

HEALTH

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CENTERING

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New Lab Technology Enhances Patient Testing

Advanced Imaging Technology, Close to Home
A Better Way to Connect With Us: Our New Website
FCHC Foundation Celebrates Community Support

*Susan Beaverson, MLT, Medical Laboratory Technician,
uses the Siemens Atellica® chemistry analyzer.*



New Lab Technology Enhances Patient Testing

Every day, health care providers solve medical mysteries. Why is a patient experiencing chest pain? Is an infection present? Has a treatment been effective? While physicians and nurses are often the faces patients see, many of the answers come from the laboratory, where highly trained professionals work behind the scenes to uncover critical clues. At Fulton County Health Center, our laboratory staff now have a powerful new tool to help them solve mysteries faster and more accurately than ever before.

FCHC recently completed a major remodeling project involving approximately half of its laboratory space in order to install two new Siemens Healthineers Atellica® CI 1900 analyzers. The units combine clinical chemistry and immunoassay testing in a single, compact system. The investment represents a significant advancement in the hospital's ability to provide accurate, timely diagnostic testing that supports exceptional patient care.

THE HIDDEN HEROES OF HEALTH CARE

Many patients never visit the laboratory, yet nearly every health care experience depends on the work performed there. Blood tests, infection screenings, drug monitoring, and countless other diagnostic procedures provide physicians with critical information needed to make a diagnosis.

“Our laboratory professionals are often the health care system’s detectives,” says **Amanda Clark, BSMT, FCHC Laboratory Director.**

“They analyze samples, verify results, and provide the critical information physicians need to diagnose and treat patients. The more advanced our technology, the faster and more accurately we can deliver those answers.”

Clark, who has been the FCHC Lab Director since 2022, is joined by 38 staff members that includes technologists, phlebotomists, pathologists, and histologists. Molly Merillat, MBA, MCS (ASCP) is the Laboratory Manager and Sonya Helmke, CPT serves as the Phlebotomy Coordinator. Clark says the lab encourages high school and college students who are interested in science to shadow a staff member in the lab. “Medical laboratory professionals are in high demand across the country,” says Clark. “By giving students an opportunity to see what happens in the lab, we hope to spark an interest in health care careers and help build the next generation of laboratory scientists.”

The Laboratory is divided into numerous departments including Chemistry, Hematology, Coagulation, Blood Bank, Pathology, Urinalysis, and Microbiology.



Hetal Patel, MLT, loads patient samples in the Siemens Atellica® chemistry analyzer.



Sonya Helmke (left) helping Tara Miller, Phlebotomist (right), working in specimen processing area.

A MODERN LABORATORY FOR TODAY'S MEDICINE

The remodeled laboratory was designed to improve workflow, efficiency, and accommodate the latest generation of testing equipment. At the center of the upgrade are the two Siemens Healthineers Atellica® CI 1900 analyzers. Both are dedicated to chemistry testing.

Chemistry testing measures substances in blood and other body fluids to evaluate organ function, monitor chronic diseases, detect infections, and assess overall health.

“These analyzers are substantial pieces of equipment, so we needed to redesign a significant portion of the laboratory to accommodate them,” says Clark.

“The renovation included new flooring, ceiling tiles, lighting, and air-handling systems to create an environment that supports this advanced technology.” It was a complicated process and required the remodeled portion to be sealed off to avoid spreading dust to the working half side of the lab where lab testing continued.

The installation of the analyzers was handled by three different teams from Siemens. Once installed, they had to be programmed and each of the 73 lab tests performed at FCHC had to be validated against a Siemens test sample to assure their accuracy. FCHC’s Medical Director, Dr. Weihong (Michelle) Li, Pathologist, then had to validate each test result. “The installation was only part of the process,” says Clark. “Each of our 73 tests had to be carefully validated to ensure the results met established standards for accuracy and reliability. It took several months of work, but the analyzers officially went live on April 1, and we’re already seeing the benefits.”



Molly Merillat, MBA, MCS (ASCP), FCHC Laboratory Manager, reviews a patient’s lab results with Katelyn Lewis, MLS, Blood Bank Section Head.

