

Community Calendar

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



March 2020



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
2 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes Call 574.335.2372 to register at Plymouth Medical Center Breastfeeding Support Group 6-7:30 pm Mishawaka Medical Center	3 55+ Senior Fit (see times & locations listed below) La Salud En Acción 5:00 pm Sr Maura Brannick Clinic 326 Chapin St, South Bend 2020 House Raffle on sale now * (*available until sold out!)	4 55+ Senior Fit (see times & locations listed below) Blood Pressure Screenings 11 am-Noon MLK Center, SB Breastfeeding Support Group 2-3:30 pm Mishawaka Medical Center La Salud En Acción 5:30 pm St Mary's, Niles MI	5 55+ Senior Fit (see times & locations listed below) La Salud En Acción Noon Excel Center, South Bend Taking Charge of Diabetes 4-7 pm Mishawaka Medical Center Childbirth Education Series 6-8:30 pm Mishawaka Medical Center	6 (Friday) 55+ Senior Fit (see times & locations listed below) 7 (Saturday) La Salud En Acción 9 am Elkhart Public Library Tours of Family Birthplace Noon Mishawaka Med.Center
9 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes Call 574.335.2372 to register at Plymouth Medical Center Blood Pressure Screenings 12:15-1:15 pm Battell Center, Mishawaka Breastfeeding Support Group 6-7:30 pm Mishawaka Medical Center	10 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes Call 574.335.2372 to register Mishawaka Medical Center La Salud En Acción 5:00 pm Sr Maura Brannick Clinic 326 Chapin St, South Bend	11 55+ Senior Fit (see times & locations listed below) Breastfeeding Support Group 2-3:30 pm Mishawaka Medical Center Taking Charge of Diabetes Call 574.335.2372 to register Mishawaka Medical Center La Salud En Acción 5:30 pm St Mary's, Niles MI	12 55+ Senior Fit (see times & locations listed below) La Salud En Acción Noon Excel Center, South Bend Childbirth Education Series 6-8:30 pm Mishawaka Medical Center Taking Charge of Diabetes Call 574.335.2372 to register Mishawaka Medical Center	13 (Friday) 55+ Senior Fit (see times & locations listed below) 14 (Saturday) La Salud En Acción 9 am Elkhart Public Library
16 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes Call 574.335.2372 to register at Plymouth Medical Center Tours of Family Birthplace 6-7 pm Mishawaka Medical Center Breastfeeding Support Group 6-7:30 pm Mishawaka Med. Center	17 55+ Senior Fit (see times & locations listed below) La Salud En Acción 5:00 pm Sr Maura Brannick Clinic 326 Chapin St, South Bend 	18 55+ Senior Fit (see times & locations listed below) Breastfeeding Support Group 2-3:30 pm Mishawaka Medical Center La Salud En Acción 5:30 pm St Mary's, Niles MI	19 FEAST OF ST. JOSEPH 55+ Senior Fit (see times & locations listed below) La Salud En Acción Noon Excel Center, South Bend 	20 (Friday) 55+ Senior Fit (see times & locations listed below) 21 (Saturday) La Salud En Acción 9 am Elkhart Public Library
23 55+ Senior Fit (see times & locations listed below) Blood Pressure Screenings 10:45-11:30 am Robinson Center, SB Breastfeeding Support Group 6-7:30 pm Mishawaka Medical Center	24 55+ Senior Fit (see times & locations listed below) La Salud En Acción 5:00 pm Sr Maura Brannick Clinic 326 Chapin St, South Bend Prenatal Breastfeeding 6-7:30 pm Mishawaka Medical Center	25 55+ Senior Fit (see times & locations listed below) Breastfeeding Support Group 2-3:30 pm Mishawaka Medical Center La Salud En Acción 5:30 pm St Mary's, Niles MI	26 55+ Senior Fit (see times & locations listed below) La Salud En Acción Noon Excel Center, South Bend	27 (Friday) 55+ Senior Fit (see times & locations listed below) 28 (Saturday) Childbirth Education Series 9 am-2:30 pm Mishawaka Medical Center La Salud En Acción 9 am Elkhart Public Library
30 55+ Senior Fit (see times & locations listed below) Breastfeeding Support Group 6-7:30 pm Mishawaka Medical Center	31 55+ Senior Fit (see times & locations listed below) La Salud En Acción 5:00 pm Sr Maura Brannick Clinic 326 Chapin St, South Bend	Register for FREE Community Classes from Saint Joseph Health System <ul style="list-style-type: none"> • COURAGE TO QUIT Call 574.335.4699 • SENIOR FIT Call 574.335.4691 • HEALTH IN ACTION/SALUD EN ACCION Call 574.335.4687 		

Class registration information & facility locations:

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

Fitness Forum/LifePlex
2855 Miller Dr., Ply.
Wed. 5:30 pm

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

Howard Park
219 St. Louis Blvd., SB
Mon. & Wed. 1 pm

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

O'Brien Fitness Center
321 E. Walter St., SB
Tues. & Thur. 10:40 am

St. Paul's
3602 S. Ironwood Dr., SB
Mon. & Wed. 5:45 pm
Tues. & Fri. 11:15 am

Webster Center
110 Webster Ave., Ply
Mon. & Tues. 11:30 am

Hospital locations:

Mishawaka Medical Center
5215 Holy Cross Pkwy.
Mishawaka, IN

Plymouth Medical Center
1915 Lake Ave.
Plymouth, IN