

A publication of Fulton County Health Center

Health

Centering

A NEW TREATMENT FOR MEN WITH ENLARGED PROSTATES

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Charles Lash, MD, FCHC Urologist, prepares the Aquablation robotic water jet system.

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 **Fulton County Health Center**
Completing the circle of care

A NEW TREATMENT FOR MEN WITH ENLARGED PROSTATES

Fulton County Health Center is proud to announce the availability of Aquablation, an innovative, minimally invasive treatment for benign prostatic hyperplasia (BPH). BPH is a condition that affects millions of men as they age. Aquablation uses a robotically controlled, heat-free water jet to remove excess prostate tissue and help preserve quality of life.



“This technology represents a major step forward in how we treat BPH. Aquablation allows us to target only the tissue that’s causing symptoms, and to do so with remarkable accuracy.”

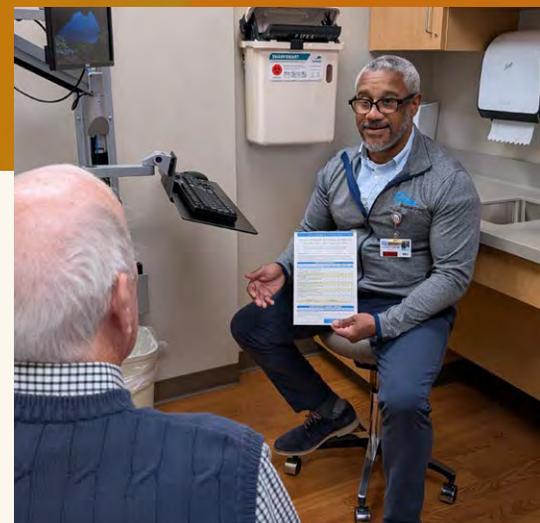
– Charles Lash, MD, FCHC Urologist

(L-R): Rebecca Pettit, RFNA and Charles Lash, MD, FCHC Urologist, are pictured with the new Aquablation medical equipment.

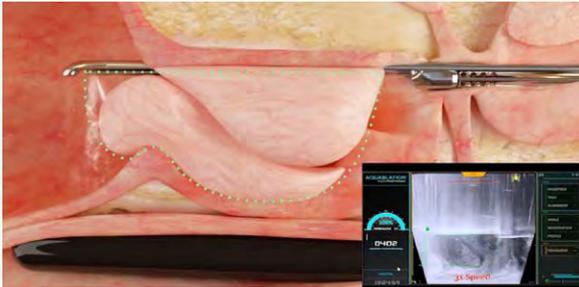
Aquablation combines real-time ultrasound imaging with a tiny camera inserted through the urethra. This gives Dr. Lash a comprehensive, multi-dimensional view of the prostate. Using the ultrasound guidance, the robotic system delivers a precisely calibrated water jet that removes obstructing tissue without using any heat.

“Because the procedure is heat-free, we’re able to reduce the risk of damage to surrounding structures,” explains Dr. Lash. “For many men, this means a lower chance of sexual side effects, which is an important consideration when choosing a treatment.”

The procedure is performed entirely through the urethra, requiring no external incisions, and is typically completed in under an hour. Most patients have a catheter in place after surgery to help the bladder drain and heal, with many going home the same day. Recovery is generally faster than with traditional surgical options. While temporary symptoms such as mild urinary discomfort, blood in the urine, or difficulty urinating can occur, these usually improve quickly as the body heals.



During an office visit, Dr. Lash explains to a patient how Aquablation works and what to expect after the procedure is performed.



Removing Obstructing Prostate Tissue
 Aquablation uses a robotic-assisted heat-free waterjet to precisely remove obstructive prostate tissue.

“As a urologist, my goal is always to match each patient with the treatment that best fits their needs and priorities,” says Dr. Lash. “Aquablation gives us another valuable tool to use – one that combines precision, safety, and a quicker recovery. It’s exciting to be able to offer this to men in our community.”

Fulton County Health Center continues to expand its range of urologic services to ensure that residents have access

to leading-edge care close to home. Men experiencing urinary symptoms such as frequent urination, weak stream, or incomplete bladder emptying are encouraged to speak with their primary care provider or request a consultation with Dr. Lash.

For more information or to schedule a consultation, contact FCHC Urologist, Charles Lash, MD, at 419-335-2500.



AQUABLATION AT A GLANCE

What Is Aquablation?

