 6-7:30 pm Mishawaka Med. Center</p>			<p>29 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action Noon-1 pm 707 E Cedar St, South Bend</p> <p>30 (Saturday) Childbirth Education Series 9 am-2:30 pm Mishawaka Med. Center</p>	
<p>26 55+ Senior Fit (see times & locations listed below) Salud En Acción 5:30-7 pm 1901 W Western, South Bend Prenatal Breastfeeding 6-7:30 pm Mishawaka Med. Center Coping with Loss 6:30 pm St. Paul's</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 10 am St Paul's</p>			<p>28 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St Paul's</p>	

Class registration information & facility locations:

<p>Senior Fit locations:</p> <p>Battell Center 904 N. Main St., Mish. Mon. & Wed. 1:15 pm</p> <p>Charles Black Recreation Center 3419 W. Washington St., SB Tues. & Thur. 10:30</p>	<p>Holy Cross 17475 Dugdale Dr., SB Mon. & Wed. 12:30 pm</p> <p>Marshall County Council on Aging 1305 W. Harrison St., Ply. Wed. & Fri. 11 am</p>	<p>O'Brien Fitness Center 321 E. Walter St., SB Tues. & Thur. 10:40 am</p> <p>Pinhook Park 2801 Riverside Dr., SB Mon. & Wed. 1 pm</p>	<p>St. Paul's 3602 S. Ironwood Dr., SB Tues. & Fri. 11:15 am Mon. & Wed. 5:30 pm</p> <p>Webster Center 110 Webster Ave., Ply Mon. & Tues. 11:30 am</p>
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Hospital locations:

Mishawaka Medical Center
5215 Holy Cross Pkwy.
Mishawaka, IN

Plymouth Medical Center
1915 Lake Ave.
Plymouth, IN

SAINT JOSEPH HEALTH SYSTEM

COMMUNITY HEALTH AND WELL-BEING

Elkhart
Mishawaka
Plymouth
South Bend
sjmed.com