

A publication of Fulton County Health Center

Health *Centering*

FCHC Obstetrics: Why Choose Us?

A Comprehensive Package
of OB/GYN Care

Physician Spotlight:
Sema Fofung, D.O., OB/GYN

Stress Unit Celebrates 25th Anniversary

Message from the Administrator

FCHC News & Notes

Health & Fitness Classes

Volume 22, No. 3 Summer, 2006



**FULTON COUNTY
HEALTH CENTER**
Completing the circle of care

When a couple learns they are expecting a baby, they often focus on the birthing experience. But there are other important factors to consider that affect the care of the mother and baby before, during and after delivery. It's a total package of Obstetrical care, one that is offered at Fulton County Health Center's Obstetrics Department.

Patient Satisfaction is a Priority

"We delivered 341 babies in our Obstetrics unit last year, 287 of which were natural deliveries and the remainder were Caesarean sections," says Connie Koppenhofer, OB Unit Manager. "That means almost every day of last year was spent bringing a new life into the world. It's a manageable number of OB patients -- one that allows us to offer personal care to patients and their families." Koppenhofer says the Health Center routinely conducts random customer satisfaction surveys with patients to make sure the quality of OB care remains high.

"Patient satisfaction is very important to us, especially in an area like Obstetrics where patients have some input in the physician and hospital they choose," says E. Dean Beck, FCHC Administrator. "Over the years our patient satisfaction rate has remained very high," adds Koppenhofer. "If we discover any concerns from patients or their families, we will act on them immediately."

In addition to continued high patient satisfaction rates, FCHC's OB Department has won four 1st place awards at annual competitions sponsored by the Ohio Hospital Association in Columbus. "We're proud of these awards," says Koppenhofer. "We competed against other hospitals from around the state, and the first place award tells us we're doing our jobs correctly," she adds.

A Comprehensive Package of Care

In 1996 the Health Center established its Partners in Pregnancy program to better prepare women who will give birth at the Health Center. The program is designed to establish a partnership between an FCHC OB staff member and the expectant mother. The staff member meets with the expectant mother once in each trimester of pregnancy. Information is provided to insure a healthier pregnancy and birth and to educate the woman on caring for herself and her new baby. In the last trimester, the staff member assists the patient with the completion of all necessary paperwork such as the pre-registration form and birth certificate.



Peg Short, RN, FCHC OB Educator (right) works closely with mothers-to-be to provide them with important prenatal and postnatal information.

In addition to Partners in Pregnancy, FCHC offers a wide range of educational classes and programs to help families prepare for the new arrival and to adjust afterwards. These programs include:

Breastfeeding Classes – free and taught by a Certified Lactation Consultant. Dads are welcome to attend. "Studies show that breastfeeding is a great way to boost the baby's immune system," says Koppenhofer. "It also provides a wonderful bonding experience between mom and baby."

Caesarean Section Preparation – an OB staff member meets one-on-one with the mother to explain the process, what to expect, and the recovery period.

Follow-up Assessment – several days after the baby is discharged, the parents and baby return to the Health Center for a free assessment of the baby's color and weight by an OB staff member.

Shape-Up for Motherhood – designed for the expectant mother to understand physical and emotional changes as well as for moms who have just delivered and want to regain their energy and get back to regular exercise.

Modern Facilities

Fulton County Health Center offers two attractive Birthing Rooms that were totally redecorated a few years ago. The rooms are comfortable for labor and delivery. Mother and baby are then moved to one of five Postpartum Recovery Rooms that include a single bed and recliner for dad. A separate room is devoted to Caesarean sections.

Two high-tech fetal monitors have been added to assist the OB staff in monitoring babies before they are born. In addition, a new bilicheck device can



Obstetrics

Childbirth Education Classes

– great for both parents to learn about changes in the woman's anatomy and physiology, fetal development, and how to cope with the labor process. Classes are taught by an experienced childbirth educator.