A minimally invasive procedure that uses a robotic, heat-free water jet to remove enlarged prostate tissue causing urinary symptoms.

Why Choose Aquablation?

- ▶ Precise, targeted treatment
- ▶ Low risk of sexual side effects
- ▶ No abdominal incisions
- ▶ Faster recovery compared to some traditional surgeries

Common Symptoms of BPH:

- ▶ Frequent urination
- ▶ Weak urine stream
- ▶ Feeling of incomplete bladder emptying
- ▶ Nighttime urination

What to Expect:

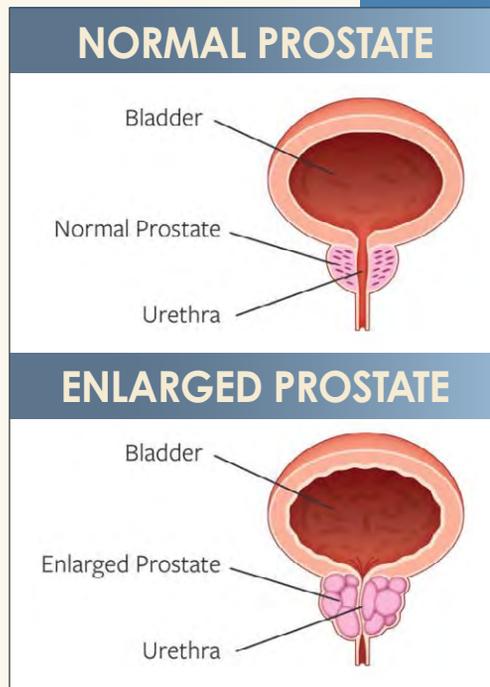
- ▶ A short hospital stay – sometimes same-day discharge
- ▶ Temporary catheter use
- ▶ Gradual improvement in urinary flow as healing progresses

Who Might Benefit?

Men with bothersome BPH symptoms who want an effective treatment with attention to preserving sexual function.



The new Aquablation medical equipment uses a robotic, heat-free water jet to precisely remove enlarged prostate tissue in men.



A NEW TREATMENT FOR MEN WITH ENLARGED PROSTATES

(Continued from page 3)

A Patient's Story



For 72-year-old Henry, trips to the grocery store used to be simple. But in the last few years, his outings revolved around one question: Where's the nearest restroom? Frequent urination, slow stream, and restless nights had become a normal part of his life.



It got to the point where Henry couldn't sit through a movie. He would wake up three or four times a night and felt exhausted the next day.



After speaking with his primary care physician, Henry was referred to Charles Lash, MD, FCHC Urologist, who diagnosed him with moderate-to-severe BPH. When Dr. Lash explained the option of Aquablation, Henry felt hopeful.



Henry had the procedure performed and went home the next day with a short-term catheter and simple instructions for recovery. He bounced back quickly, and within a couple of weeks he was sleeping through the night.

(Editor's Note: Henry is not a real patient but is a typical profile of men his age).

Aquablation FAQ's

Q: How long does the Aquablation procedure take?

Typically less than an hour, depending on prostate size.

Q: Is Aquablation painful?

Most patients experience only mild, temporary discomfort after the procedure.

Q: Will I need a catheter afterward?

Yes. A catheter is usually needed for a short period to allow the bladder to heal.

Q: How soon can I return to normal activities?

Many patients resume light activities within a few days, with full recovery over several weeks.

Q: Does Aquablation affect sexual function?

The heat-free, image-guided approach is designed to preserve sexual function and reduce the risk of side effects.

Strengthening Local Healthcare Through Giving

THE MISSION AND WORK OF THE FCHC FOUNDATION

The Fulton County Health Center Foundation strives to serve and support our community by providing charitable resources that will assist Fulton County Health Center in completing the circle of care. As a 501(c)(3) nonprofit, the Foundation plays a vital role in advancing healthcare services throughout Fulton County.



CURRENT PRIORITY

As we wrap up 2025, we continue to celebrate the incredible impact of your support. The renovation of Fulton County Health Center's Heart & Vascular Center, completed in 2024, has brought world-class cardiac care directly to our community.

Today, with two state-of-the-art Cardiac Catheterization Labs, patients can receive nearly every heart and vascular procedure they may need (excluding open-heart surgery) right here in Fulton County. Emergencies that once required transport to larger hospitals are now being treated within minutes, saving time and lives.

