

## Classes and Events - McLaren Health Care

At McLaren Health Care, we understand that your health is your main priority. That's why we offer classes and events that make keeping your health in check simple. We back you up in your life journey to keep your mind and body the healthiest it can be. Our classes, screenings, and educational seminars are all designed with you, the patient, in mind.

### Wigs Are Available for Cancer Patients

**Category:** Class, Program or Seminar

**Date:**

Ongoing

**Contact:** The American Cancer Society toll free at 1-877-268-7177 for information about free wigs.

### Prepared Childbirth - March

**Location:**

Womens Medical Center  
Medical Arts Building  
1201 South Drive, Suite 220  
Mt. Pleasant, MI 48858

**Category:** Childbirth Education, Class, Program or Seminar

**Date:**

Monday, March 06, 2017

**Time:** 6:00 - 9:00 PM

**Contact:** Health Promotions at (989) 779-5606 if you have any questions.

### EMS Education - NREMT-Paramedic to Paramedic Transition Course

**Location:**

EMS Education in Beech Hill Center

**Category:** Class, Program or Seminar

**Date:**

Monday, March 13, 2017

**Time:** 8:00:00 AM - 4:00:00 PM Both Days

**Contact:** David Benn: 810-342-2402 or David.Benn@mclaren.org

## Women Battling Cancer Can...Look Good, Feel Better

**Location:**

Karmanos Cancer Institute  
at McLaren Central Michigan  
Morey Cancer Center  
1221 South Drive  
Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar

**Date:**

Monday, March 13, 2017

**Time:** 9:30 - 11:30 AM

**Contact:** Register with the American Cancer Society at 1-800-227-2345.

## Free Foot Screening

**Location:**

Office of Mark Young, DPM  
405 S. Mission, Suite 2  
Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar, Screening

**Date:**

Tuesday, March 14, 2017

**Time:** 9:00 AM - 4:00 PM

**Contact:** Call (989) 779-5606 to schedule your appointment.

## Baby Basics

**Location:**

McLaren Central Michigan  
1221 South Drive  
Mt. Pleasant, MI 48858  
FDJ Conference Room