FASTER ANSWERS WHEN EVERY MINUTE MATTERS

The sophisticated systems help FCHC laboratory professionals process a high volume of tests while maintaining exceptional accuracy and reliability. For patients, that can mean shorter wait times for results. For physicians, it means receiving critical information sooner so important treatment decisions can be made more quickly.

One of the most significant benefits of the new analyzers is their ability to perform highly sensitive cardiac testing. For patients arriving at the Emergency Department with chest pain, the laboratory can now perform high-sensitivity troponin testing, helping physicians detect even small amounts of heart muscle damage. This advanced testing capability can help providers identify or rule out a potential heart attack more quickly, allowing patients to receive the right care sooner.

The new analyzers also expand FCHC’s ability to perform specialized testing for substances such as oxycodone, fentanyl, and methadone, providing physicians with important information for patient assessment and treatment planning.

In the near future, the laboratory will also perform syphilis screening for obstetrical patients during prenatal care. Early detection and treatment of infections during pregnancy help protect both mother and baby and contribute to healthier outcomes.



Chanel Triana, Phlebotomist, draws a patient’s blood sample for lab testing.



Jennifer Torrez, MLS, Hematology and Coagulation Section Head, verifies quality control in the software of the Siemens Atellica® Analyzer.

INVESTING IN THE FUTURE OF PATIENT CARE

Health care technology continues to evolve rapidly, and FCHC remains committed to investing in the tools and facilities necessary to provide outstanding care for the communities it serves.

The laboratory renovation and installation of the new Siemens analyzers represent more than an equipment upgrade — they are an investment in the health and well-being of every patient who walks through the health center’s doors.

“Patients may never see the work that happens in the laboratory, but it plays a vital role in nearly every health care decision,” says Clark. “This investment allows us to provide faster answers, more advanced testing, and an even higher level of service to our patients and providers.”

LABORATORY LOCATIONS & DRAWING STATIONS

5 convenient locations for area residents in addition to our main 24/7 Health Center lab.

Fulton County Health Center
419-330-2631

FCHC Medical Office Building
419-335-3720

Archbold – Wyse Commons,
Fairlawn Haven
419-446-4899

FCHC Primary Care Delta
419-822-3242

FCHC Primary Care Fayette
419-237-2501

FCHC Primary Care Wauseon
419-335-3242

Advanced Imaging Technology, Close to Home



Josie Torres RT(R)(M), Lead Mammographer explains a breast biopsy procedure to a patient.

At FCHC Radiology Services, we offer cutting-edge technology and a comprehensive range of imaging services close to home, delivering the same high-quality care and precision found at larger medical centers. Using the latest diagnostic imaging technology, our experienced team provides accurate results, personalized care, and convenient access for patients. Here are a few of the advanced services available to you.

Body Composition Scan

The DEXA Advanced Body Composition scan images from the head to the toe, leading to a detailed breakdown of your body's composition and revealing the percentage of fat mass and lean mass. It allows our providers to obtain a quick indicator to assess if an individual falls into a healthy weight range or is at risk for weight-related health conditions. Scans are available as single sessions or discounted bundles. To schedule, contact FCHC Radiology at 419-330-2651 (select option 5) or email fchcbodycomp@fulhealth.org.

Bone Densitometry Scan

Osteoporosis is a condition characterized by weakened bones and increased fracture risk. It affects millions of women, particularly after menopause. Our DEXA system helps assess fracture risk. The process is simple, comfortable, completely non-invasive and typically covered by insurance.

Virtual Colonography

This minimally invasive screening helps detect colon polyps and early signs of colorectal cancer. It is different than a traditional colonoscopy and uses low-dose CT technology to create detailed 3D images of the colon and rectum. The procedure is quick, convenient and does not require sedation. Because the scan includes the abdomen and pelvis, it may also identify abnormalities in other organs, such as the kidneys, liver, or pancreas.