In 2025, our Capital Campaign shifted its focus to making the community aware of these new possibilities. Through outreach, education, and public events, we've worked to ensure that patients and families understand the advanced level of care now available close to home. Your continued support helps us spread the word and connect more people to the lifesaving care they deserve.

MAKE A YEAR-END GIFT THAT MATTERS

As the end of the year approaches, now is a meaningful time to give. Your charitable donation to the FCHC Foundation may be tax-deductible if made by December 31 and directly supports healthcare services in our own community. The easiest way to donate is by completing and returning the donation envelope included in this mailing.

WAYS TO GIVE

There are several other convenient and impactful ways to contribute:

- ♥ Make a one-time or recurring gift online
- ♥ Donate in honor or memory of a loved one
- ♥ Include the Foundation in your estate plans
- ♥ Explore major gift and naming opportunities

Visit fchcfoundation.org for more information or to make your gift today. You can also reach us at fchcfoundation@fulhealth.org or **419-337-7318**. Every gift, no matter the size, brings us one step closer to completing the circle of care—for today and for generations to come.

Did You Know?

- ▶ BPH affects more than half of men over age 60, and up to 90% by age 85.
- ▶ Aquablation uses a robotically controlled water jet – no heat, no incisions.
- ▶ Because it's image-guided, surgeons can map the prostate in real time for precise treatment.
- ▶ Patients often notice improved urinary flow within days.
- ▶ Aquablation is one of the few BPH treatments aimed at balancing effectiveness with preservation of sexual function.

RENAL DENERVATION: A NEW OPTION FOR HARD-TO-CONTROL HIGH BLOOD PRESSURE

A new treatment is now available at Fulton County Health Center's Heart & Vascular Center for patients whose high blood pressure is difficult to control with medication alone. The procedure, called renal denervation, has been approved by the Food and Drug Administration (FDA). Charles Gbur, Jr., MD, FACC, FSCAI, Interventional Cardiologist, and his experienced team have been offering this advanced therapy for more than a year. FCHC is the only healthcare facility in northwest Ohio offering regional denervation.

"We are one of the busiest hospitals in the country for renal denervation, it's a unique and exciting service for northwest Ohio and the tri-state area, and we're grateful to our administration for helping us bring this option to our patients," says Dr. Gbur.

What Is Renal Denervation?

Your blood pressure is influenced by signals from your brain, heart, kidneys, and the nerves that connect them. Sometimes these nerves become overactive and cause blood pressure to rise.

Renal denervation is a minimally invasive procedure that gently interrupts some of the overactive nerves around the kidneys. By reducing this nerve activity, blood pressure can naturally be reduced.

The procedure involves using a thin, specially designed catheter to deliver either ultrasound energy or radiofrequency heat to the renal arteries. This safely disrupts the nerves without harming the arteries themselves.

What Happens During the Procedure?

- ▶ The procedure usually takes about one hour.
- ▶ A small catheter is placed through an artery in your groin - similar to having an IV, but in the artery.
- ▶ The Interventional Cardiologist guides the catheter to the arteries of the kidneys and applies the energy treatment to destroy (ablate) renal nerves without damaging the arteries.
- ▶ Patients receive anesthesia to ensure comfort throughout the procedure.



Charles Gbur, Jr., MD, FCHC Interventional Cardiologist, discusses with a patient the options to help control high blood pressure.



A small catheter is inserted up to the renal arteries to send ultrasound or radio frequency (heat) to safely destroy renal nerves.

Most patients can return home the same day, though a short hospital stay may be recommended based on your individual needs.

After the treatment, the decreased nerve activity helps lower your blood pressure over time.

A Promising New Option

Renal denervation offers fresh hope for people struggling with high blood pressure despite taking three or more blood pressure medications. With this cutting-edge treatment at FCHC, patients can receive advanced care from a trusted local team.

For more information, contact the FCHC Heart & Vascular Center through the office of Charles Gbur Jr., MD, at 419-330-2653 or 419-893-7700.

FCHC HYPERTENSION CLINIC

Since the Spring of 2024, FCHC has offered patients with high blood pressure a Heart & Vascular Hypertension Clinic, located in the office of Charles Gbur, Jr., MD.

This specialty clinic is designed to bring leading-edge, life-changing care closer to home.

"Our goal is to give patients the very best tools to manage their blood pressure and protect their long-term health," says Dr. Gbur. "We're excited to offer advanced expertise right here in our community."

