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Home » Health Briefs -

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Published by twalro@presspub... on Mon, 01/13/2020 - 5:19am

By: Press Staff Writer

Hospice of Northwest Ohio to offer Yoga for Grievers classes

The community is invited to an eight-week yoga class series aimed at connecting the mind, body and heart of those who have experienced the loss of a loved one within the past 12 months.

Yoga for Grievers will be held Wednesdays March 4-April 22 at 9 a.m. at the Perrysburg Hospice Center, 30000 East River Rd.

This class offers yoga for all bodies and abilities and all people, regardless of fitness level, age and flexibility, are encouraged to attend.

Conducted by a certified yoga instructor who specializes in yoga for every body, along with a licensed bereavement counselor, participants will work through the energetic and emotional blocks of grief to find peace.

Classes are free and open to anyone in the community, whether or not they have had a prior relationship with Hospice of Northwest Ohio. Attendees should wear comfortable clothing and bring water, a mat and a small towel or pillow.

Advance registration is required. For more information or to register, call the Hospice Bereavement Department at 419-661-4001.

To learn more about grief and loss or Hospice of Northwest Ohio, visit www.hospicenwo.org

Prayer breakfast

The Lucas County Human Trafficking Coalition will host the 4th Annual Multi-Faith Prayer Breakfast to raise awareness about human trafficking, as January is Human Trafficking Awareness month.

The event, which is open to the community, will be held Saturday, Jan. 18 from 10 a.m.-noon at the UAW Hall at 2300 Ashland Ave., Toledo. Doors will open at 9:30 a.m.

Leaders from various faith communities will offer prayers focusing on those affected by human trafficking and the efforts to combat it. The keynote speaker for this year's event is Kylee Gregg, a human trafficking survivor/thriver who will be sharing her experience.

Several area agencies will be on hand on the services they provide within the community.

The National Association of Negro Business and Professional Women's Club Inc. Maumee Bay will volunteer with the coalition at this year's event. A light breakfast will be served. Attendees are asked to bring a personal hygiene item to donate to local human trafficking victims.

The LCHTC was established in 2008 and implemented in January 2009 to combat human trafficking in Toledo and the surrounding region. The coalition is comprised of health care professionals, social workers, law enforcement, government agencies, health departments, churches, concerned citizens and many others who work to combat human trafficking in the region.

The LCHTC meets the third Wednesday of every month at 9:15 a.m. at the Kent Branch Library, 3101 Collingwood Blvd., Toledo.

Follow the Lucas County Human Trafficking Coalition on Facebook for information and event information related to human trafficking throughout Northwest Ohio.

For more information about the Prayer Breakfast, contact Brenda Holsey, co-chair of the LCHTC Events and Marketing Committee at oabinc1934@gmail.com.

Bluegrass event to benefit Brain Tumor Association

The 30th Annual Bluegrass in Super Class, one of the largest bluegrass events held in Ohio, has teamed up with the American Brain Tumor Association.

Each year, Bluegrass in Super Class, will sponsor a local individual who has brain cancer, and will also donate to the American Brain Tumor Association.

This year, they are sponsoring Dawn Garrett, a 51-year-old who is suffering for glioblastoma brain cancer. A mother of three children, who also has five grandchildren, she is currently receiving hospice care. The donations

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from Bluegrass in Super Class will help with her final expenses.

The 30th Bluegrass in Super Class festival is being held Jan. 9-11 at Maumee Bay Resort, 11750 State Park Rd. #2, Oregon.

Saturday's lineup includes Rhonda Vincent & the Rage, Larry Efav & Bluegrass Mountaineers, Caney Creek, Ottawa County and the Dean Osborn Band. Music starts at 1 p.m. General admission is \$30. Visit www.Bluegrassmountaineers.net for details.

Life Line Screenings

Residents living in and around the Northwood area can learn about their risk for cardiovascular disease, osteoporosis, diabetes and other chronic, serious conditions with Life Line Screenings being conducted Wednesday, Jan. 15 at Gracepointe Church, 4035 Williston Rd., Northwood.

Screenings can check for:

- The level of plaque buildup in arteries, related to risk for heart disease, stroke and overall vascular health.
- HDL and LDL cholesterol levels.
- Diabetes risk.
- Bone density as a risk for possible osteoporosis.
- Kidney and thyroid function, and more.

Screenings are accessible for wheelchairs and those with trouble walking. Free parking is available.