Breast Imaging

Breast imaging plays a vital role in the early detection and diagnosis of breast cancer. The American College of Radiology recommends annual screening mammograms beginning at age 40 for women at average risk.

Our 3D Mammography uses multiple low-dose X-rays taken from different angles to create a three-dimensional view of the breast. This technology allows radiologists to examine breast tissue layer by layer, improving the detection of small cancers, especially in women with dense breast tissue.

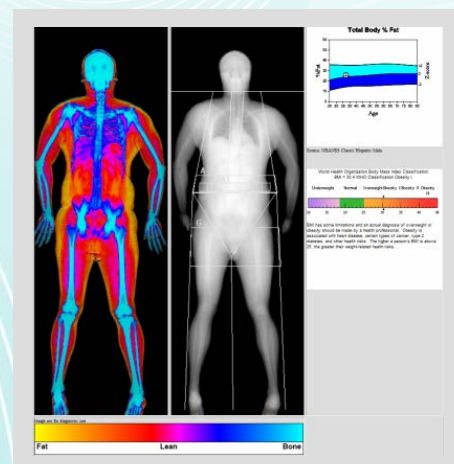
Breast MRI is another important imaging tool we offer, particularly for women at high risk of breast cancer or those with dense breast tissue. MRI can detect cancers that may not be visible on mammograms and is highly effective at identifying small, aggressive tumors.

CT Low Dose Lung Screening

A quick computerized tomography (CT) scan of a patient's lungs can detect lung cancer in high-risk patients before symptoms appear. The exam uses 90% less radiation than a standard CT scan while still providing highly detailed, cross-sectional images of the lungs.

CTA Heart/Calcium Scoring

This is a high-resolution CT that is a noninvasive test. The exam looks at the arteries and blood vessels supplying the heart. This allows the identification of narrowing or blockages caused by plaque. Both exams are ordered by your physician. A CTA Heart is billable to your insurance. At FCHC, the CT Calcium Scoring is a discounted out-of-pocket cost.

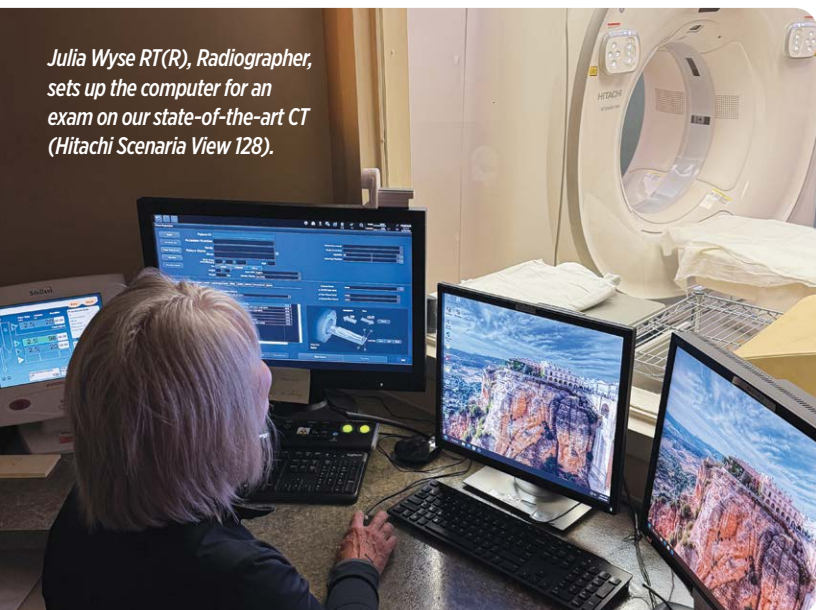


The image developed by the Hologic Horizon® DXA (DEXA) System.



Sara Mendoza RT(R), Radiographer, prepares a patient for her Bone Densitometry Scan.

Julia Wyse RT(R), Radiographer, sets up the computer for an exam on our state-of-the-art CT (Hitachi Scenaria View 128).



Abdominal Aorta Screening

This is a 10-15 minute non-invasive and painless ultrasound scan of your abdomen to detect abdominal aneurysms. Men 65-75 years old should get one screening per lifetime; women 65-75 years old with family history of aneurysm should get one screening per lifetime.

