



# CALENDAR OF EVENTS

## FISHER | TITUS

### FOR THE COMMUNITY

#### Winter Hike

**Saturday, January 11 at 10 a.m.**  
**Veteran's Memorial Lake Park Clubhouse,**  
**205 Old State Road, Norwalk**

In partnership with Norwalk Park & Rec. Hike begins at 10 a.m. There will be two, three, & four mile routes. Bean soup, cornbread, and beverages will be provided after the hike.

#### Red Cross Blood Drive

**Friday, January 24 from 12-4:30 p.m.**  
**Fisher-Titus Jennings Auditorium**

Call 1-800-733-2767 for an appointment.  
 Walk-ins welcome as schedule permits.

#### Valentine's Day Chocolate Strawberry Sale and Flower Sale

**Thursday, February 13 from 11 a.m.-3 p.m.**  
**Shady Lane Cafe Alcove**

Treat your sweetie (or yourself) this Valentine's Day! The Fisher-Titus Auxiliary is proud to present a fundraiser offering chocolate covered strawberries from Suzin L. Chocolatiers and flower arrangements from Petal Pushers by Mandy. Watch our online calendar and follow us on Facebook for more details.



Follow us on Facebook!  
 @FisherTitusHealth

### Heart Health Fair & Winter Community Health Screening

**Saturday, February 1 from 7-10 a.m.**

#### Snyder | White Heart & Vascular Center (use parking lot D)

**REGISTRATION:** Registration will open soon. The name of your physician is required when making your appointment. Registration required. Call 419-660-2646.

- Blood Analysis\*, \$45
- Prostate Specific Antigen (PSA) Test, \$30
- HemoglobinA1c, \$20
- Thyroid Test (TSH), \$25
- Vitamin D, \$35

In addition to the community health screening, we invite everyone to join us for our Heart Health Fair. The fair will feature a meet and greet with Vascular Surgeon Dr. Mohamed Osman, blood pressure and carotid screenings, Fisher-Titus Pulmonary Medicine, a preview of our new PAD (peripheral artery disease) Therapy program, and heart and vascular specific screenings. Watch our online calendar and follow us on Facebook for registration dates and more details.

### FOR YOUR HEALTH

#### Diabetes Self Management Education Program

Physician referral required. Fees apply. Call 419-660-2596.

#### Free Blood Pressure Screenings (Based on staff availability)

- Monday-Friday, 9 a.m.-3 p.m.  
 Fisher-Titus Home Health Center  
 54 Executive Dr., Norwalk
- Wednesdays, 9 a.m.-4 p.m.  
 Fisher-Titus Family Medicine  
 2114 State Route 113 East, Milan
- Monday-Friday, 9:30 a.m.-Noon  
 Fisher-Titus Family Medicine  
 187 W. Main St., New London

### VISIT OUR ONLINE CALENDAR:



#### Support Groups

- Alzheimer's
- Breastfeeding

#### CPR & First Aid Classes

#### New Parent Classes

- Childbirth Education Express
- Breastfeeding Education
- Baby Bootcamp