Refresher Class – for parents with children who would like to cover topics again.

Sibling Class – geared for children at home who are ages two and older. Siblings have the opportunity to stamp colorful symbols on an infant's t-shirt, wrap it, and present it to their new sibling when he/she comes home.



detect the amount of bilirubin in the newborn's blood without the need for a needle prick to draw blood.

A security system guards newborns and their mothers 24-hours-a-day, seven-days-a-week. The system utilizes electronic door keypads and surveillance cameras. Because of the Health Insurance Portability and Accountability Act (HIPAA), Fulton County Health Center is not permitted to give out information on the mother or baby unless authorized in advance by the parents.

Doctors and Staff

Sema Fofung, D.O., OB/GYN, serves as Fulton County Health Center's full-time Obstetrical doctor (see related story). Laura Elliott, M.D., OB/GYN and nine Family Practice physicians from various local communities are also licensed to deliver babies at the Health Center. The nine Family Practice physicians are:

Archbold Jason Row, M.D.
Eric Lehman, M.D.
Keith Lehman, M.D.
Rick Yoder, M.D.
Caryn Theobald, M.D.

Fayette Ron Music, M.D.

Wauseon Kimberly Hagerman, M.D.
Anthony Uribes, M.D.
Rebecca McClarren, M.D.

The OB/GYN and Family Practice physicians are assisted by an OB staff that consists of 24 Registered Nurses and four Licensed Practical Nurses. FCHC anesthetists are also on call to provide epidural anesthesia to help ease labor pains. "During the birthing process the doctor is present along with the anesthetist and two nurses – one for the mother and a second nurse for the baby," says Koppenhofer.



The FCHC OB staff is dedicated to providing quality, personal care. Pictured (l-r): Nanette Schwab, RN, IBCLC, OB staff nurse and Certified Lactation Consultant; Connie Koppenhofer, RN, LCCE, OB Unit Manager and Certified Childbirth Educator; and Deb Miller, RN, OB staff nurse.

A Commitment to the Community

Fulton County Health Center's Obstetrics Department provides health care services and participates on many community boards in order to improve the quality of life of area residents. Its community involvement includes:



Fulton County Early Childhood Collaborative & Help Me Grow Program

– the mission is to identify area families that have children who may have special needs and to get them into appropriate services. FCHC OB staff members join with other Fulton County agencies on this collaborative effort to offer free developmental screenings for children ages birth to five years. These screenings include speech, hearing, vision, motor skills, height, and weight. These same agencies offer a Fulton County Baby Fair every year, where OB staff members provide educational information to expectant parents.

Kids in Safe Seats (KISS) Program – parents can rent an infant car seat from the FCHC OB Department for a flat fee of \$25, with a \$10 refund once the car seat is returned.

Fulton County Health Department's Prenatal Clinic – FCHC physicians and OB staff members are involved with providing one-on-one prenatal education to women and in maintaining their records.

Fulton County Teen Task Force – its mission is to reduce risk-taking behaviors by teens.

Fulton County Safety Task Force – promotes the use of seat belts, highway safety, and farm safety.

Quality Care Close to Home

"We take great pride in our OB Department's capabilities and in its community involvement," says E. Dean Beck, FCHC Administrator. "We understand that the Health Center is involved in bringing future community leaders and residents into the world, and we take that responsibility very seriously. At the same time, we never lose sight of our mission to provide a personal touch to go along with our quality care."

FCHC OB Education Programs

All classes meet in the FCHC 3rd Floor Training Room. To register, call 419-330-2757.

Breastfeeding/Prenatal Preparation – Advantages, disadvantages, questions, concerns, getting started, and pumping techniques. Taught by Certified Lactation Consultant. Free.

Childbirth Education – 2 hours/week for 4 weeks or 8-hours on Saturday. Taught by experienced childbirth educators. Learn about the birth process, fetal development, exercise, breathing techniques, relaxation, and comfort measures. Includes OB department tour, discussions and birth films. 4-week series - \$25. Saturday session -- \$40 (includes food/refreshments).