Expert Care for All Types of High Blood Pressure

Our team is specially trained to diagnose and treat a full range of hypertensive conditions, including:

- ▶ Complex or difficult-to-control hypertension
- ▶ Adrenal-related and renovascular hypertension
- ▶ Drug-resistant hypertension
- ▶ High blood pressure tied to kidney problems or genetic disorders
- ▶ Neuroendocrine tumors

Why Hypertension Care Matters

High blood pressure often has no symptoms, yet it can greatly increase the risk of:

- ▶ Heart disease
- ▶ Stroke
- ▶ Chronic kidney disease
- ▶ Peripheral artery disease
- ▶ Aneurysms

Getting the right care early can make all the difference — and we're here to help every step of the way.

Personalized Treatment, Advanced Options

At FCHC, our Clinical Hypertension Specialists take a team-based approach to create individualized treatment plans. In addition to medication and lifestyle support, we offer advanced therapies such as renal denervation. FCHC was the first hospital in the tristate area to provide this breakthrough treatment for resistant hypertension.

Learn More

To find out how the new Hypertension Clinic can help you or someone you love, call 419-330-3315.

Why High Blood Pressure Is Known as “The Silent Killer”

High blood pressure, or hypertension, has earned the nickname “the silent killer” for a simple but serious reason:



it often causes no noticeable symptoms while quietly damaging the body over time. Many people live for years without realizing their blood pressure is too high, and by the time symptoms do appear, significant harm may already have occurred.

When blood pressure stays elevated, it puts extra strain on the arteries, heart, brain, and kidneys. This can lead to life-threatening conditions such as heart attacks, strokes, heart failure, kidney disease, and vision loss. Because the damage develops slowly and silently, routine checkups are crucial, even for those who feel perfectly healthy.

The good news is that hypertension is highly manageable with lifestyle changes and, when needed, medication.

Tips to help counteract high blood pressure:

- ▶ Get regular aerobic exercise to work your heart –30 minutes a day, 5 days a week
- ▶ Reduce sodium (salt) intake
- ▶ Limit alcohol consumption
- ▶ Avoid tobacco
- ▶ Manage stress
- ▶ Maintain a balanced diet

If you haven't had your blood pressure checked recently, consider this as your reminder. A simple blood pressure test by your primary care provider could be the first step in preventing serious health problems down the road.

120/80: What Do the Numbers Mean?

Normal resting blood pressure for an adult is approximately 120/80 mmHg or lower. The first number (120) is your systolic pressure, the force of the blood flow when blood is pumped out of the heart. The second number (80) is your diastolic pressure, which is measured between heartbeats when the heart is filling with blood. Your blood pressure changes throughout the day based on your activities.

PROVIDER SPOTLIGHT: New Physicians Join FCHC Provider Offices

Get to know our providers better! This Spotlight focuses on two new physicians who recently joined our FCHC Primary Care Wauseon office.



Lekha Vemuru, MD Family Practice & OB/GYN

Education & Training

- ▶ **Undergraduate Degree:**
University of Toledo
- ▶ **Medical School:**
University of Toledo
- ▶ **Residency:**
University of Florida
- ▶ **Fellowship:**
Family Medicine Surgical
Obstetrics/Women's Health
Halifax Health Daytona Beach, FL

Welcome to FCHC, Dr. Vemuru!

Now accepting new patients!

To schedule an appointment call:

419-335-3242

735 South Shoop Avenue
Wauseon, OH 43567

www.fchcprimarycarewauseon.org

**A conversation with Dr. Lekha Vemuru —
meet the person dedicated to your care.**

Q. Why did you decide to become a physician?

A. Growing up, I was surrounded by physicians in my family who all shared a united purpose to provide compassionate care for their patients. I admired that and felt my purpose was to provide a helping hand to others, especially during times of uncertainty and vulnerability.

Q. Why did you choose Family Practice and OB/GYN?

A. Family Practice allows for generational and preventative care and connecting with a patient's life as a whole. It is sincerely an honor when you care for a patient through various ages, stages and experiences in their lives. It is even more so when a family trusts you with their care and that of their newest family member.

(Q & A continued)



Q. Do you have a specific practice emphasis in OB/GYN?

A. I was trained to perform vacuum-assisted vaginal deliveries and cesarean sections. I do not have training to perform hysterectomies or other GYN surgeries. My obstetrics practice focuses on caring for pregnant moms during their prenatal visits, through their delivery, and in the postpartum period.

