

HEALTH CENTERING

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A Look Behind Our Pharmacy Counters

About the new child vaccine recommendations
A carpal tunnel procedure for better outcomes
2025 Annual Report

*Matt Gerig, RPh, FCHC Retail Pharmacy Director,
uses a medication dispensing robot to fill prescriptions.*



FCHC's Pharmacy Services are built around one priority — safe, convenient care for every patient. From carefully managing medications during a hospital stay to making prescriptions easy to access after discharge, the Inpatient and Outpatient pharmacy teams work together to ensure accuracy, continuity, and peace of mind at every step of care.

A LOOK BEHIND

OUR PHARMACY COUNTERS

Outpatient Pharmacy: Service, Convenience, and Personal Care

The FCHC Outpatient Pharmacy, located on the ground floor of the South Medical Office Building, operates much like an independent neighborhood retail pharmacy but with one important difference: it's deeply connected to your health care team. The focus is on personalized service, convenience, and making sure patients fully understand their medications.

"I began my pharmacy career in an independent retail pharmacy where we took pride in earning our patient's trust by building relationships and delivering a great customer experience with every encounter," says Matt Gerig, RPh, Retail Pharmacy Director at FCHC. "Our mission is to bring that same customer-service mindset here. We take time to counsel patients, provide vaccines, fill prescriptions quickly, and help them find over-the-counter medications they need."

Convenient, One-Stop Location

After a provider visit, patients can choose to have their prescriptions sent directly to the FCHC Outpatient Pharmacy. "Most of the prescriptions are sent electronically, which allows them to get to the pharmacy before the patient," says Gerig. "This reduces wait times and allows patients to get



Matt Gerig, RPh, FCHC Retail Pharmacy Director, scans a medication's bar code with the dispensing robot.

their medications before leaving the FCHC campus—no extra stops are required."

Patients discharged from Same-Day Surgery, the Emergency Department, or Urgent Care can also take advantage of the Outpatient Pharmacy's drive-through window or walk-in service, making prescription pickup easy and efficient.

A Growing Demand

When a major national pharmacy chain closed, FCHC's Outpatient Pharmacy saw its business triple in just two months. "We had to adapt quickly," says Gerig. "We doubled our staff to six pharmacists and nine pharmacy technicians, but we also needed technology to help keep up with filling prescriptions."

So, in January of last year, the pharmacy added a Parata Max® 2 medication dispensing robot. The robot holds

around 150 of the highest-volume medications, and it can now fill up to 40% of the daily prescription volume of the pharmacy. It labels bottles, accurately counts tablets, caps the bottles, and sorts prescriptions by last names of patients. This frees pharmacists and technicians to spend more time focusing on the needs of their patients.

Medication Counseling & Vaccines

“When patients leave a provider’s office or the hospital, they’re often not feeling their best and may not remember all the details about their medications,” Gerig says.



“That’s where we step in.” Staff pharmacists review what each medication is for, how and when to take it, and any potential side effects. Counseling can happen at the pickup counter, through the drive-through, or in a private consultation room for more in-depth discussions. The pharmacists also will work with patients to do a complete medication review anytime throughout the year to make sure the patient has a better understanding of their medication and disease state management.

In addition to filling prescriptions, the Outpatient Pharmacy administers vaccines for COVID-19, shingles, pneumonia, flu, hepatitis, RSV, meningitis, MMR and tetanus. The pharmacy also features an in-store retail area stocked with competitively priced over-the-counter medications, vitamins, and supplements, which are similar to what patients would find at larger retail pharmacies.

Offering Support to Businesses & Individuals

FCHC has teamed up with Haas Door Company to serve as the preferred pharmacy for its employees. “It’s a direct relationship that allows us to provide pharmacy services to those working in the community and help the employer manage and reduce overall prescription plan costs,” says Gerig. “Both large and small companies across our nation are faced with the rising cost of prescription



Registered Pharmacy Technician Cindy Harris, RPhT provides a smile and quick service to a client.