Packages start at \$149. Pre-registration is required. Call 1-877-237-1287 or visit www.lifelinescreening.com.

Gavarone bill addresses increased demand for psychological services

State Sen. Theresa Gavarone (R-Bowling Green) on Jan. 8 introduced Senate Bill 258 – legislation that will enact "PsyPACT," a multi-state cooperative agreement that seeks to address increased demand for psychological services.

The bill would authorize tele-psychology and temporarily allow in-person psychology across states that have adopted PsyPACT. The legislation would increase patient access to care and facilitate continuity of care when a patient relocates or is traveling.

Additionally, the PsyPACT permits psychologists to provide services to populations that are underserved or geographically isolated

Currently, 12 states have passed PsyPACT and three others introduced the bill this legislative session.

"With technological advances and the continuing shortage of mental healthcare professionals in the state, PsyPACT is needed now more than ever," Gavarone said. "Ensuring better access to care for Ohioans, especially those living in underserved or geographically isolated areas, is vital as we continue to address important issues like suicide prevention and the opioid crisis."

Senate Bill 258 will now be referred to a Senate committee for consideration.

Diabetes Get-togethers

The Magruder Hospital Nutrition Department is offering monthly Diabetes Get-togethers on the third Thursday each month September through May at noon in the Conference Center, 615 Fulton St., Port Clinton.

Get-togethers will feature a different topic and speaker each month. On Jan. 16, Magruder diabetic educators will discuss "What should I choose to eat when in restaurants?"

The group is open to anyone dealing with diabetes or pre-diabetes, including family and friends. Light refreshments will be provided and no RSVP is necessary. For more information, call 419-732-4027.

Monthly health lecture

"Exercise and Aging" will be the topic of a lecture to be presented by Dr. Peter Nguyen Wednesday, Jan. 22 at 10:30 a.m. at Perrysburg Commons Retirement Center, 10542 Fremont Pike.

A complimentary lunch will be served following the presentation. RSVP is requested. Call 419-874-1931 to register or for more details.

ProMedica events

ProMedica will offer the following community events in January:

- Aromatherapy, Jan. 13, 1-2 p.m., The Victory Center, Suite B., 5532 W. Central Ave., Toledo – Learn and discuss the special ways that essential oils can be used for everyday health and wellness. This program is free to people with a cancer diagnosis and is sponsored by ProMedica Cancer Institute. Program meets the first and third Wednesday of each month. Call the Victory Center at 419-531-7600 for details.

- Bariatric Informational Seminar, Jan. 14, 22 and 27, ProMedica Health and Wellness Center, Community Education Rooms 1 and 2, 5700 Monroe St., Sylvania. The free bariatric informational seminars are designed to help people learn about the ProMedica Weight Loss Surgery Program and the benefits of weight loss surgery. To register for a seminar or for more information, visit promedica.org/bariatric seminar or call 419-291-6777.


- Nursing Mothers Support Group, Jan. 14, 1:30-2:30 p.m., ProMedica Toledo Hospital, entrance F, Mom & Me Boutique, 2142 N. Cove Blvd., Toledo, Ohio. Group meets the second Tuesday of every month. Drop in and receive support from a certified lactation consultant and other nursing mothers. Call 419-291-5666 for more info.

- Dementia Education Series, Jan. 14, 6:30-7:30 p.m., ProMedica Flower Hospital, Conference Center, Boardroom, 5200 Harroun Rd., Sylvania. Free dementia education sessions for family members, caregivers, friends, and community members. ProMedica experts will provide insight, strategies, techniques and care approaches for managing the course of Alzheimer's disease and dementia. A Certified Dementia Practitioner will provide free adult day care supervision and recreational activities during the event. Light refreshments will be provided. This series takes place on the second Wednesday of each month. Pre-registration is requested, but not required. For more information, call Cheyenne Abrego at 419-824-1758 or email

Cheyenne.Abrego@ProMedica.org.

- Multiple Sclerosis Connection Support Group, Jan. 21, 5-6 p.m., ProMedica Neurosciences Center, Second Floor, Education Rooms 1 and 2, 2130 W. Central Ave., Toledo. This monthly support group provides those living

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with multiple sclerosis with support, conversation and educational topics. The free support group is held on the third Tuesday of every month. Individuals diagnosed with Multiple Sclerosis as well as family and caregivers are welcome to attend. For more information or to RSVP, contact Nikki Artiaga at nikki.artiaga@promedica.org.

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