Q. Why did you decide to practice at FCHC?

A. I grew up in the Toledo area and completed my undergraduate and medical school training at the University of Toledo. I moved to Florida to complete my residency and fellowship training where I also met my husband, Dr. Keith Shamrock, who is a fellow family practice physician. While we loved our time in Florida, I wanted to dedicate a part of my career to serving a community that has supported my education and truly made me the physician that I am today.

Q. What are your personal interests?

A. I enjoy traveling (I have been to all seven continents), hiking, running, scuba diving, playing volleyball, Bollywood dancing, eating dessert – especially cotton candy ice cream from Cold Stone and Linda's fudge cake from the Cheesecake Factory – watching movies, board games and dinners with friends and family, and spending time with my wonderful husband and our Bernedoodle puppy named Shilo.



**Keith Shamrock, DO
Family Practice**

Education & Training

- ▶ **Undergraduate Degree:**
University of Florida
- ▶ **Medical School:**
Liberty University of
Osteopathic Medicine
- ▶ **Residency:**
University of Florida

Welcome to FCHC, Dr. Shamrock!

Now accepting new patients!

To schedule an appointment call:

419-335-3242

735 South Shoop Avenue
Wauseon, OH 43567

www.fchcprimarycarewauseon.org



**A one-on-one with Dr. Keith Shamrock—
discover the professional devoted to your health.**

Q. Why did you decide to become a physician?

A. My parents were veterinarians, so I was always around the medical field. I knew I wanted to make an impact on people, so I volunteered for medical mission work in Guatemala. All those experiences added up, and on my fifth trip I decided I wanted to become a physician.

Q. Why did you choose Family Practice?

A. I like all aspects of medicine, but with Family Practice I can build relationships with my patients that lasts through two or three generations of family members.

Q. Why did you chose to become a DO?

A. I believe osteopathic doctors approach a patient by treating their entire body. I look at how a disease, illness, or injury affects the entire body. When I was in Guatemala for my medical missions, I was able to practice OMT (Osteopathic Manipulative Therapy) on patients. Given their health and living conditions, I witnessed first-hand how OMT could make a difference in their lives.

Q. Why did you decide to practice at FCHC?

A. My wife (Dr. Lekha Vemuru) and her family are from northwest Ohio, and she wanted to give back to her community. Everyone in the area has been extremely welcoming and friendly to both of us. It was a good choice.

Q. What are your personal interests outside of medicine?

A. First and foremost, I enjoy spending time with my wife and our dog, Shilo. I'm originally from Florida, so I'm a huge Florida Gators football fan. Being from Florida, I enjoy any water activities – scuba diving, wakeboarding, fishing, you name it. I also like to run and work out.

Message from the CEO



I am proud to share with our community that FCHC is offering some of the latest medical technology ahead

of other providers in Northwest Ohio. Our lead story focuses on Aquablation, an innovative, minimally invasive treatment for benign prostatic hyperplasia (BPH), which affects millions of men. Aquablation uses a robotically controlled, heat-free water jet to remove excess prostate tissue. The procedure is performed by our own Charles Lash, MD, Urologist. Please take time to read about it here.

Our secondary story covers FDA-approved Renal Denervation as a treatment for high blood pressure in certain patients. Charles Gbur, Jr., MD, FACC, FSCAI, FCHC Interventional Cardiologist, and his experienced team have been offering this advanced therapy since the Spring of 2024. Dr. Gbur is one of the few practitioners in the Northwest Ohio region that has completed the necessary training to be able to offer this procedure.

We also welcome our two newest providers, both with FCHC Primary Care in Wauseon: Keith Shamrock, DO, and Lekha Vemuru, MD. They are currently accepting new patients.

Thanks to our generous donors, the FCHC Foundation continues to receive donations, which are used to further improve our Health Center. We offer more updates and information about our Foundation in this newsletter.

Thank you for trusting your health and well-being with us. Stay safe during the winter months!

Patti Flinn

Patti Flinn

Fulton County Health Center
Chief Executive Officer

HONORING COMPASSION: FCHC Celebrates Exceptional Nurses and Service Heroes



At Fulton County Health Center, excellence in care is more than a standard – it's a daily commitment lived out by our remarkable staff. This year, we proudly recognize individuals whose compassion, skill, and dedication shine through every interaction. Through the DAISY and ROSE Awards, FCHC celebrates team members who go above and beyond to embody our mission, vision, and values.