Staff pharmacist Katie Wesche, RPh verifies a patient’s medications.



The Outpatient Pharmacy’s drive-through window makes prescription pickup easy and efficient.

medications through their employer sponsored health plans. This has driven the overall cost to provide health care coverage for their workers to an all-time high. We are working together to help control those costs with a direct pharmacy relationship and providing a local pharmacy service to meet the needs of the employees. It is a great relationship to promote and support local business, and we are open to working with other local businesses to explore similar opportunities.”

Insurance coverage can be confusing for the individual patient, and that’s another area where the Outpatient Pharmacy helps. “With so many insurance plans, it’s almost impossible for providers to know what will be covered,” Gerig explains. “We serve as a buffer for patients.” The pharmacy team can work with providers to obtain prior authorizations, identify alternative medications that are covered, or find options within a patient’s Medicare Part D plan.



Members of the FCHC Outpatient Pharmacy are dedicated to providing excellent customer service.

Competitive Pricing and Familiar Faces

The FCHC Outpatient Pharmacy offers competitive pricing for cash-paying customers and accepts most major insurance plans, Medicaid, and Medicare Part D plans.

“Many of our patients are repeat customers,” says Gerig. “They value the convenience, fast service, and personal care. And with just one phone call, we can transfer all of their prescriptions from another pharmacy to us.”

For more information about the FCHC Outpatient Pharmacy, contact Matt Gerig, RPh, FCHC Retail Pharmacy Director, 419-335-3715 or mgerig@fulhealth.org.

FCHC OUTPATIENT PHARMACY

Ground floor of the South Medical Office Building

Hours: Monday–Friday: 8:00 a.m. – 7:00 p.m.
Saturday: 9:00 a.m. – 2:00 p.m.
Sunday: Closed

(Continued on page 4)

A LOOK BEHIND OUR PHARMACY COUNTERS

(Continued from page 3)

Inpatient Pharmacy: Patient Safety a Priority

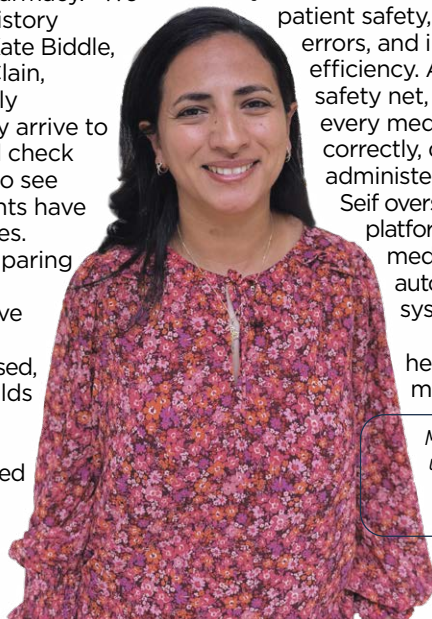
When patients think about hospital care, they often picture doctors, nurses, and exam rooms. But behind every successful treatment is a highly coordinated Inpatient Pharmacy team working around the clock to make sure medications are safe, accurate, and delivered exactly when and where they're needed.

At Fulton County Health Center, the Inpatient Pharmacy plays a vital role throughout the hospital. Located near the North Medical Office Building, this department supports critical areas such as the Emergency Room, Surgery, the Cath Lab, and provider offices. The Inpatient Pharmacy has a full-time staff of five pharmacists and six pharmacy technicians. Unlike our Outpatient Pharmacy, the Inpatient Pharmacy is not open to visitors because its work is focused entirely on patient care behind the scenes.