Refresher Class – Review of Childbirth Education class. Optional tours of OB and birth films. One 2-hour session--\$10.

Sibling Class – For children ages two and older at home. Held at 10 a.m. the first Saturday of each month. Includes OB department tour. Free. 1 session.

Caesarean Section Preparation – an OB staff member meets one-on-one with the mother to explain the process, what to expect, and the recovery period.

Follow-up Assessment – several days after the baby is discharged, the parents and baby return to the Health Center for a free assessment of the baby's color and weight by an OB staff member.

Shape-Up for Motherhood – Fitness class covers physical and emotional changes of the pregnant woman; helping new mothers regain their energy and get back to regular exercise. 1-hour session, 1x per week, \$2/session.

H.O.P.E Grief Support
Helping Other Parents Experiencing Grief (H.O.P.E.) is a support group that meets the 3rd Monday of every month (except December) at 7:30 p.m. in the FCHC Meeting Room. H.O.P.E. offers support for parents who have experienced miscarriage; stillbirth; or the death of infants, young children, and teenagers due to illness or accident.

Why Choose Us?



Stress Unit: *Serving the Community for 25 Years*

Does someone in your family feel depressed or anxious? Do they have feelings of hopelessness or despair? Behavioral and emotional health issues can occur in any family. If the individual is not treated, the situation can get worse and cause disruption.

In 1981, Fulton County Health Center established the Fulton Stress Unit to assist those with behavioral and emotional health issues. Now, 25 years later, people with these problems are more likely to seek help, and the Stress Unit continues to be there for them.

Located on the fifth floor of Fulton County Health Center, the Fulton Stress Unit provides three types of programs to meet the needs of its patients: Inpatient treatment, outpatient treatment, and partial hospitalization.

The Inpatient Program is a comprehensive acute care program that provides treatment for those 18 years and older who are suffering from severe emotional problems. Services are provided 24-hours-a-day, seven-days-a-week in a safe, comfortable atmosphere. The program includes a traditional inpatient unit as well as a Psychiatric Intensive Care Unit. Each patient receives a psychiatric evaluation by a Stress Unit staff member. An individualized

treatment plan is then developed under the direction of a psychiatrist.

The Outpatient Program provides comprehensive care that enables the client to receive focused individualized treatment with minimal disruption to their normal routine. Outpatient staff members are available Monday-Thursday, 8:00 a.m.–7:00 p.m., and Friday 8:00 a.m. – 4:30 p.m. In the event of an emergency, staff members provide a 24-hour backup.

In 1989 the Stress Unit developed a program to bridge the gap between inpatient and outpatient treatment. This program, Partial Hospitalization, provides intensive individualized and group therapy treatment to clients from 8:00 a.m. – 2:30 p.m., Monday-Friday. Clients return to their home environment each day in order to maintain their family structure. An alternative Intensive Outpatient Program is also offered 8:00 a.m. – Noon, Monday-Friday, in order to help clients maintain both work and home schedules.

Individuals, family members, physicians, clergy, mental health professionals, employers, co-workers, or friends can make referrals for a free initial consultation by a Stress Unit staff member. Initial consultations can usually be scheduled the same day.

For more information or to request a consultation, refer to the phone numbers listed here, or visit www.fultoncountyhealthcenter.org.



FULTON STRESS UNIT

Crisis Line: 800-323-2708
419-337-8661

Inpatient: 419-330-2775

Outpatient: 419-330-2790

Partial Hospitalization: 419-330-2775

Physician Spotlight

Sema Fofung, D.O., OB/GYN

As a young boy Dr. Sema Fofung began to notice that most of his aunts and female cousins were not able to have children. He thought this was unusual and wanted to know why this was the case. It was at that point in his life that he began to consider the medical profession and, specifically, OB/GYN as a specialty.