The DAISY Award: Celebrating Extraordinary Nurses

The DAISY Award is an international program created in memory of patient J. Patrick Barnes to honor the extraordinary care nurses provide every day. Founded by his family after witnessing the compassion and clinical skill shown during his eight-week hospitalization, the award recognizes nurses who deliver truly exceptional, patient-centered care. Recipients receive lasting recognition, educational opportunities, and access to mission grants. Patients, families, colleagues, and clinicians are all encouraged to submit nominations.

The name DAISY is an acronym for Diseases Attacking the Immune System, which was the type of autoimmune disease Barnes died from.

The ROSE Award: Recognizing Service Excellence

The ROSE Award honors individuals, teams, and volunteers who consistently go above and beyond. Recipients demonstrate compassion, leadership, generosity, and a commitment to making a meaningful impact on others.

Both the DAISY and ROSE programs were launched at FCHC to strengthen a culture of appreciation. Anyone may submit a nomination, and selection committees made up of leadership and front-line staff review anonymous submissions to choose honorees who best reflect the spirit of each award.

FCHC 2025 Award Recipients

Quarter	 DAISY Award	 ROSE Award
Q2	Audrey Schuette, RN	Brenda Hoff
Q3	Carrie Eitzman, RN	Randi Hatcher
Q4	Heather Seiler, LPN	Cheryl Lembrick

FCHC proudly celebrates these exceptional individuals for their dedication to compassionate, patient-centered care and service excellence. Their contributions make a profound difference in the lives of our patients, families, and community.

Congratulations to all of our honorees!

Heart Matters

On Mon., February 9, from 5:30 - 7:00 p.m., FCHC will present "Heart Matters." This program will be presented in an informal setting with a free, heart-healthy dinner at 5:30 p.m. followed by the Heart Matters program at 6:00 p.m. Attendees can pose heart-related questions to our Interventional Cardiologist, Charles Gbur Jr., MD, FACC, FSCAI. FCHC staff will provide free blood pressure checks. The event will be held in the FCHC Beck Meeting Room. Seating is limited, so pre-registration is required by February 2. Call 419-330-2724 to register. Doors will open at 5:00 p.m. Raffle proceeds and other donations will benefit the 2025 Heart Radiothon.

Heart Radiothon

On Thurs., Feb. 12, WMTR 96.1 FM will devote the entire day to playing musical requests in exchange for a donation to the Heart Radiothon fund. Heart Radiothon proceeds will support heart-related programs and equipment in Fulton County. Cholesterol and glucose (blood sugar) testing will take place from 7:00 a.m. – 6:00 p.m. that day at the Fulton County Health Center Cafeteria. Fasting is not required. A \$5 donation to the Fulton County Heart Radiothon is requested at the time of the screening. No appointment is required.



Auxiliary Volunteer Opportunities

FCHC is welcoming volunteers to join us. For more information, please contact our Volunteer Coordinator: Mary Gautz, at 419-330-2695.

Hospice of Northwest Ohio Team Moves into New Office at FCHC

To better meet the needs of the community's seriously ill, Hospice of Northwest Ohio has moved into an office space in the FCHC South Medical Office Building. They will continue to provide expert hospice care to seriously ill patients in their own homes, nursing homes or extended care facilities within the region.

To learn more about Hospice of Northwest Ohio and its services, visit www.hospicenwo.org or call 419-661-4001.



Pictured at the ribbon cutting ceremony for the new office were (L-R): Patti Finn, FCHC CEO; Rick Russell, President & CEO, Hospice of Northwest Ohio; and Nicole Davis, Homecare Team Leader, Hospice of Northwest Ohio.

JUSTIN SAUDER'S TRIUMPHANT IRONMAN JOURNEY

An Ironman 140.6 consists of swimming 2.4 miles, cycling 112 miles, and running 26.2 miles all in one day. On Sunday, November 16, I checked an item off of my triathlon bucket list when I completed Ironman Arizona. A few years ago, my wife gave me a plaque with a blank space to record my best times for running and triathlon distances. The only blank space left was on the 140.6 line. "You know what this means right?" Her response was, "Well, that's what I was afraid of." That



Justin Sauder, FCHC Nurse Anesthetist, triumphantly crosses the finish line at the Tempe, Arizona Ironman competition.

is when the real conversations started about training for an Ironman 140.6.

I have competed in sprint, Olympic, and 70.3 distance triathlons since 2018 after I finished anesthesia school. In the fall of 2024, I began working with Joshua Venis, a local triathlete and triathlon coach, to help me qualify for the Boston Marathon and complete an Ironman. I qualified for Boston in the spring of 2025, and the second goal is complete as well.

