

## Classes and Events - McLaren Central Michigan

At McLaren Central Michigan , 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.



### "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, March 01, 2018

**Time:** 12:30 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, March 01, 2018

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

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



### Prepared Childbirth - Mar. 5 & 19

**Location:**

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

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

**Date:**

Monday, March 05, 2018

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

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



### Free Foot Screening

**Location:**

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

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

**Date:**

Tuesday, March 06, 2018

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

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



### 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, March 06, 2018

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

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



### New Tomorrows - Grief Education Series

**Location:**

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

**Category:** Class, Program or Seminar

**Date:**

Wednesday, March 07, 2018

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

**Contact:** Register with Amy, McLaren's Bereavement Coordinator and New Tomorrows facilitator, at (989) 233-4613.



### 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, March 07, 2018

**Time:** 5:30 PM

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



### Stroke Support Group

**Location:**

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

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

**Date:**

Monday, March 12, 2018

**Time:** 3:00 - 4:30 PM

**Contact:** Register with McLaren Central Michigan Rehabilitation Services at (989) 779-5604.



### **Baby Basics and Breastfeeding**

**Location:**

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

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

**Date:**

Tuesday, March 13, 2018

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

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



### **Huntington's Disease Support Group**

**Location:**

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

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

**Date:**

Tuesday, March 13, 2018

**Time:** 7:00 PM

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



### **Explore Treatment Options for Knee & Hip Arthritis with Dr. Michael Moutsatson**

**Location:**

Isabella County Commission on Aging  
2200 S. Lincoln Rd.  
Mt. Pleasant, MI 48858

**Category:** Class, Program or Seminar

**Date:**

Wednesday, March 14, 2018

**Time:** 10:30 - 11:30 AM

**Contact:** Call (989) 779-5606 to register.



### What Can We Do To Help Stop Human Trafficking?

**Location:**

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


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

**Date:**

Wednesday, March 14, 2018

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

**Contact:** Call (989) 779-5606 to register.



### Joint Replacement Seminar

**Location:**

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

**Category:** Class, Program or Seminar

**Date:**

Thursday, March 15, 2018

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

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



### Multiple Sclerosis Support Group

**Location:**

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

**Category:** Support Group

**Date:**

Saturday, March 17, 2018

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

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



### [A Talk On Treatment Options for Varicose Veins](#)

**Location:**

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

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

**Date:**

Tuesday, March 20, 2018

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

**Contact:** Call (989) 779-5606 to register.



### [Caregivers Support Group](#)

**Location:**

Isabella County Commission on Aging  
2200 S. Lincoln Rd.  
Mt. Pleasant, MI 48858

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

**Date:**

Tuesday, March 20, 2018

**Time:** 6:30 PM

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



### [Community Cholesterol Screening](#)

**Location:**

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

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

**Date:**

Wednesday, March 21, 2018

**Time:** 7:00 - 10:00 AM

**Contact:** Health Promotions at (989) 779-5606 for more information.



### **Joint Replacement Seminar**

**Location:**

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

**Category:** Class, Program or Seminar

**Date:**

Thursday, March 29, 2018

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

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



### **Prepared Childbirth - Apr. 2 & 16**

**Location:**

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

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

**Date:**

Monday, April 02, 2018

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

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



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

**Location:**

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

**Category:** Support Group

**Date:**

Tuesday, April 03, 2018

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

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



### **Bipolar Support Group**

**Location:**

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

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

**Date:**

Wednesday, April 04, 2018

**Time:** 5:30 PM

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



### **"Thursday Connections" (Caregivers Support Group)**

**Location:**

Isabella County Commission on Aging  
2200 S. Lincoln Rd.  
Mt. Pleasant, MI 48858

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

**Date:**

Thursday, April 05, 2018

**Time:** 12:30 PM

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



### **Stroke Support Group**

**Location:**

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

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

**Date:**

Monday, April 09, 2018

**Time:** 3:00 - 4:30 PM

**Contact:** Register with McLaren Central Michigan Rehabilitation Services at (989) 779-5604.





### **Baby Basics and Breastfeeding**

**Location:**

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

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

**Date:**

Tuesday, April 10, 2018

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

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



### **Huntington's Disease Support Group**

**Location:**

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

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

**Date:**

Tuesday, April 10, 2018

**Time:** 7:00 PM

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



### **Joint Replacement Seminar**

**Location:**

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

**Category:** Class, Program or Seminar

**Date:**

Thursday, April 12, 2018

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

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



### 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, April 17, 2018

**Time:** 6:30 PM

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



### Community Cholesterol Screening

**Location:**

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

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

**Date:**

Wednesday, April 18, 2018

**Time:** 7:00 - 10:00 AM

**Contact:** Health Promotions at (989) 779-5606 for more information.



### Multiple Sclerosis Support Group

**Location:**

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

**Category:** Support Group

**Date:**

Saturday, April 21, 2018

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

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



### **Prepared Childbirth - Apr. 30 & May 14**

**Location:**

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

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

**Date:**

Monday, April 30, 2018

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

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



### **Baby Basics and Breastfeeding**

**Location:**

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

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

**Date:**

Tuesday, May 08, 2018

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

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



### **Baby Basics and Breastfeeding**

**Location:**

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

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

**Date:**

Tuesday, June 05, 2018

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

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