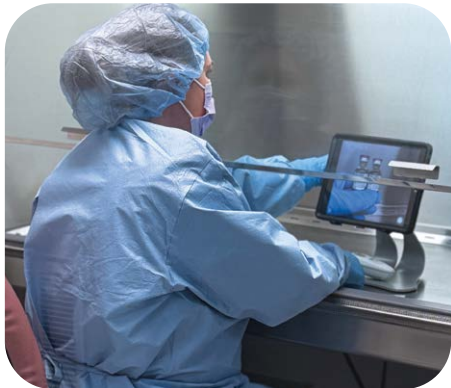
The Complete Picture: Medication History

"Accuracy with medications begins the moment a patient arrives at our Emergency Room," says Rachel Durham, PharmD, Director of Pharmacy. "We have two Medication History Technicians on staff - Kate Biddle, CPhT and Breanna McClain, CPhT. They work directly with patients when they arrive to conduct interviews and check medication databases to see what prescriptions patients have filled at retail pharmacies.

Durham says by comparing what patients say they take, what providers have prescribed, and what pharmacies have dispensed, the pharmacy team builds a clearer and safer medication history and reduces the risk of missed doses, interactions, or duplications.



Mary Seif, MS RPh, IT Pharmacist uses information technology to help keep patients safe with their medications.



Katrina VanSlyke, CPhT, Inpatient Pharmacy Technician, uses IV room technology to verify drug, diluent, and container to ensure compounding accuracy.

The Technology Safeguard: IT Pharmacist

One of the most unique strengths of FCHC's Inpatient Pharmacy is our dedicated IT Pharmacist, Mary Seif, MS RPh. Seif's role is uncommon for a hospital of FCHC's size, but her impact is felt in nearly every aspect of patient care. Seif's primary goal is simple but powerful: keep patients safe from medication-related harm. As an IT Pharmacist, Seif optimizes the management of patient medications by bridging clinical pharmacy and information technology. This includes designing, implementing, and maintaining electronic health records; Computerized Provider Order Entry (CPOE), which providers use to directly enter medication, lab and radiology orders into an electronic health record; and medication dispensing systems. Her work ultimately enhances patient safety, reduces medication errors, and improves workflow efficiency. Acting as an added safety net, Seif helps ensure that every medication is mixed correctly, dispensed properly, and administered to the right patient. Seif oversees multiple technology platforms, including electronic medical records and automated drug-dispensing systems.

These systems allow healthcare staff to scan medications and verify at



Barcode medication scanners are used in the Inpatient Pharmacy to confirm it's the right drug, the right dose, for the right patient.

several checkpoints. For example, when a nurse scans both the patient's wristband and the medication barcode, the system confirms it's the right drug, the right dose, and the right patient. If something doesn't match, alerts are sent to providers before the medication ever reaches the patient.

Advanced tools like IV room software are also used that include built-in drug dictionaries to help ensure medications are mixed accurately. Surveillance technology, such as Sentri7, is also used to continuously monitor patient data to flag potential medication-related concerns early.



Kate Biddle, CPhT, Medication History Technician, interviews a patient for their medical history.

Pharmacy at the Patient's Side

FCHC also uses a decentralized pharmacy model, which places a pharmacist directly in the nursing unit. This means our Inpatient Pharmacist is closer to patients and their healthcare teams to facilitate faster communication, quicker problem-solving, and smoother care transitions.

Always On, Always Watching

The Inpatient Pharmacy operates 24 hours a day, 7 days a week. On-site staff are available from 7 a.m. to 8 p.m., with remote pharmacy support overnight. This ensures that medications are always monitored and managed, no matter the hour.

From advanced technology to dedicated professionals, the Inpatient Pharmacy at Fulton County Health Center is a quiet but powerful force in patient safety ... working tirelessly behind the scenes so patients can focus on healing.



New Childhood Vaccine Recommendations

Starting January 5, 2026, the Centers for Disease Control and Prevention (CDC) updated the U.S. childhood immunization schedule after reviewing the latest science and comparing U.S. recommendations with those of other developed countries. The new schedule continues to strongly recommend vaccines that protect against 11 diseases, while offering more flexibility for others based on a child's individual health needs and family preferences. It's important to note that all vaccines previously recommended will remain available and fully covered by insurance and federal programs, so families will not have to pay out of pocket.