The long training runs, rides and swims over the last year wouldn't have been possible without the support of my wife, children and coach. Seeing them on the course is one of the best parts of the race. I would also like to thank my mom and my in-laws for coming to support me in Arizona.

Crossing that finish line was an unreal feeling. It was an amazing experience, and I'm sad it's behind me. But now I can put a time on that last line of my plaque: Ironman Arizona 2025 complete. 9:15:00.

Note: Justin Sauder, CRNA, has been a Certified Registered Nurse Anesthetist at FCHC since 2018 and has worked at the Health Center since 2007.

Health & Wellness Programs

Register on-line at fultoncountyhealthcenter.org
 (click on Health and Wellness Programs in the Quick Links section)

Category	Program	Date/Time	Cost	Location	Details/Registration
Safety	Swim Classes Parent and Child Water Wonders (6 months - 5 years old) Parent/Guardian must be in the water. Swimmers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences.	Sat. Jan. 10 – Feb. 26 Sat. April 11 – June 6 (no class on May 23) 6-24 months old Sat., 9:00 a.m. 2-3 years old Sat., 9:30 a.m. 3-5 years old Sat., 10:00 a.m.	\$60	FCHC Fitness Wauseon	All classes are 30 minutes Call 419-330-2724 to register.
	Group Lessons (3-6 years old) Independent swimmers learn basic swimming competency and self-rescue skills.	3-6 years old Sat., 11:00 a.m. 3-6 years old Sat., 11:30 a.m.	\$80	FCHC Fitness Wauseon	All classes are 30 minutes Call 419-330-2724 to register.
	Private Lessons (All ages) One-on-one instruction aimed towards the needs of each individual. Discount for siblings.	4-session package Times TBD by instructor and parent.	\$100	FCHC Fitness Wauseon	Call 419-330-2724 to register.
Oncology Programs	FCHC Cancer Care provides cancer treatment and support.				
	Counseling Counseling for nutrition, emotional and coping concerns, as well as end of treatment concerns.			Rehabilitation Services On-site physical & occupational therapy and wound care.	
	Patient Navigation On-site case management, financial counseling and facilitation with community resources.			Lymphedema Therapy Includes specialists from nursing, physical therapy, and massage therapy who are trained to work together in treating patients with lymphedema.	
				Prosthesis and Wig Bank Available for patients who cannot afford to purchase their own.	
Grief Support	H.O.P.E. Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, teenagers, and adults due to illness or accident. If you are suffering from the death of a child at any age, you are welcome to attend.	Third Monday of every month at 7:30 p.m.	Free	FCHC Surgical Conference Room on second floor.	Contact Patricia Franz Pahl, LSW, LCDC III, H.O.P.E. & H.E.L.P. Group Coordinator at 419-330-2757 (FCHC OB Unit) or 419-335-2015, Ext. 2385 (Office).
Diabetes & Nutrition Education	Information, scheduling group presentations, and/or to register for classes, check out the website page at: fultoncountyhealthcenter.org/health-and-wellness-programs/				Contact the Diabetes and Nutrition Education office at 419-330-3304
	Lifestyles for Health! Gives you the opportunity to work one on one with a healthcare professional to create an individual and specialized plan to upgrade your health. Elements of your plan may include nutrition, weight goals, fitness, blood sugar management, heart health, etc.	One visit Series of 5 visits	\$50 \$150	North Medical Office Building Suite G06	
	Medical Weight Management Our comprehensive program includes monthly visits with a provider and dietitian, FRESH classes (See FRESH classes in this section), weight loss medication options, and updated lab work.	Monthly appointments	Billed to Ins. Most all Ins. cover MWM.	North Medical Office Building Suite G06	Call 419-330-3304 to schedule an appointment.
		10			

Category	Program	Date/Time	Cost	Location	Details/Registration
Diabetes & Nutrition Education	FRESH Classes Support group for all things health and weight-related using the F.R.E.S.H. Approach (Food, Relaxation, Exercise, Sleep, and Hydration).	Monthly	Free	North Medical Office Bldg. Suite G06	Call 419-330-3304 for more information
	Living Heart Healthy Come learn about eating for a healthy heart. Will discuss ways to decrease fat and sodium along with plant forward ideas.	Thurs., Feb. 19 12:00 p.m.-1:00 p.m.	Free	North Medical Office Bldg. Suite G06	Call 419-330-3304 to register.
Bariatric Surgery	Those interested in Bariatric surgery will now be seen in the Medical Weight Management program before and after surgery. Sign up for a free video presentation by General Surgeon Timothy Duckett, MD.		Billed to Ins.	North Medical Office Bldg. Suite G06	To register for the video presentation, visit https://www.fultoncountyhealthcenter.org/health-and-wellness-programs/?program=bariatric
OB Programs	If you are a patient planning to deliver at the FCHC OB Unit and are interested in childbirth and breastfeeding education, call the OB Department at 419-330-2757				Call the OB Department at 419-330-2757