After spending many years in medical school, and having delivered hundreds of babies, Dr. Fofung knows he chose the right profession. "My heart is in the OB/GYN field," he says very sincerely. Dr. Fofung's approach with patients is calm and straightforward.

"I tell my patients that being pregnant is a normal physiological event. Anxiety is part of the process and is to be expected. I suggest they take one day at a time and let me know how they are feeling. They're the ones who are pregnant, and they need to let me know what's going on with their bodies and how they feel. My job is to make the pregnancy run smoothly for the mother and baby."



He encourages his patients to visit him within the first 12 weeks of being pregnant. After that he sees patients once every four weeks. At the 37-week mark, patients begin visiting him once a week.

Dr. Fofung has been a member of the FCHC Medical Staff since 2002. "I'm very comfortable here at the Health Center," says Dr. Fofung. "In all honesty, it's a very good hospital. Even though it is small, it offers patients care that is usually found only in large, tertiary care hospitals in major cities. And in the event of a critical situation with an OB patient, we're close enough to Toledo to take advantage of the high-risk pregnancy specialists there." He also likes being a

member of a close-knit community. "I see families in church, at the grocery store, and I get to know them better. If they become my patients, it helps to have a personal knowledge of them to go along with the medical care I provide."

Dr. Fofung welcomes new patients. Appointments can be made by calling 419-335-6377.



Dr. Sema Fofung

Medical Degree from Midwestern University, School of Osteopathic Medicine, Downers Grove, Illinois

OB/GYN Residency at Henry Ford Hospital, Detroit, Michigan

Provides a comprehensive package of women's health care including:

- Obstetrics including Caesarean sections
- High-risk pregnancies
- Gynecology
- Gynecological surgery including laparoscopic surgery
- Family planning
- Pre- and post-menopausal treatment
- Infertility care

Office: FCHC Medical Office Building, FCHC campus
Office hours: Monday, Wednesday, and Thursday, 9:00 a.m. – 5:00 p.m.

New patients welcome; those who call before noon can be seen the same day

Accepts most health insurance plans

To make an appointment, call 419-335-6377.



Construction Update

We're making progress! Construction on Fulton County Health Center's three-story, 55,300-square-foot addition continues as shown in these photos. The addition will house FCHC's new Emergency Department, expanded Surgery Suites and Endoscopy Center and is scheduled to open summer, 2007. You can track construction progress by visiting the Health Center's web site at www.fultoncountyhealthcenter.org.



Golf, Anyone?

The FCHC Auxiliary will hold its 7th Annual Golf Tournament on Friday, June 9, beginning at noon with a shotgun start at Ironwood Country Club, Wauseon. The popular event features 36 teams playing scrambles golf, prizes, a silent auction and a chicken barbeque at FCHC following the round of golf.

Proceeds from the auction are used by the Auxiliary to purchase medical equipment. For more information, contact Janice Fitzenreiter at 419-330-2603.

Speakers Bureau

Looking for a speaker for one of your organization's meetings? Contact us! Fulton County Health Center can provide expert speakers on a wide range of health care topics, including: Stress Management, Nutrition, Fitness, Smoking Cessation & Weight Management, Managing High Blood Pressure, Dealing with Cancer, and more. For more information, contact Steve McCoy, Director of Marketing & Planning, at 419-330-2717.



BOOK FAIR

The FCHC Auxiliary is holding a Book Fair on July 19th from 10:00 a.m. – 6:00 p.m. and July 20th from 7:00 a.m. – 2:00 p.m. Proceeds from the event will be used to supply the Health Center with new medical equipment. The public is invited to attend and browse!