"There has been a lot of discussion and some disagreement on the new vaccine recommendations," says Shailendra Misra, MD, FCHC Pediatrics. "But parents can feel confident in this new updated schedule. The changes are based on a thorough scientific review and align U.S. recommendations with those of other developed countries. I recommend that parents always consult with their child's pediatrician for the most up-to-date guidance."



New Pediatric Vaccination Recommendations

▶ Reduced Universal Recommendations:

The number of recommended diseases dropped from 17 to 11.

▶ **Vaccines Recommended for All Children:** The CDC still recommends routine vaccination for diphtheria, tetanus, pertussis (whooping cough), Haemophilus influenzae type b (Hib), Pneumococcal, polio, measles, mumps, rubella, varicella (chickenpox), and HPV.

▶ **HPV Vaccine Change:** The HPV vaccine schedule was reduced from two or three doses to a single dose.

▶ **Shared Clinical Decision-Making:** The following are now recommended based on discussions with health care providers rather than as a universal requirement:

- COVID-19
- Hepatitis A & B
- Influenza (Flu)
- Meningococcal (MenACWY and MenB)
- Rotavirus

▶ **High-Risk Groups:** RSV immunization is available for infants under 8 months of age and is recommended for infants with specific risk factors or whose mothers did not receive the vaccine.

MESSAGE FROM THE CEO



Medication safety is one of the most critical responsibilities in health care. Our lead story highlights our Outpatient and Inpatient pharmacies, where we continue to invest in advanced technology to enhance patient safety, accuracy, and efficiency. Our dedicated pharmacy professionals also provide personalized guidance, empathy, and support to every patient they serve. I encourage you to take a few moments to learn more.

In January, the CDC announced updated childhood vaccine recommendations, which are outlined in this newsletter. Rest assured we remain committed to supporting you and your children.

Good news for patients with carpal tunnel syndrome or trigger finger. Our orthopedic surgeons, Daniel McKernan, MD, and Kirk Davis, DO, FAOAO, now offer a minimally invasive procedure using only a local anesthetic injection and a small incision. This promotes faster healing and helps patients return sooner to their daily lives. Read about it here.

Do you need a reminder about upcoming medical appointments? Our Information Systems team has implemented a new LUMA text, phone, and email notification system for provider offices. This technology not only reminds patients of upcoming appointments but also makes it easy to confirm, reschedule, or book new visits.

Please join us in welcoming Meredith Zimmerman, PA, to our growing Heart & Vascular Center team. A native of northwest Ohio, Meredith is excited to return home and serve patients in our community.

The FCHC Foundation continues to receive generous donations that support improvements to our Health Center. This issue covers their many upcoming events and initiatives to connect with northwest Ohio communities.

Finally, we hope you enjoy the updated design of our *Health Centering* that includes a new format for our annual Report to the Community.

As spring approaches, stay healthy and safe!

Patti Finn

Patti Finn
Fulton County Health Center
Chief Executive Officer

Tingling? Locking?

A Better Solution for Hand Pain



"I am on post op day 6, and I am back to work. The best part is that I no longer have numb fingers that wake me up frequently at night in this hand." - Katelyn H.

Does your hand tingle when you wake up or your finger locks when you grip a coffee mug? Two of the most common hand conditions — Carpal Tunnel Syndrome and Trigger Finger — can disrupt work, sleep, and simple routines. The good news is FCHC Orthopedics now offers a minimally invasive treatment using local anesthesia in the FCHC Radiology department.

Carpal Tunnel Syndrome

Carpal Tunnel Syndrome in the hand occurs when the median nerve becomes compressed as it passes through the wrist. This nerve controls feeling in your thumb and first three fingers and helps power thumb movement. Common symptoms include numbness or tingling in the thumb, index, middle, and ring fingers; burning or shock-like sensations in the hand; pain that travels up the forearm; and weakness in the hand causing you to drop things.

In mild cases, patients may be able to treat carpal tunnel using a wrist splint, modifying their activities, stretching and hand exercises, taking anti-inflammatory medications, or getting corticosteroid injections.

