



FOR THE COMMUNITY

Harvest Festival

Saturday, October 12 from 10 a.m.-1 p.m.
The Former Greenwich Elementary School,
New Street, Greenwich

Annual Fall Fun Fest

Saturday, October 12 from 10 a.m.-2 p.m.
Huron County Fairgrounds Wilson
Building, 940 Fair Road, Norwalk

Couch to 5K

Tuesdays, October 8-December 3

Free, 9-week training plan to prepare you for your first 5K run/walk, or to get you back into a healthy routine. The information meeting will take place on October 2 from 6-8 p.m. in the community room at Ernsthause Community Center.

Medicare Check-Up Day 2019

Wednesday, October 16

For Medicare Open Enrollment Period: Work one-on-one with OSHIIP. Call 419-660-2521 to schedule your one-on-one counseling appointment. To learn more about this event, visit www.insurance.ohio.gov.

Norwalk Elementary PTO Fall Festival

Saturday, October 19 at 11 a.m.

Norwalk High School

Cancer Survivorship Celebration

Saturday, October 26 from 12-2 p.m.

Norwalk Reservoir

Join us at our Tailgate for Survivorship! Cancer patients, cancer survivors, and families are welcome! There will be tailgating, food, games, and a special discussion on cancer prevention and survivorship. For more information, call 419-660-2637.

Senior Expo

Wednesday, October 30 from 10 a.m.-2 p.m.

The Sandusky Mall

Fisher-Titus Urology and The Carriage House will be at the Senior Expo with senior health and Carriage House apartment information.



Follow us on Facebook!
@FisherTitusHealth

Women's Health Fair & Fall Community Health Screening

Saturday, October 26, 7-11 a.m.

Fisher-Titus Patient Pavilion, Parking Lot C

REGISTRATION: September 23-October 23 (unless all appointments fill before then). The name of your physician is required when making your appointment. Registration required: 419-660-2646.

- Blood Analysis*, \$45
- Prostate Specific Antigen (PSA) Test, \$30
- Hemoglobin A1c, \$20
- Thyroid Test (TSH), \$25
- Vitamin D, \$35

**12-hour fasting required for blood analysis. You may drink water and take regular medications.*

In addition to the community health screening, we invite women of all ages to join us for our Women's Health Fair. The fair will feature tours of the Fisher-Titus Birthing Center, Walk-In Mammograms, diabetes education, nutrition counseling information, information for new moms from WIC and Huron County Public Health, and more! Also meet physicians from our Women's Health, Pediatric, and Urology teams.

Red Cross Blood Drive

Friday, November 30 from 12-5 p.m.

Fisher-Titus Jennings Auditorium

Call 1-800-733-2767 for an appointment.

Walk-ins welcome as schedule permits.

The Piggyback Run

Saturday, November 9 at 9:40 a.m.

Milan Town Hall, 24 Park St., Milan

Join us in the 5K or Fun Run, and the after-party following the races. Pre-registration is \$25. Day of Registration begins at 8 a.m. at the Milan Town Hall and is \$30 for more information, visit www.signmeup.com/site/online-event-registration/131598

Sensory Friendly Trip to the Movies

Saturday, November 23 at 9 a.m.

Premiere Theater, Norwalk

"Frozen II," sponsored by Fisher-Titus Autism Spectrum Kids. Tickets: \$6.75 each. Information: 419-660-2117, Ext. 3040.

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
- Baby Bootcamp
- Breastfeeding Education