

Jan-Mar 2019 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.

Free Balance Screenings

Location:

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

Category: Class, Program or Seminar, Screening

Date:

Ongoing

Time: 9:00 AM - 4:00 PM

Contact: Call (989) 779-5604 to schedule an appointment



New Tomorrows - Eight Week Grief Education Series

Location:

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

Category:

Date:

Ongoing

Time: 9:30 - 11:30 am

Contact: Call (989) 233-4613 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, January 15, 2019

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, January 16, 2019

Time: 7:00 - 10:00 AM

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

**Joint Replacement: The next step.****Location:**

McLaren Wellness Central

2600 Three Leaves Dr.

Mt. Pleasant, MI 48858

Category: Class, Program or Seminar

Date:

Thursday, January 17, 2019

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, January 30, 2019

Time: 7:00 PM

Contact: Gisela Moffitt (989) 772-1602



Joint Replacement: The next step.

Location:

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

Category: Class, Program or Seminar

Date:

Thursday, January 31, 2019

Time: 1:30 - 4:30 PM

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



Prepared Childbirth - Feb. 4 & 11

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 04, 2019

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, February 05, 2019

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, February 06, 2019

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, February 11, 2019

Time: 3:00 - 4:30 PM

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



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, February 12, 2019

Time: 7:00 PM

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



Joint Replacement: The next step.

Location:

McLaren Wellness Central
2600 Three Leaves Dr.
Mt. Pleasant, MI 48858
Category: Class, Program or Seminar

Date:

Thursday, February 14, 2019

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, February 19, 2019

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, February 20, 2019

Time: 7:00 - 10:00 AM

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



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, February 27, 2019

Time: 7:00 PM

Contact: Gisela Moffitt (989) 772-1602



Breastfeeding Class

Location:

McLaren Central Michigan

Conference Room E

1221 South Drive

Mt. Pleasant, MI 48858

Category: Childbirth Education, Class, Program or Seminar

Date:

Monday, March 04, 2019

Time: 6:00 - 8:00 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, March 05, 2019

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, March 06, 2019

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, March 07, 2019

Time: 12:30 PM

Contact: Ann Kowaleski (989) 772-0748

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Explore Treatment Options for Knee & Hip Arthritis with Dr. Charles Lilly

Location:

Isabella County Commission on Aging

2200 S. Lincoln Rd.

Mt. Pleasant, MI 48858


Category: Class, Program or Seminar

Date:

Friday, March 08, 2019

Time: 10:00 AM - 11:00 AM

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



Stroke Support Group

Location:

McLaren Central Michigan

1221 South Drive

Mt. Pleasant, MI 48858

Category: Class, Program or Seminar, Support Group

Date:

Monday, March 11, 2019

Time: 3:00 - 4:30 PM

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



Baby Basics

Location:

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

Category: Childbirth Education, Class, Program or Seminar

Date:

Monday, March 11, 2019

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 12, 2019

Time: 7:00 PM

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



Caregivers Support Group

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2200 S. Lincoln Rd.
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Category: Class, Program or Seminar, Support Group

Date:

Tuesday, March 19, 2019

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 20, 2019

Time: 7:00 - 10:00 AM

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



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, March 27, 2019

Time: 7:00 PM

Contact: Gisela Moffitt (989) 772-1602



Prepared Childbirth - Apr. 1 & 8

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 01, 2019

Time: 6:00 - 9:00 PM

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



Breastfeeding Class

Location:

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

Category: Childbirth Education, Class, Program or Seminar

Date:

Monday, May 06, 2019

Time: 6:00 - 8:00 PM

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



Baby Basics

Location:

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

Category: Childbirth Education, Class, Program or Seminar

Date:

Monday, May 13, 2019

Time: 6:00 - 9:00 PM

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