FCHC Loses a Friend

On May 13, 2006 FCHC staff members were saddened to hear of the passing of Alice Whitmer Fogarty. Alice will fondly be remembered for playing a key role in the building of Fulton County Health Center which opened in 1973. During that time she served as Assistant Administrator and Director of Nursing. She retired in 1983 only to start a new career as a staff nurse for the Fulton Stress Unit. She continued to work for the Stress Unit until 2000 when she, again, retired at the age of 81. Alice's dedication and commitment to Fulton County Health Center, her vision of providing comprehensive quality health care on a local level, and her commitment in providing the best in health care to the patients and families throughout the area will be greatly missed.

Message *from the* Administrator

One of the most rewarding aspects of being in the health care business is the ability to bring a new life into the world. Today's infants eventually become tomorrow's citizens and community leaders. Our Obstetrics staff continues to perform at a high level, providing personal and professional care to patients and their families. In this issue of Health Centering, we devote our lead story to this dedicated unit of our Health Center.

We also feature Dr. Sema Fofung, our full-time OB/GYN physician who is an important part of our ability to provide top-level Obstetrical and Gynecological care.

Congratulations to the staff members of our Fulton Stress Unit who are celebrating 25 years of service to the community this year. Like our Obstetrics staff they, too, provide an important service to those in need.

Work continues to remain on schedule for the addition to our Health Center. The structure will house our new Emergency Department as well as other Health Center units.

Fulton County Health Center continues to expand its facilities and services to better meet your health care needs. Thank you for your support over the years.

Have a safe, and healthy, summer!
Sincerely,

E Dean Beck

E. Dean Beck,
FCHC Administrator





Register on-line at www.fultoncountyhealthcenter.org
(click on Health Classes/Special Events),
or call 419-330-2735.



Fitness

New! Walk & Talk

Walk a mile as we review various nutrition topics. You'll get good exercise while gaining valuable knowledge! Six-week class, Wednesdays, June 21-July 26, 4:00-4:30 pm, \$15, meet at the FCHC Ground Floor Meeting Room.

Healthy Living

Healthy Summer Living

7-week nutrition class to prepare you for a great summer of healthy living and weight management. Nutrition tips, cooking demonstrations, and accountability are provided by a registered dietitian. Come join the fun! Thursdays, June 29-August 10, 11:30 am -12:00 pm, \$60, FCHC Cafeteria.

Heart Health

Salt Sense

Learn how and where to reduce sodium to help high blood pressure, heart disease, and a healthy diet. Includes label reading, commercial product choices, recipes, and shopping tips. Tuesday, June 27 or August 29, 9:30 - 11:00 am., \$5, FCHC 3rd Floor Training Room.

Low Cholesterol Living -- Part I

Focus on risk factors for heart disease, cholesterol numbers and their significance, type of fat and cholesterol in the diet, and more! Tuesday, July 18 or September 19, 9:30 - 11:00 am, \$5, FCHC 3rd Floor Training Room.

Low Cholesterol Living -- Part II

Understanding total fat in a diet and how to reduce it, information on food labeling, adapting recipes, eating out, and more! Tuesday, July 25 or September 26, 9:30 - 11:00 am, \$5, FCHC 3rd Floor Training Room.

Blood Pressure Management

Learn what high blood pressure is, its effects, and how to lower and control it. Get information on lifestyle changes, current treatments, and medication do's and don'ts. Tuesday, August 1, 9:30-10:30 a.m., Free, FCHC 3rd Floor Training Room.

Safety

Community First Aid and CPR

Learn how to handle emergencies through this American Red Cross class. Participants will be certified in adult, child, and infant CPR and obstructed airways. Class taught by RN. Saturday, June 24, 8:00 am - 4:30 pm, \$50, FCHC Meeting Room.

Babysitting Class

Become a more effective and competent babysitter by learning to handle emergencies such as choking, burns, and more. Class certification given. Bring a sack lunch, beverages provided. \$15. Saturday, July 29, 9:00 a.m.-3:00 p.m., Wauseon Library, call 419-335-6626 to register.