A Patient-Friendly Procedure

A new procedure using UltraGuide CTR™ and a local anesthetic can be performed on an outpatient basis in the Radiology department. The procedure uses ultrasound to precisely guide the surgical instrument, release the ligament over the tunnel and relieve pressure on the nerve.

“With ultrasound guidance, I can actually see the nerve during the procedure, which lets me work through a very small incision and be incredibly precise,” says FCHC Board Certified Orthopedic Surgeon Daniel McKernan, MD.

“Patients will be surprised at how quickly they’re able to move their hand after the procedure with no tingling.”

Patients can benefit from the following:

- ▶ Return to work and activities in 5-7 days
- ▶ Small incision, typically no sutures
- ▶ Local anesthesia in an office setting
- ▶ Minimal pain medication needed
- ▶ Immediate hand movement
- ▶ Therapy often not required

Trigger Finger

Trigger finger occurs when inflammation narrows the space around a finger tendon, causing it to catch, snap, or lock when you bend it. Common symptoms include pain at the base of the finger; swelling or a small lump in the palm; stiffness or difficulty bending the finger; and popping, catching, or locking.

In mild cases, patients may be able to treat using non-surgical techniques such as finger splinting, anti-inflammatory medications, corticosteroid injections, hand therapy, and changing their activities.

Ultrasound-Guided Procedure

In moderate to severe cases, FCHC Orthopedic surgeons can use UltraGuideTFR™ technology using ultrasound and the surgical instrument to free the tendon so it can glide smoothly again.

Patients can benefit from the following:

- ▶ Return to normal activities in about 3 days
- ▶ Small incision, typically no sutures
- ▶ Local anesthesia in an office setting
- ▶ Minimal pain medication
- ▶ Immediate improvement in locking symptoms

“Trigger finger can be frustrating,” says FCHC Board Certified Orthopedic Surgeon Kirk Davis, DO. “Your finger just won’t move the way it should. Using ultrasound, we can perform the procedure right in the Radiology department with a local anesthetic. Most patients notice right away that the catching and locking are gone.”

Ready to Solve Those Hand Issues?

Hand pain doesn’t have to slow you down. Whether it’s numbness from carpal tunnel or locking from trigger finger, minimally invasive, ultrasound-guided procedures can help you get back to work and to your life quickly and comfortably.

For more information, contact the FCHC Orthopedics office on the Health Center’s main campus at **419-335-2663**.



Care That Made a Difference

FCHC 2025 Annual Report

GENERAL



1,545
Total Admissions

2,508
Inpatient Days

343
OB Deliveries



15,101
Emergency Visits



110,236
Outpatient Visits



14,713
Urgent Care Visits

23,959

Fulton Manor Resident Days

3,779

Oncology Visits



2,229

Cardiac Rehab Visits



22,175
Radiology Visits

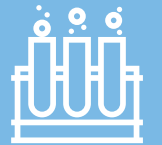


8,495

Behavioral Health Outpatient Visits



3,802
Surgeries
(inpatient & outpatient)



25,040
Lab Visits

14,225
Occupational, Speech & Physical Therapy Visits

CORPORATE & COMMUNITY HEALTH PROMOTION

53,064
Fitness Class Visits



AUXILIARY

50 Volunteers
4,500 Volunteer Hours
\$16,100 Donated to FCHC

FCHC FOUNDATION

\$861,915
Raised

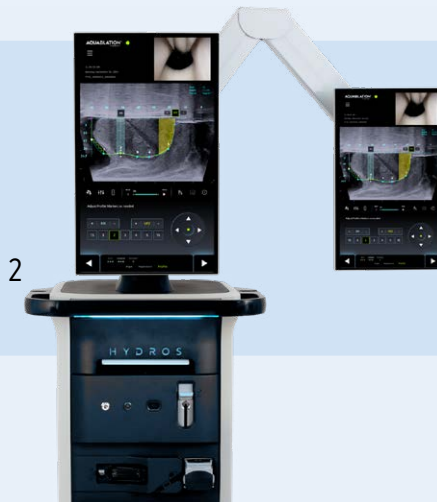


\$4,877,050

Uncompensated Care

NEW TECHNOLOGY

DEXA Body Composition Scanner¹, Aquablation Hydros Robot for Prostate Surgery², Parata Max[®] 2 Medication Dispensing Robot³



