

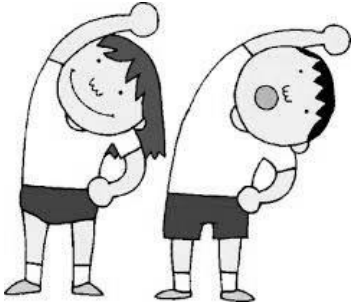
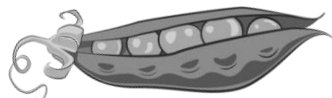

Community Calendar

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



MAY 2018



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>If you would like to register for SENIOR FIT classes: call 574.335.4691 or visit sjmed.com/senior-fit to learn more.</p> <p>If you're interested in QUITTING TOBACCO and need help, contact Latorya Greene at 574.335.4684 for information.</p> <p>Learn more about PRE-DIABETES CLASSES: Call Elizabeth Treviño at 574.335.4687</p>		<p>1 55+ Senior Fit (see times & locations listed below) NEW SENIOR FIT CLASSES AT BATTELL CENTER MISHAWAKA Line Dancing 10-11 am St. Paul's Yoga 11:30 am St. Paul's Breastfeeding Support Group 2-3:30 pm Mishawaka Medical Center Health In Action 3:30-5 pm Bread of Life, Plymouth</p>	<p>2 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10-11 am St. Paul's Women's Health Fair 4-7 pm University Commons Medical Plaza 6301 University Commons, SB Childbirth Education Series 6-8:30 pm Mishawaka Medical Center</p>	<p>3 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action 1:45-3:30 pm Downtown Garden Court, Plymouth</p> <p>4 (Saturday) Silver Mile Bubble Bash Health & Fitness Expo 8:30 am-Noon Penn HS Tours of Family Birthplace 12-1 pm Mishawaka Medical Center</p>
<p>6 55+ Senior Fit (see times & locations listed below) NEW SENIOR FIT CLASSES AT BATTELL CENTER MISHAWAKA WEBSTER CENTER PLYMOUTH Tai Chi & Chi Gong 10-11 am St. Paul's Yoga 11:30 am St. Paul's Taking Charge of Diabetes 4-7 pm Plymouth Med. Center Breastfeeding Support Group 6-7:30 pm Mishawaka Med. Center</p>	<p>7 55+ Senior Fit (see times & locations listed below) NEW SENIOR FIT CLASSES AT CHARLES BLACK CENTER, SOUTH BEND & WEBSTER CENTER PLYMOUTH Taking Charge of Diabetes 9 am-Noon Mishawaka Medical Center Community Gardens Support Meeting 5-7 pm Council on Aging, Plymouth</p>	<p>8 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 9 am-Noon Mishawaka Medical Center Line Dancing 10-11 am St. Paul's Yoga 11:30 am St. Paul's Educational Session 2-3 pm Miller's Assisted Living, Plymouth Breastfeeding Support Group 2-3:30 pm Mishawaka Med Center Health In Action 3:30-5 pm Bread of Life, Plymouth</p>	<p>9 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 9 am-Noon Mishawaka Medical Center Tai Chi & Chi Gong 10-11 am St. Paul's Alzheimer's & Dementia Support 6-7 pm St. Paul's Childbirth Education Series 6-8:30 pm Mishawaka Med. Center</p>	<p>10 (Friday) 55+ Senior Fit (see times & locations listed below) Smart Move 10-11:30 am St. Paul's Health In Action 1:45-3:30 pm Downtown Garden Court, Plymouth</p> <p>11 (Saturday) HAPPY Mother's DAY</p>
<p>13 55+ Senior Fit (see times & locations listed below) Tai Chi 10-11 am St. Paul's BP Screenings 11 am Council on Aging, Plymouth Yoga 11:30 am St. Paul's Taking Charge of Diabetes 4-7 pm Plymouth Med. Center 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)</p> 	<p>15 55+ Senior Fit (see times & locations listed below) Line Dancing 10-11 am St. Paul's Yoga 11:30 am St. Paul's Breastfeeding Support Group 2-3:30 pm Mishawaka Medical Center Health In Action 3:30-5 pm Bread of Life, Plymouth</p>	<p>16 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10-11 am St. Paul's</p>	<p>17 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action 1:45-3:30 pm Downtown Garden Court, Plymouth</p> <p>18 (Saturday) Community Garden Groundbreaking 1-4 pm Council on Aging, Plymouth</p> 
<p>20 55+ Senior Fit (see times & locations listed below) Tai Chi 10-11 am St. Paul's Yoga 11:30 am St. Paul's Taking Charge of Diabetes 4-7 pm Plymouth Med. Center Tours of Family Birthplace 6-7 pm Mishawaka Med.Center Breastfeeding Support Group 6-7:30 pm Mishawaka Med. Center</p>	<p>21 55+ Senior Fit (see times & locations listed below)</p>	<p>22 55+ Senior Fit (see times & locations listed below) Line Dancing 10-11 am St. Paul's BP Screenings 10:15 am Council on Aging, Plymouth Yoga 11:30 am St. Paul's Breastfeeding Support Group 2-3:30 pm Mishawaka Med Center Health In Action 3:30-5 pm Bread of Life, Plymouth</p>	<p>23 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10-11 am St. Paul's</p>	<p>24 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action 1:45-3:30 pm Downtown Garden Court, Plymouth</p> <p>25 (Saturday) Childbirth Education Series 9:30 am-2:30 pm Mishawaka Med. Center</p>
<p>27 MEMORIAL DAY</p> 	<p>28 55+ Senior Fit (see times & locations listed below) BP Screenings 10:30 am Webster Center, Plymouth Prenatal Breastfeeding 6-7:30 pm Mishawaka Med. Center</p>	<p>29 55+ Senior Fit (see times & locations listed below) Line Dancing 10-11 am St. Paul's Yoga 11:30 am St. Paul's Breastfeeding Support Group 2-3:30 pm Mishawaka Med Center Health In Action 3:30-5 pm Bread of Life, Plymouth</p>	<p>30 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10-11 am St. Paul's</p>	<p>31 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action 1:45-3:30 pm Downtown Garden Court, Plymouth</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:

<p>Mishawaka Medical Center 5215 Holy Cross Pkwy. Mishawaka, IN</p> <p>Plymouth Medical Center 1915 Lake Ave. Plymouth, IN</p>
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COMMUNITY HEALTH AND WELL-BEING

Elkhart
Mishawaka
Plymouth
South Bend
sjmed.com