Ultrasound: Sneak a Peek at Me!

Our 3D and 4D ultrasound, which were just installed in early July, offers the newest and most advanced technology to connect with your little one during pregnancy.

3D ultrasound creates detailed three-dimensional images that allow you to see your baby's facial features with remarkable clarity. **4D ultrasound** adds real-time movement, letting you watch your baby yawn, stretch, smile, and move before birth. Ultrasounds are recommended between **26-32 weeks' gestation**.

Multiple ultrasound packages are available including Gender Reveal—which offers printed images, places gender results in an envelope, and gives you an opportunity to listen to your baby's heartbeat. The gender determination scan can be done as early as 16 weeks.



For more information, contact the FCHC Radiology Department at 419-330-2651 about any of the Imaging Services.

MESSAGE FROM THE CEO



Many of the patient diagnoses our providers make are based on lab work performed here at FCHC. Our laboratory professionals now have a powerful new tool. We recently completed a major renovation of nearly half of our laboratory to install two large, new Siemens analyzers. I'll spare the technical details, but basically this is a significant investment in faster, more accurate diagnostic testing. Please take time to read about these new analyzers in our main article.

Keeping along the technology theme, many people are not aware of the cutting-edge technology offered by our Radiology Department. The equipment we have offers a comprehensive range of imaging services. It's important for you to read about that technology in this newsletter, because right here in town you can receive the same high-quality care and precision found at larger medical centers.

Our medical staff continues to grow! We welcome two new providers: Jana Bourn, MD, Primary Care, Wauseon, and Stefanie Johnson, Certified Nurse Practitioner, Primary Care, Delta. Stefanie is passionate about caring for patients in rural communities. Both providers are accepting new patients, and they are featured in this issue.

Our FCHC Foundation continues to work very hard to support its mission and initiatives, which all benefit our Health Center. This spring, the Foundation's Steps to Keep the Beat Alive 5K and June Golf Outing together raised more than \$50,000. Thank you! You can read more about the Foundation on page 9.

Our website <https://fultoncountyhealthcenter.org> has received a major facelift and has been totally redesigned and reformatted to make it more user friendly. It now offers our online visitors a faster, more user-friendly online experience designed with patients and families in mind. You'll be able to find care that we offer faster. It's a mobile-friendly site. And our important Provider Directory has been enhanced. Check it out!