FCHC Foundation

The Fulton County Health Center (FCHC) Foundation is proud to support programs and initiatives that strengthen health care and wellness across our community. Through events, tributes, and community partnerships, the Foundation helps ensure that exceptional care remains close to home.



We invite you to help us recognize the dedicated professionals who make a difference in the lives of our patients and families every day. Doctor's Day, celebrated on March 30, is a special opportunity to honor the physicians who have provided compassionate, high-quality care. You can submit a nomination and make a tribute gift in their honor by visiting www.fchcfoundation.org/doctors-day. In May, we turn our attention to our incredible nurses during Nurses Week. Nurses are at the heart of patient care, and beginning in April, the community will be able to submit nominations for nurses who go above and beyond.

The Foundation also hosts fun, meaningful events that bring the community together. Join us for our 5K on May 17 at Homecoming Park in Wauseon, Ohio—a great way to support health and wellness while enjoying time with family, friends, and neighbors. Registration is available online at www.fchcfoundation.org/events.

Looking ahead to summer, we are currently seeking sponsors for our annual Golf Outing on June 4 at Ironwood Golf Course. Sponsorships help fund important programs and services that benefit patients and families throughout Fulton County. If you or your business are interested in supporting this event, visit www.fchcfoundation.org to learn more.

For more information about nominations, event registration, or sponsorship opportunities, please visit www.fchcfoundation.org, email fchcfoundation@fulhealth.org, or call 419.337.7318.

Hello William - Your appointment with Dr. Misra at FCHC Pediatrics (725 S Shoop Ave, North Medical Office Building, Suite 204) is on Feb 3rd, 1:30 pm. Please arrive 15 minutes prior to your appointment time and bring your current medication list, copay/coinsurance, insurance card(s) and photo ID. Reply YES to confirm, RESCHEDULE to reschedule or NO to cancel.



Text Message • SMS



This is an example of the text message reminder patients will receive.

A New Patient Scheduling Platform

Managing health care appointments shouldn't add stress to your day. That's why we've partnered with Luma Health to bring you the LUMA™ System, a patient communication platform designed entirely around your convenience. With simple text confirmations, faster access to available appointment dates, and the ability to schedule online, you'll have more flexibility and fewer phone calls to make.

SMARTER APPOINTMENT REMINDERS

Patients will now receive text message reminders 7, 4, and 2 days before their scheduled appointment. With just a quick reply, they can confirm or cancel. If a patient needs to cancel, the system immediately offers three convenient options to reschedule the same appointment. The system covers nearly all scheduled appointments at the hospital. Patients are automatically signed up for the program but can opt-out anytime via the reminder text message.

JOIN THE WAITLIST

Need an earlier appointment? Patients can now opt into our Waitlist feature. When an earlier time becomes available, patients on the waitlist receive an instant text notification. Simply confirm availability, and the appointment slot is secured. This ensures patients have access to the soonest possible care without the hassle of repeatedly checking for openings.

COMING SOON: ONLINE SELF-SCHEDULING

We're also excited to announce that online scheduling for our clinician offices is coming soon. Both new and returning patients will be able to schedule a wide variety of appointment types directly online anytime, from anywhere.

"Our goal from the very beginning of this project was to make it as easy as possible for patients to access the high-quality care they deserve," says Andrew Saffell, a member of the FCHC Information Systems department. "With the LUMA™ System in place, we're taking another meaningful step toward a more patient-focused, convenient health care experience."

For questions or more information, email Andrew Saffell at asaffell@fulhealth.org.