Cardiopulmonary Resuscitation

CPR Certification by the American Heart Association for health professionals and health professional students. Taught by RN. Registration and payment due 1 week prior to class. Sign-in starts at 7:30 a.m., class begins promptly at 8:00 am. Saturday, August 19, 8:00 am - 2:00 p.m., \$50, FCHC Meeting Room.

Smoking Cessation, Weight Management

Stop Smoking, Lose Weight Through Hypnosis

Hypnosis is a relaxation technique used to help individuals reach their goal. Don Mannarino, a hypnotist for nearly 20 years, will lead the session. Cost includes a cassette for home reinforcement and the option of visiting future classes throughout the area at no additional charge. Pre-registration is **NOT** required. Please arrive 20 minutes before your scheduled session. For more information, call (216) 831-6251 or visit www.Donmannarino.com

Smoking Cessation- Wednesday, August 23, 6:00 pm, \$60, FCHC Meeting Room

Weight Management- Wednesday, August 23, 7:00 pm, \$60, FCHC Meeting Room

Yoga

Yoga Certification Workshop

FCHC and NETA, a non-profit fitness professional association, are co-sponsoring this nationally recognized program. Learn how to teach Yoga in this 2-day certification workshop that covers: 27 poses; standing, seated and balance theory; breathing anatomy; therapeutic and resting poses; safety cues; modifications with props; formatting a class; alignment strategies; and meditation. Saturday & Sunday, June 10 & 11, 8:00 a.m., FCHC Rehab Center, 138 E. Elm Street, Wauseon. Local contact: Judy Price, 419-330-2724. To register, call 1-800-AEROBIC, or register online at www.netafit.org

Diabetes Education & Support

Contact the Diabetes Education office at 419-330-2772 for program information and group presentations.

Pre-Diabetes – What is this condition that affects 41 million Americans and increases their risk of heart attack and stroke by 50%? Learn how Pre-Diabetes is diagnosed and treated as well as how to prevent it from turning into Type 2 Diabetes. Thursday, June 29, 6:30-8:00 pm, \$5, FCHC Surgery Conference Room, 2nd Floor, Medical Office Building.

Weekly Support Group – Wednesdays, except 1st Wed. of month, 9:30-10:30 am, Diabetes Education Office, 4th Floor. Stop to see what's new, have blood glucose meter uploaded, or to ask questions.

Facing the Foothills – A series of comprehensive classes in diabetes self-care. Offered by physician order every other month beginning in January.

Mountain Climbing – Monthly class in self-help for the person with diabetes: 1st Wed. of month, 9-11 am; 2nd Thurs. of month, 7-9 pm.; \$5, FCHC Meeting Room. Support person is welcome and free.

American Diabetes Association of Fulton County Area – Local support group meets several times yearly. Watch the next issue of Health Centering for news about the fall meeting.

Diabetic Shoe Fitting Clinic – Thursday, June 1, 7-9 pm, Free, FCHC Meeting Room. Sponsored by RS Medical Company. Find out the importance of proper-fitting shoes and why Medicare pays for diabetic shoes and therapeutic inserts. Call 419-350-1188 for more information.

Oncology Programs

The Rainbow Hematology/Oncology Treatment Center offers a variety of programs, such as those listed here, to serve patients. For more information, call 419-330-2708.

Cancer Resource Center – Books, videos and cancer web site research.

Lymphedema Clinic – Reduce swelling in the extremities from surgery through massage and wrappings. Minimal charge.

Patient Navigator – American Cancer Society employee helps patients with insurance issues, transportation, and prescription drug samples.



Register on-line at www.fultoncountyhealthcenter.org (click on Health Classes/Special Events), or call 419-330-2735. Questions? Call 419-330-2724.

Fitness Class Descriptions

Ai Chi

Smooth consistent movement in the water. Relaxing and enjoyable while moving through a full range of motion. Concentration on proper breathing techniques.

Aquatic Aerobics

A high-energy, vigorous workout in shallow water to avoid injury. Great for toning and strengthening.

