

## Classes and Events - McLaren Health Care

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

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### Wigs Are Available for Cancer Patients

**Category:** Class, Program or Seminar

**Date:**

Ongoing

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

### Prepared Childbirth - November

**Location:**

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

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

**Date:**

Monday, November 07, 2016

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

**Contact:** Call (989) 779-5606 if you have any questions.

### Multiple Sclerosis Support Group

**Location:**

Immanuel Lutheran Church  
320 S. Bradley  
Mt. Pleasant, MI 48858

**Category:** Support Group

**Date:**

Saturday, November 19, 2016

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

**Contact:** Call Cathy Zuker at (989) 866-2682 for more information.



## Multiple Sclerosis Support Group

**Location:**

Immanuel Lutheran Church

320 S. Bradley

Mt. Pleasant, MI 48858

**Category:** Support Group

**Date:**

Saturday, November 19, 2016

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

**Contact:** Call Cathy Zuker at (989) 866-2682 for more information.



## Joint Replacement Seminar

**Location:**

McLaren Wellness Central

2600 Three Leaves Dr.

Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar

**Date:**

Wednesday, November 23, 2016

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

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



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

**Location:**

Canterbury East Apartments

Office/Community Room

1517 Canterbury Trail

Mt. Pleasant, MI 48858

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

**Date:**

Wednesday, November 30, 2016

**Time:** 7:00 PM

**Contact:** Call Gisela Moffitt at (989) 772-1602 for more information.



## "Thursday Connections" (Caregivers Support Group)

**Location:**

Isabella County Commission on Aging

2200 S. Lincoln Rd.

Mt. Pleasant, MI 48858

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

**Date:**

Thursday, December 01, 2016

**Time:** 12:30 PM

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



## Stroke Support Group

**Location:**

McLaren Central Michigan

FDJ Conference Room

1221 South Drive

Mt. Pleasant, MI 48858

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

**Date:**

Thursday, December 01, 2016

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

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



## Diabetic Foot Health - Learn and Receive a Free Foot Exam

**Location:**

McLaren Central Michigan Wound and Hyperbaric Center  
4641 E. Pickard St  
Suite A, Mt. Pleasant, MI 48858

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

**Date:**

Tuesday, December 06, 2016

**Time:** 2:00 PM

**Contact:** Register with Health Promotions at (989) 779-5606.



## Adult Grief Support Group

**Location:**

Woodland Hospice  
2597 S. Meridian Rd.  
Mt. Pleasant, MI 48858

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

**Date:**

Tuesday, December 06, 2016

**Time:** 5:30 PM

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

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

**Location:**

St. John's Episcopal Church  
206 W. Maple St.  
Mt. Pleasant, MI 48858

**Category:** Support Group

**Date:**

Tuesday, December 06, 2016

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

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



## Bipolar Support Group

**Location:**

McLaren Central Michigan  
LAJ Conference Room

1221 South Drive  
Mt. Pleasant, MI 48858  
**Category:** Class, Program or Seminar, Support Group  
**Date:**  
Wednesday, December 07, 2016  
**Time:** 5:30 PM  
**Contact:** Marsha MacNiell (989) 772-6263



## Joint Replacement Seminar

**Location:**  
McLaren Wellness Central  
2600 Three Leaves Dr.  
Mt. Pleasant, MI 48858  
**Category:** Class, Program or Seminar  
**Date:**  
Thursday, December 08, 2016  
**Time:** 1:30 - 4:30 PM  
**Contact:** Register with Joint Replacement Coordinator Beth Nesitt, RN at (989) 779-5651.



## Huntington's Disease Support Group

**Location:**  
Coldwell Banker-Mt. Pleasant Reality  
304 E. Broadway  
Mt. Pleasant, MI 48858  
**Category:** Class, Program or Seminar, Support Group  
**Date:**  
Tuesday, December 13, 2016  
**Time:** 7:00 PM  
**Contact:** Ann Voss (989) 561-5023 or Gaylen Voss (989) 245-5725



## Multiple Sclerosis Support Group

**Location:**

Immanuel Lutheran Church  
320 S. Bradley  
Mt. Pleasant, MI 48858  
**Category:** Support Group  
**Date:**  
Saturday, December 17, 2016  
**Time:** 10:30 AM - 12:00 PM  
**Contact:** Cathy Zuker (989) 866-2682



## Caregivers Support Group

**Location:**  
Isabella County Commission on Aging  
2200 S. Lincoln Rd.  
Mt. Pleasant, MI 48858  
**Category:** Class, Program or Seminar, Support Group  
**Date:**  
Tuesday, December 20, 2016  
**Time:** 6:30 PM  
**Contact:** Ann Kowaleski (989) 772-0748



## Joint Replacement Seminar

**Location:**  
McLaren Wellness Central  
2600 Three Leaves Dr.  
Mt. Pleasant, MI 48858  
**Category:** Class, Program or Seminar  
**Date:**  
Thursday, December 22, 2016  
**Time:** 1:30 - 4:30 PM  
**Contact:** Register with Joint Replacement Coordinator Beth Nesitt, RN (989) 779-5651.



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

**Location:**

Canterbury East Apartments  
Office/Community Room  
1517 Canterbury Trail  
Mt. Pleasant, MI 48858

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

**Date:**

Wednesday, December 28, 2016

**Time:** 7:00 PM

**Contact:** Gisela Moffitt (989) 772-1602



## [Prepared Childbirth - January](#)

**Location:**

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

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

**Date:**

Monday, January 09, 2017

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

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



## [Baby Basics](#)

**Location:**

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

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

**Date:**

Wednesday, January 18, 2017

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

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

## [Prepared Childbirth - February](#)

**Location:**

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

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

**Date:**

Monday, February 06, 2017

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

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