Provider Spotlight

Meredith Zimmerman, PA
 FCHC Heart & Vascular
 419-330-3315 (schedule an appointment)

Last spring we opened our Heart & Vascular Hypertension Clinic to assist patients with high blood pressure. The specialty clinic is located on the FCHC campus in the office of Charles Gbur, MD, FCHC Interventional Cardiologist.



It offers leading-edge, life-changing care for patients with difficult to control high blood pressure. The clinic uses a team-based approach to create individualized treatment plans, and Meredith Zimmerman has become part of that team. Let's get to know her:

Education & Training

Undergraduate Degree: Biological Health Sciences, Trine University
Master's Degree: Physician Assistant Studies, Trine University

Personal

Meredith was born and raised in northwest Ohio and returns after college to serve the community she holds close to her heart. She has always known she wanted to specialize in cardiology, believing that cardiac health is foundational to overall well-being and plays a critical role in an individual's quality of life. Meredith finds it especially rewarding to see how improved cardiac function can transform how patients feel, function, and show up in their daily lives. While she enjoys all aspects of cardiology, Meredith has a particular passion for heart failure care. She looks forward to being a part of the FCHC Heart & Vascular Center and is excited to serve patients!



New Active Staff Physicians (2025)

- Scott J. Deering, MD** Orthopedic Surgery
- Kyle J. Duckett, DO** General Surgery
- Shaikl Fawwad, MD** Hospitalist
- George T. Maly, MD** Cardiology, Heart & Vascular Center
- Keith H. Shamrock, DO** Family Practice
- Lekha S. Vemuru, MD** Family Practice, OB

FCHC AUXILIARY NEWS

Health Care Camps for Students



April 2025 healthcare campers (Front, L-R): Elizabeth Schlatter, Bentlie Setmire, Katelyn Hancock, Laura Clark (Back, L-R): Gabriel Chamberlain, Caleigh Stoner, Gracyn Pelton.

Is there a young person in your family interested in a health care career? The FCHC Health Care Camp offers students a hands-on opportunity to explore the field and learn more about health care careers.

Since 2015, 270 high school students have participated in FCHC Health Care Camps, gaining insight into the facility and a wide range of health care

professions. Over the next several months, FCHC will host several Health Care Camps. Each includes a tour of the FCHC facility, a discussion of health care career paths, and wheelchair safety training with hands-on practice. Participation may also open doors to future job shadowing or volunteer opportunities at FCHC.

Sunday, April 19, 1:00–4:30 p.m. (52nd Camp)

Wednesday, June 24, 1:00–4:30 p.m.

Wednesday, July 22, 1:00–4:30 p.m.

There is no cost to attend; however, Reservations are required and are limited to the first 10 students per camp. To register or for more information, students should contact Mary Gautz, Coordinator of Volunteers and Auxiliary, at mgautz@fulhealth.org or 419-330-2695.

Fundraisers

The FCHC Auxiliary works hard to hold fundraisers to benefit FCHC.

April 15-16: Passion 4 Fashion FCHC cafe

May 20-21: Grateful Hearts Jewelry SMOB lobby

June 4: Silent Auction Beck Meeting Room

July 29: Outside the Box Shoe sale SMOB lobby

Volunteer Opportunities

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

Healthy Humor

Laughter may not be covered by insurance, but we highly recommend it anyway. So, we've added this Healthy Humor section to brighten your day!

What did the doctor say when the guy told him he broke his arm in two places? (See answer directly below →)



Answer: "Stop going to those places!"



Health & Wellness Programs



Swim Classes

All classes are 30 minutes and held at FCHC Fitness, Wauseon. Discounts for siblings.

Call 419-330-2724 to register.

Saturdays, April 11-June 6 (no class May 23)

Saturdays, July 25-Sept 19 (no class Sept 15)

Parent & Child Water Wonders (6 months- 5 years old) - \$60

Swimmers learn to be comfortable in water and develop swim readiness skills.

Parent/Guardian must be in water with child.