Patti Finn

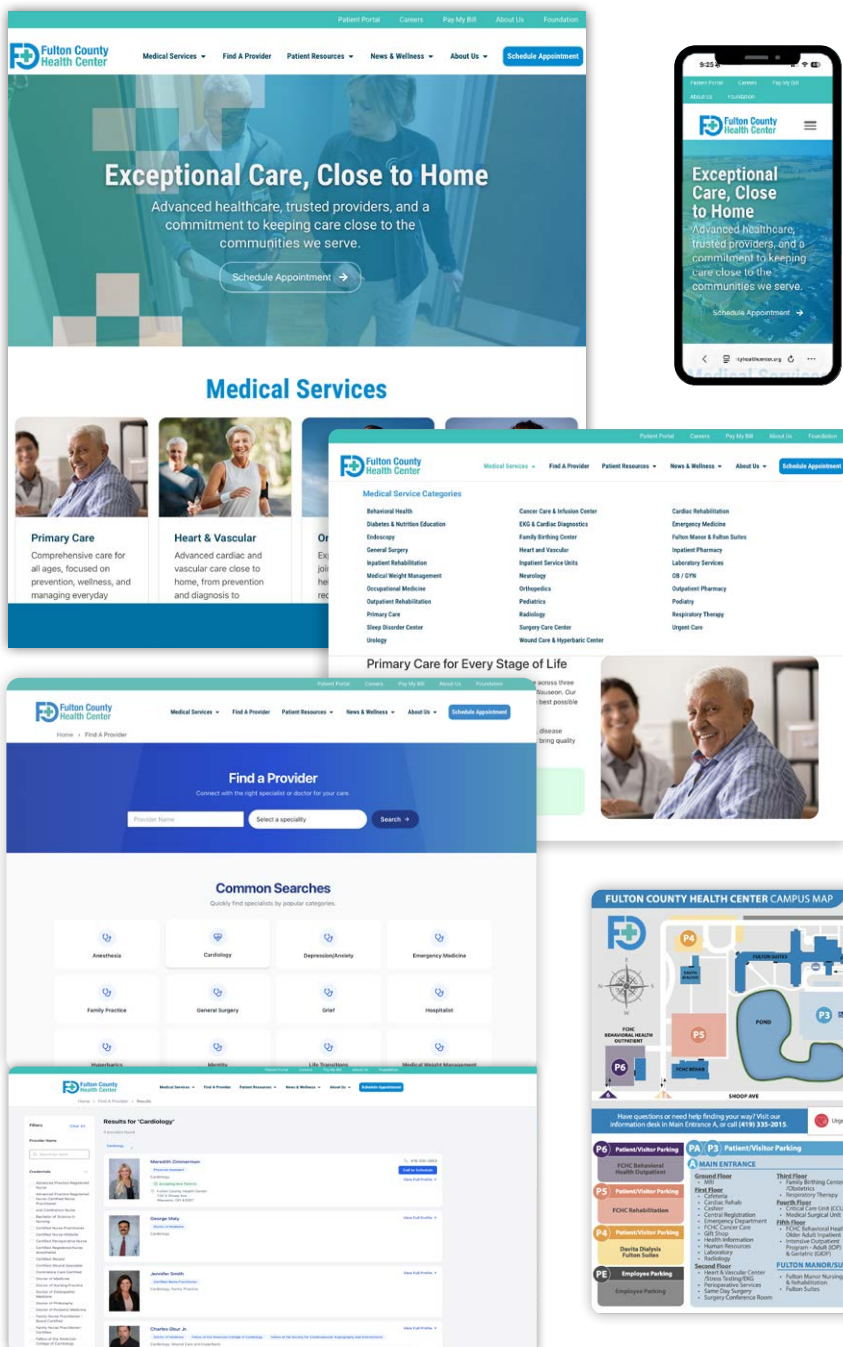
Patti Finn
Fulton County Health Center
Chief Executive Officer

A Better Way to Connect With Us: Our New Website

Finding health care information should be simple, convenient, and available whenever you need it. That's why Fulton County Health Center introduced its newly redesigned website earlier this summer—a faster, more user-friendly online experience designed with patients and families in mind.

Whether you're looking for a provider, scheduling an appointment, paying a bill, or learning more about our health care services, our new website makes it easier than ever to find what you need.

The updated site features a modern design, improved navigation, and enhanced tools to help patients access information quickly from any device.



Updated Features

Mobile-Friendly Experience

- ▶ Simplified navigation with quick access to popular services.
- ▶ Dedicated pages for key specialties like Primary Care, Heart & Vascular, Orthopedics, Women's Health, and Imaging.
- ▶ Improved search functionality to quickly locate providers and services.

Mobile-Friendly Experience

- ▶ Optimized for smartphones, tablets, and computers so patients can access information anywhere.

Enhanced Provider Directory

- ▶ Easily search providers by specialty and location.
- ▶ Learn more about providers through expanded profiles.

Online Scheduling & Patient Tools

- ▶ Convenient access to MyChart, bill pay, and appointment requests.
- ▶ Quick links to commonly used patient resources.

Location Information

- ▶ Clear directions, phone numbers, and hours for clinics and departments.
- ▶ Interactive maps and contact information all in one place.

Expanded Health Information

- ▶ More detailed service pages to help patients understand available care close to home.
- ▶ Helpful content about screenings, procedures, and preventive care.

The new website reflects FCHC's ongoing commitment to making health care more accessible and patient-centered. By improving the online experience, patients can spend less time searching for information and more time focusing on their health.

