



# CALENDAR OF EVENTS

## FISHER | TITUS

### FOR THE COMMUNITY

**Milan Melon Festival 5K & Fun Run**  
**Monday, September 2, Fun Run starts at 8:30 a.m., 5K starts at 9 a.m.**  
**Edison Elementary School, 140 S. Main Street, Milan**

Join us for the 46th Annual Milan Melon Festival 5K & Fun Run sponsored by Fisher-Titus. The cost is \$15 for pre-registration before August 28 (September 1 at noon online) and \$20 the day of the race. For more information and registration, visit [sites.google.com/view/milanelonfest/events/5k-fun-run](https://sites.google.com/view/milanelonfest/events/5k-fun-run).

**Welcome to Medicare: 2019**  
**Thursday, September 12 at 5:30 p.m.**  
**The Laurels of New London, 204 W. Main Street, New London**

Join us for this free event to learn about 2019 updates to Medicare benefits, supplemental insurance policies, Medicare Advantage plans, and prescription drug coverage. For all new and soon-to-be Medicare Beneficiaries. Presented in collaboration with the Ohio Senior Health Insurance Information Program (OSHIIIP). Information: 419-660-2521.

**Red Cross Blood Drive**  
**Friday, September 27, Noon-5 p.m.**  
**Fisher-Titus Jennings Auditorium**  
 Call 1-800-733-2767 for an appointment.  
 Walk-ins welcome as schedule permits.

**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 3 from 6-8 p.m. in the community room at Ernsthansen Community Center.



## The Carriage House Open House

**Sunday, September 8, 1-3 p.m.**  
**The Carriage House**

**Celebrate Grandparents' Day with us at The Carriage House!**  
 Take a guided tour and enjoy cake, punch, and a free goodie bag. For more information or to schedule a private tour, call 419-668-4228.

### Medicare Check-Up Day 2019

**Wednesday, October 16**

For Medicare Open Enrollment Period: Work one-on-one with OSHIIP to get tips on how to enroll for 2020 coverage in Medicare Part D plans and Advantage plans, learn about recent changes to Medicare, find out how the October 15-December 7 Medicare Annual Coordinated Election Period can work for you, see if you qualify to save an average of \$4,000 on your prescription drug costs, and bring your list of prescription drugs to compare plans for 2020. Call 419-660-2521 to schedule your one-on-one counseling appointment. To learn more about this event, visit [www.insurance.ohio.gov](http://www.insurance.ohio.gov).

### Save the Date: Women's Health Fair & Fall Community Health Screening

**Saturday, October 26 from 7-10 a.m.**

Registration for this event begins September 23. For more information, visit [www.fishertitus.org](http://www.fishertitus.org).

### 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