**Category:** Childbirth Education, Class, Program or Seminar

**Date:**

Wednesday, March 15, 2017

**Time:** 6:00 - 9:00 PM

**Contact:** Health Promotions at (989) 779-5606 if you have any questions.



## Joint Replacement Seminar

**Location:**

McLaren Wellness Central

2600 Three Leaves Dr.

Mt. Pleasant, MI 48858


**Category:** Class, Program or Seminar

**Date:**

Thursday, March 16, 2017

**Time:** 1:30 - 4:30 PM

**Contact:** Register with Joint Replacement Coordinator Beth Nesitt, RN (989) 779-5651.



## Multiple Sclerosis Support Group

**Location:**

Immanuel Lutheran Church

320 S. Bradley

Mt. Pleasant, MI 48858

**Category:** Support Group

**Date:**

Saturday, March 18, 2017

**Time:** 10:30 AM - 12:00 PM

**Contact:** Cathy Zuker (989) 866-2682



## Caregivers Support Group

**Location:**

Isabella County Commission on Aging

2200 S. Lincoln Rd.

Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar, Support Group

**Date:**

Tuesday, March 21, 2017

**Time:** 6:30 PM

**Contact:** Ann Kowaleski (989) 772-0748



## **Nancy Carey Support Group (for women who have or have had cancer)**

**Location:**

Canterbury East Apartments

Office/Community Room

1517 Canterbury Trail

Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar, Support Group

**Date:**

Wednesday, March 29, 2017

**Time:** 7:00 PM

## **Joint Replacement Seminar**

**Location:**

McLaren Wellness Central

2600 Three Leaves Dr.

Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar

**Date:**

Thursday, March 30, 2017

**Time:** 1:30 - 4:30 PM

**Contact:** Register with Joint Replacement Coordinator Beth Nesitt, RN (989) 779-5651.



## **Prepared Childbirth - April**

**Location:**

Womens Medical Center

Medical Arts Building

1201 South Drive, Suite 220

Mt. Pleasant, MI 48858


**Category:** Childbirth Education, Class, Program or Seminar

**Date:**

Monday, April 03, 2017

**Time:** 6:00 - 9:00 PM

**Contact:** Health Promotions at (989) 779-5606 if you have any questions.



## Adult Grief Support Group

**Location:**

Woodland Hospice

2597 S. Meridian Rd.

Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar, Support Group

**Date:**

Tuesday, April 04, 2017

**Time:** 5:30 PM

**Contact:** Woodland Hospice (989) 773-6137



## Compassionate Friends (grief support after death of a child)

**Location:**

St. John's Episcopal Church

206 W. Maple St.

Mt. Pleasant, MI 48858

**Category:** Support Group

**Date:**

Tuesday, April 04, 2017

**Time:** 7:00 - 9:00 PM

**Contact:** Donna Mayes (989) 330-2255



## Bipolar Support Group

**Location:**

McLaren Central Michigan

LAJ Conference Room

1221 South Drive

Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar, Support Group

**Date:**

Wednesday, April 05, 2017

**Time:** 5:30 PM

**Contact:** Marsha MacNiell (989) 772-6263



## "Thursday Connections" (Caregivers Support Group)

**Location:**

Isabella County Commission on Aging

2200 S. Lincoln Rd.

Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar, Support Group

**Date:**

Thursday, April 06, 2017

**Time:** 12:30 PM

**Contact:** Ann Kowaleski (989) 772-0748



## Stroke Support Group

**Location:**

McLaren Central Michigan

FDJ Conference Room

1221 South Drive

Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar, Support Group

**Date:**

Thursday, April 06, 2017

**Time:** 6:00 - 7:30 PM

**Contact:** Laurie Bahlke (989) 774-7289



## Huntington's Disease Support Group

**Location:**

Coldwell Banker-Mt. Pleasant Reality  
304 E. Broadway  
Mt. Pleasant, MI 48858


**Category:** Class, Program or Seminar, Support Group

**Date:**

Tuesday, April 11, 2017

**Time:** 7:00 PM

**Contact:** Ann Voss (989) 561-5023 or Gaylen Voss (989) 245-5725



## Breastfeeding Basics

**Location:**

Womens Medical Center  
Medical Arts Building  
1201 South Drive, Suite 220  
Mt. Pleasant, MI 48858


**Category:** Childbirth Education, Class, Program or Seminar

**Date:**

Wednesday, April 12, 2017

**Time:** 6:00 - 8:00 PM

**Contact:** Health Promotions at (989) 779-5606 if you have any questions.



## Joint Replacement Seminar

**Location:**

McLaren Wellness Central  
2600 Three Leaves Dr.  
Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar

**Date:**

Thursday, April 13, 2017

**Time:** 1:30 - 4:30 PM

**Contact:** Register with Joint Replacement Coordinator Beth Nesitt, RN (989) 779-5651.

## Learn About Behavior That May Suggest Autism

**Location:**

McLaren Central Michigan  
FDJ Conference Room  
1221 South Drive  
Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar, Screening

**Date:**

Thursday, April 27, 2017

**Time:** 6:00 - 7:00 PM

**Contact:** Register for this free program by calling (989) 779-5606.



## Prepared Childbirth - May

**Location:**

Womens Medical Center  
Medical Arts Building  
1201 South Drive, Suite 220  
Mt. Pleasant, MI 48858


**Category:** Childbirth Education, Class, Program or Seminar

**Date:**

Monday, May 01, 2017

**Time:** 6:00 - 9:00 PM

**Contact:** Health Promotions at (989) 779-5606 if you have any questions.



## Women Battling Cancer Can...Look Good, Feel Better

**Location:**

Karmanos Cancer Institute  
at McLaren Central Michigan  
Morey Cancer Center  
1221 South Drive  
Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar


**Date:**



Monday, May 08, 2017

**Time:** 9:30 - 11:30 AM

**Contact:** Register with the American Cancer Society at 1-800-227-2345.



## Protect the Skin You're In: Free Skin Screenings

**Location:**

1509 N. McEwan

Clare, MI 48617

**Category:** Screening

**Date:**

Wednesday, May 17, 2017

**Time:** Appointments available from 1:00 - 4:00 PM

**Contact:** Schedule an appointment by calling (989) 779-5606.



## Prepared Childbirth - June

**Location:**

Womens Medical Center

Medical Arts Building

1201 South Drive, Suite 220

Mt. Pleasant, MI 48858


**Category:** Childbirth Education, Class, Program or Seminar

**Date:**

Monday, June 05, 2017

**Time:** 6:00 - 9:00 PM

**Contact:** Health Promotions at (989) 779-5606 if you have any questions.



## Breastfeeding Basics

**Location:**

Womens Medical Center

Medical Arts Building

1201 South Drive, Suite 220

Mt. Pleasant, MI 48858

**Category:** Childbirth Education, Class, Program or Seminar

**Date:**

Wednesday, June 14, 2017

**Time:** 6:00 - 8:00 PM**Contact:** Health Promotions at (989) 779-5606 if you have any questions.

## **Baby Basics**

**Location:**

McLaren Central Michigan

1221 South Drive

Mt. Pleasant, MI 48858

FDJ Conference Room

**Category:** Childbirth Education, Class, Program or Seminar**Date:**

Wednesday, July 19, 2017

**Time:** 6:00 - 9:00 PM**Contact:** Health Promotions at (989) 779-5606 if you have any questions