6-24 months- 9:00 am

2-3 years old- 9:30 am

3-5 years old- 10:00 am

Group Lessons (3-6 years old) - \$80

Independent swimmers learn basic swimming competency and self-rescue skills.

3-6 year olds- 11:00 am

3-6 year olds- 11:30 am

Private Lessons (All ages) - \$100

One-on-one instruction aimed towards the needs of each individual.

4 session package - Times TBD by instructor and parent.

Babysitting Classes

Learn to handle emergencies such as choking, burns, and more to become an effective and competent babysitter.

Class covers growth and development and safety for the sitter as well as the children plus much more.

Please bring a sack lunch. Beverages/snacks provided.

Sat., June 6, 9:00 a.m. - 3:00 p.m., \$50, FCHC Fitness, Call 419-330-2724 to register.

Oncology Programs

FCHC Cancer Care provides cancer treatment and support. 419-330-2708

Counseling

Nutrition, emotional and coping concerns, and end of treatment concerns.

Patient Navigation

On-site case management, financial counseling and facilitation with community resources.

Rehabilitation Services

On-site physical & occupational therapy and wound care.

Lymphedema Therapy

Includes specialists from nursing, physical therapy, and massage therapy.

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.) offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, teenagers, and adults due to illness or accident. 3rd Monday of every month, 7:30 p.m. Free. FCHC Surgical Conference Room, 2nd floor. Led by Patricia Franz Pahl, LSW, LCDC III, 419-330-2757 or 419-335-2015, Ext. 2385.

Diabetes & Nutrition Education

All programs below are held in the North Medical Office Building, Suite G06.
Information/registration: 419-330-3304

Diabetes Prevention Program

Approved by the Centers for Disease Control and Prevention (CDC). Covers healthy eating, physical activity, stress management and more. Age 18 or older, have a BMI greater than 25, clinically diagnosed with pre-diabetes or gestational diabetes, and no diagnosis of Type 1 or 2 diabetes.

Lifestyles for Health!

Work one on one with a health care professional to create an individual and specialized plan to upgrade your health through nutrition, weight goals, fitness, blood sugar management, heart health, etc. One visit, \$50; 5 visits, \$150.

Mediterranean Meals

Learn about the health benefits of Mediterranean style eating while you learn about simple meals with quick preparation ideas and tips. April 16, 12:00 -1:00 pm.

Medical Weight Management

Comprehensive program with a provider and dietitian, FRESH classes, weight loss medication options, and updated lab work. Monthly appointments. Billed to insurance; covered by most insurance companies.



OB Programs

Free childbirth and breastfeeding classes for those who are planning to deliver at the FCHC OB Unit. 419-330-2757.

Childbirth Class 6:00 pm
April 16

Breastfeeding Class 6:00 pm
April 21



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!

- 1. GET FIT Membership** - unlimited classes at all locations \$45/month
- 2. Fitness Class Package** - take any 10 classes for \$60
- 3. 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!

Summer Sales

ADULT SUMMER ELITE PACKAGE - \$149

This membership includes gym access, unlimited fitness classes, and open swim for any adult from Memorial Day through Labor Day.

STUDENT MEMBERSHIP - \$75

This membership includes gym access, unlimited fitness classes, and open swim for any full-time student for 3 months. (Available year round)

Upcoming Fitness Events

WINE & WORKOUT | JUNE 18th 5:00-7:00PM

Meet us in Knotty Vines' vineyard for a body weight workout led by our certified group fitness instructors - all fitness levels welcome! Please bring a mat or beach towel. No membership required.

RED, WHITE & GLUTES | JULY 2nd 5:00-6:30PM

Get the party started at FCHC Fitness with a fitness class mash-up guaranteed to get your body burnin'! Try a variety of class styles with awesome instructors before your Fourth of July festivities. No membership required.



It's Time for a Health Checkup!

Mark your calendars for a health extravaganza like no other!

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 available.
No appointment needed.
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 & Classes
- Heart Health
- Stress Management
- Nutrition
- Diabetes
- Sleep

For more information, call 419-330-2735.