We invite everyone to explore our new website and discover the many tools and resources available at your fingertips. Whether you're a longtime patient or visiting for the first time, the new FCHC website is designed to help you connect with care quickly, conveniently, and confidently.

From the Lens of a Provider

An Inside Look at the Realities of Patient Care



Before most people have started their workday, Dr. Elizabeth Barga is already seeing patients. She arrives at the FCHC Primary Care Delta office around 7:30 a.m., and by 8:00, her exam rooms are busy. Every 15 to 30 minutes, a new patient walks through the door with a different concern, question, or diagnosis.

To her patients, the day may seem like a series of office visits. Behind the scenes, however, there's another full-time job happening between appointments.

"Each day there can be up to 100 different electronic medical records and workload tasks I need to address," says Dr. Barga. "These include test results, prescription refills, medication questions, and a whole host of questions from my patients."

She also spends hours documenting patients visits in their electronic medical records and coordinating care with specialists, pharmacies, and other providers. Even lunch is usually a working break spent catching up on charting, returning calls, and reviewing lab results before the afternoon schedule begins.

As a family practice physician, Dr. Barga cares for patients of all ages, but much of her day is devoted to managing chronic conditions such as

diabetes and high blood pressure. She also performs preventive exams and Medicare wellness visits, helping patients stay healthy before problems become more serious.

As a Doctor of Osteopathy (DO), Dr. Barga also provides Osteopathic Manipulative Technique (OMT), a hands-on approach she describes as blending elements of physical therapy, chiropractic care, and massage therapy. She uses it to relieve back, neck and shoulder pain.

Her philosophy is centered on partnership with her patients.

"My approach is to help patients understand their condition, explain why treatment is needed, discuss their options, and make sure they understand the risks and benefits," she says. "Once they have that information, they can make the decision that's right for them."

Originally from Sylvania, Dr. Barga was inspired in part by her father, a physical therapist, and by her residency experience caring for patients in rural communities. After long days that often stretch into the evening, she heads home to her husband, Zach, where the two enjoy relaxing with their three cats.

For Dr. Barga, caring for patients doesn't end when the last appointment is over. From the first patient in the morning to the final chart completed in the evening, every day is dedicated to helping people live healthier lives.

Dr. Elizabeth Barga's Typical Day

7:00 a.m. - leave home
7:30-7:40 a.m. - arrive at work
7:45-8:00 a.m. - first patient of the morning
11:30 a.m. - end last visit of the morning
11:30 a.m. - 12:30 p.m. - catch up on charting and patient calls/refills
12:30 p.m. - 4:45 p.m. - see afternoon patients
4:45 p.m. onwards - finish medical records and inbox tasks not able to be done between patients earlier in the day (70-100 per day usually)
5:30 - 7:00 p.m. - leave office

FCHC AUXILIARY NEWS

Health Care Camps for Students



(Back row, L-R): Colbie Strayer, LCHS; Ali Genter, PHS; Kenzie Wanemacher, AHS.

Fulton County Health Center recently hosted a Health Care Camp for students on Wednesday, June 24. Three students attended this free event.

FCHC started Health Care Camp in June 2015 as a way to share the facility with high school students, especially those curious about a health care career. Since 2015, 280 high school and college students have attended. Many of these former students have become health care professionals.

At the camp, students learn about vocational planning for a health care career, including concepts such as basic clinical and culture skills, confidentiality, infection control, empathy, insurance 101, practice wheelchair use, and get a thorough tour of the hospital. The camp is also the gateway to ongoing job shadowing and volunteerism opportunities at FCHC.

The next scheduled Health Care Camp will be held **Sunday, October 25, 1:00-4:30 p.m.** There is no cost to attend, but the camp is limited to the first 10 students who register. Interested students should contact Mary Gautz, Volunteer Coordinator at mgautz@fulhealth.org or 419-330-2695 to register.

Fundraisers

Sept. 9-10: PaperPie Educational Books. South Medical Office Building Lobby.

Oct. 7-8: Passion 4 Fashion. FCHC Cafeteria.