Call to join today!
419.330.2724

138 E. Elm Street, Wauseon, OH

All memberships include 24/7 gym access with upgrades available for unlimited fitness classes and open swim. Annual memberships can be paid-in-full or by recurring monthly payments. Call today to join and ask about our discounts available for Seniors, First Responders, Clergy, Military, and Full-Time Students.

Fitness Classes



3 Payment Options!

- GET FIT Membership** - unlimited classes at all locations \$45/month
- Fitness Class Package** - take any 10 classes for \$60
- Drop In** - one class for \$10

Classes offered in Wauseon, Archbold, and Swanton.

Membership Options & Pricing

GYM PLAN:	BASE	GET FIT	AQUATIC	ELITE
Monthly Individual Rate	\$35	\$45	\$45	\$55
Monthly Couple Rate	\$50	\$65	\$65	\$80
Monthly Family Rate	\$65	\$85	\$85	\$105
24/7 Gym Access	✓	✓	✓	✓
Unlimited Fitness Classes		✓		✓
Open Swim			✓	✓

What's New at the Gym

Check out our Facebook page for details and updates!

Holiday Sale

Sale runs from December 1-January 3

Buy any 12-month membership – **Get** an additional month **FREE!**

Pay membership in full – **GET** a **FREE** t-shirt or 24/7 key fob!

NEW YEAR OPEN HOUSE

Saturday, January 3, 2026 - 8:00 a.m. - 12:00 p.m.

Fitness class demos all morning - Healthy breakfast provided
- Gym tours - Equipment orientations - Membership discounts - Door prizes - Chance to win a free membership

Workout for the Heart

Saturday, February 7, 2026 - 9:00 a.m. - 10:30 a.m.

In collaboration with the Fulton Co. Heart Radiothon, we will be offering this fitness class mash-up of our most popular classes! \$5 donation to Heart Radiothon to participate. Donate \$25 or more to receive a Heart Radiothon tee!



It's Time for a Health Checkup!

Mark your calendars for a health extravaganza like no other! Every two years, FCHC offers a health fair with comprehensive testing. This is your opportunity to dive into a wealth of knowledge on vital health topics including cholesterol management, blood pressure, diabetes, cancer prevention, fitness, nutrition, and much more! Plus, take advantage of discounted comprehensive blood testing.

FCHC Biennial Health Fair

Date: Sat., April 25

Time: 7:00 a.m. – 11:00 a.m.

Place: FCHC Beck Meeting Room

Sponsored By: The FCHC Corporate & Community Health Promotion Department.

Parking: Enter our campus through the South Ambulance Drive and park in P1 parking area located next to the South Medical Office Building (SMOB). Then enter the building through the SMOB entrance.

Free Admission, Refreshments, and Giveaways! Screenings & Information
No appointments necessary! Cash or check only.

1 Comprehensive Blood Test – \$50 (normally \$500+); requires a 12-hour fast – no food or drink. Blood draws end at 9:30 a.m.

- ✓ Lipid profile for heart health
- ✓ Tests for liver & kidney health
- ✓ Hemogram to detect infections or anemia
- ✓ A1C Screening: add \$30 (blood draw)
- ✓ Vitamin D: add \$50 (blood draw)
- ✓ Thyroid Screening: add \$40

2 Free Tests

- ✓ Blood Pressure Screening
- ✓ Dermascan Skin Screening (for sun damage)
- ✓ Blood Sugar/Glucose Screening (finger stick)
- ✓ Carotid Artery Screening
- ✓ Balance Screening
- ✓ BMI Screening
- ✓ Depression Screening
- ✓ Memory Screening

3 Free Information (on these topics)

- ✓ Cancer
- ✓ Fitness Memberships and Classes
- ✓ Heart Health
- ✓ Stress Management
- ✓ Nutrition
- ✓ Diabetes
- ✓ Sleep

For more information, call 419-330-2735.