Volunteer Opportunities

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

Provider Spotlight

Jana Bourn, MD
Primary Care, Wauseon
419-335-3242



Dr. Bourn is a Family Practice physician with more than 18 years of continuous clinical experience in Wauseon that includes more than 10 years as the Medical Director of

the Fulton County Health Department. She has a strong background in preventive medicine, chronic disease management, geriatric care, and community health initiatives. Dr. Bourn cares for patients of all ages, from pediatrics to older adults, providing comprehensive health care for individuals and families throughout every stage of life. In addition to her Family Practice focus, Dr. Bourn also provides Orthopedic care for her patients and is accepting new patients.

Education & Training

Master of Science in Molecular Biology, Bowling Green State University, 2000
Doctor of Medicine (MD), Wright State University, 2004

Family Medicine Residency, Wright State University, 2004

Work Experience

2007-Present: Family Practice Physician, Wauseon

2012-Present: Fulton County Health Department Medical Director; Bryan Area Health Education Center

Dr. Bourn is board certified by the American Board of Family Medicine.

Personal

A lifelong Fulton County resident, Dr. Bourn was born and raised in Wauseon and is honored to care for the community she calls home. She lives in Wauseon with her husband, Rob, and their five children. When she's not caring for patients, Dr. Bourn enjoys spending time outdoors hiking, boating, and biking with her family.

Stefanie Johnson, CNP
Primary Care, Delta
419-822-3242



Stefanie has been serving patients as a Nurse Practitioner since 2016, bringing experience in acute stroke/neurology and urgent care. She is passionate about caring for patients in rural communities and is excited to provide quality, compassionate care close to home.

Stefanie is currently accepting new patients. Please call FCHC Primary Care in Delta at (419) 822-3242 to schedule your appointment today!

Education & Training

Bachelor of Science in Nursing, Mercy College of NWO, 2008
Advanced Degree, Family Nurse Practitioner, University of Toledo Medical Center, 2016

Work Experience

2016-2018: Acute Stroke/Neurology at UPMC

2018-present: Urgent Care at Falcon Health Center

2022-present: NWO Urgent Care

Personal

Originally from Deshler, Stefanie says "I'm excited to be here in Delta and enjoy caring for patients in a small town, rural community. Building relationships and providing personalized care close to home is what I love most."



Road to Wellness: Take Charge of Your Well-Being!

Join us for the 17th Annual Road to Wellness Healthcare Conference, designed specifically for mature adults and their caregivers. The conference will be held on **Tuesday, October 6th, from 9:30 a.m. to 1:00 p.m.** at the Fulton County Senior Center located at 695 S. Shoop Ave. in Wauseon. This informative and engaging event will feature: Free health screenings, healthcare and community resource vendors, and educational presentations from the FCHC Diabetes and Nutrition Department and Marry Funeral Home. Whether you are looking for health information, community resources, or support for yourself or loved one, Road to Wellness offers valuable opportunities to learn, connect and take charge of your well-being. To register, please contact the Fulton County Senior Center at 419-337-9299.

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!



Did you hear about the new website dedicated to eye health?

"Now that's a site for sore eyes."
Answer:

Celebrate Those Who Make a Difference

At Fulton County Health Center, our team is committed to providing compassionate, respectful, and exceptional care to every patient and family we serve. If a staff member made a meaningful impact on your health care experience, we invite you to share your story through two awards.

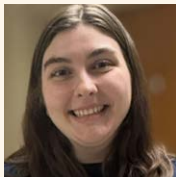
The DAISY Award recognizes nurses who provide exceptional clinical skill combined with compassion, kindness, and dedication to their patients and families.

The ROSE Award honors non-nursing team members who demonstrate exceptional service, compassion, and dedication in supporting patients, families, and colleagues.

Meet Our Q1 and Q2 Winners!



The DAISY Award
FOR EXTRAORDINARY NURSES
IN MEMORY OF J. PATRICK BARNES



Q1 Winner
Kelsey Wyse
Emergency
Department, RN



Q2 Winner
Olivia Bostelman
Emergency
Department, RN



THE ROSE AWARD
RECOGNITION OF SERVICE EXCELLENCE



Q1 Winner
Donald Cox, MD
Radiology
Department



Q2 Winner
Joni Johnson
Wound & Hyperbaric
Center, Coordinator

How to Nominate

1. Visit <https://fultoncountyhealthcenter.org/patient-experience/>
2. Scan the QR codes here
3. Pick up one of the nomination cards in the hospital, near the main entrance

Scan to nominate
DAISY ROSE



FCHC Foundation Celebrates Community Support

The Fulton County Health Center Foundation would like to extend a heartfelt thank you to our community for its incredible participation and support of our events over the past few months.



Thanks to the generosity of our sponsors, participants, volunteers, and supporters, the Steps to Keep the Beat Alive 5K and the annual Golf Outing raised approximately **\$50,000** to support the Foundation's mission and future initiatives.



(L-R): David Gerken, FCHC Foundation Board Member; Brian Stuckey, FCHC Foundation Board Member; Patti Finn, CEO of FCHC; Bill Simpkins, President of the FCHC Foundation Board; and Jana Raabe, FCHC Foundation Director.

We would like to recognize our **Champion Team Sponsors** for the golf outing: **CG Financial Services**, **Huntington National Bank**, and **Woolace Electric**. Their continued partnership and commitment played a significant role in the event's success.

We would also like to thank **Plante Moran**, the official T-shirt sponsor for the Steps to Keep the Beat Alive 5K, for helping make the event possible.

The ongoing support from our community allows the FCHC Foundation to continue investing in equipment and initiatives that benefit patients and families throughout our region. We are truly grateful for everyone who participated and helped make these events a success.

Investing in Our Community

The Foundation is proud to put donor dollars to work in ways that directly benefit patient care. Most recently, the FCHC Foundation Board approved the buyout of the Philips Epiq V ultrasound system for the Heart & Vascular Center in the amount of **\$64,368.76**.

This investment will have a meaningful impact on nearly every cardiac patient by providing enhanced, high-quality imaging that allows providers to better evaluate heart function and structure. The advanced technology supports more timely and accurate clinical decision-making, helping deliver the highest level of cardiovascular care to patients throughout our community.

As always, you can support our mission by making a donation online at fchcfoundation.org or by contacting Jana Raabe, FCHC Foundation Director, at 419.337.7318 or fchcfoundation@fulhealth.org.

Health & Wellness Programs



Swim Classes

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

To register go to https://fchcfitness.antaris.us/v2/online_programs.php?loc_id=2 or scan the QR code.

Call 419-330-2724 with any questions.

Saturdays, Oct. 3-Nov. 21

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 old - 9:00 a.m.

2-3 years old - 9:30 a.m.

3-5 years old - 10:00 a.m.

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., Sept. 12, 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; series of 5 visits \$150.

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

July 16, Aug. 20, Sept. 17, Oct. 15, Nov. 19, and December 17

Breastfeeding Class 6:00 pm

July 21, Aug. 18, Sept. 15, Oct. 20, Nov. 17, and Dec. 15

FCHC Fitness

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. All new members must purchase a key fob for \$10 at sign up. Call today to join and ask about our discounts available for Seniors, First Responders, Clergy, Military, and Full-Time Students.

What's New at the Gym

Check out our Facebook page for details and updates!

Workout for a Cure

Saturday, October 17- 9:00-10:30 A.M.

Join us for a morning of fitness, fun, and sweat as we support all the fighters, survivors, and those we remember. We will provide a mash-up of our popular fitness classes while raising funds to benefit the FCHC Oncology Department. Don't forget to wear PINK!

Turkey Burn

Friday, November 27- 9:00-10:30 A.M.

Burn off that Thanksgiving feast at this class mash-up designed to get you back on track and feeling great to kickstart the holiday season!

Holiday Sale

Sale runs from December 1 - January 9

Buy any 12-month membership and get an additional month **FREE!**

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

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.



First Class is FREE!

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			●	●

Call to join today! 419.330.2724



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