Arthritis Aquatic Therapy

Range of motion, muscle strengthening, stretching and endurance building activities. Participants work at their own ability level.

Basic Boot Camp Fitness

For men and women with basic movements offering a variety of fitness intensity.

Cardio Core Strengthening

Variety! Step on a bench, perform aerobic moves on the floor, use hand weights, X-ertubes, figure 8 bands, jump ropes, and Body Bars. Your cardiovascular system and strength training will be challenged.

Kid's Yoga

Participants will be taught poses for yoga, stretching and resting. Geared to help children get stronger, more flexible, more focused, and more relaxed.

Pilates

Focuses on developing core abdominal and back strength to help achieve optimal strength, flexibility, endurance, and correct posture.

Pure & Simple Yoga

Basic Yoga postures, breathing and relaxation techniques. Focuses on Yoga movement and passive stretch. It's soft and simple. Advanced class demonstrates more challenging postures.

Smooth Moves I

Fun for all! Simple choreography to low impact aerobics and strength training helps lose fat and gain lean body mass.

The Ball

Incorporate the ball into your workout to perform a variety of balance, core training, strength training, and flexibility exercises.

Fitness Classes – 7 Week Session • June 12 - July 29

Wauseon Classes	Day (s)	Time	Location
Boot Camp/Cardio Core/Pilates/The Ball	M-W	5:30 AM	FCHC Rehab Center
Boot Camp/Cardio Core/Pilates/The Ball	T-TH	5:30 PM	FCHC Rehab Center
7 Week Session • June 12 - July 29 • 1x /week \$25, 2x/week \$38, 3+x/week \$48			

Pure & Simple Yoga (Mat required)	TH	7:00 PM	FCHC Rehab Center
7 Week Session • June 12 - July 29 • 1x /week \$35, 2x/week \$55; Yoga class cannot be included with the 3+x/week price			

NEW! Kids Yoga (6-9 yrs.)	TH	5:45 PM	FCHC Rehab Center
NEW! Kids Yoga (6-9 yrs.)	SAT	9:00 AM	FCHC Rehab Center
7 Week Session • June 12 - July 29 • 1x /week \$35, 2x/week \$55; Yoga class cannot be included with the 3+x/week price			

Wauseon Aquatics Classes	Day (s)	Time	Location
Aquatic Aerobics	T-TH	7:30 AM	FCHC Rehab Center
Aquatic Aerobics	T-TH	6:00 PM	FCHC Rehab Center
Arthritis Aquatic Therapy	T-TH	9:00 AM	FCHC Rehab Center
Arthritis Aquatic Therapy	M-W	4:30 PM	FCHC Rehab Center
7 Week Session • June 12 - July 29 • 1x /week \$20, 2x/week \$32, 3+x/week \$42			

Archbold Classes	Day (s)	Time	Location
Co-sponsored by Archbold Parks & Recreation Dept.			
Boot Camp/Cardio Core/Pilates/The Ball	T-TH	6:45 PM	Park Pavilion
7 Week Session • June 12 - July 29 • 1x /week \$18, 2x/week \$27, 3+x/week \$34			
The Ball	W	3:30 PM	Park Pavilion
7 Week Session • June 12 - July 29 • 1x /week \$18, 2x/week \$27, 3+x/week \$34			

Archbold/Fairlawn Complex Classes	Day (s)	Time	Location
Aquatic Aerobics	M-W	9:00 AM	Wyse Commons
Aquatic Aerobics	T-TH	5:30 PM	Wyse Commons
Arthritis Aquatic Therapy	M-W	10:00 AM	Wyse Commons
7 Week Session • June 12 - July 29 • 1x /week \$25, 2x/week \$38, 3+x/week \$48			

Delta Classes	Day (s)	Time	Location
Boot Camp/Cardio Core/Pilates/The Ball	T-TH	5:30 AM	Delta Memorial Hall
7 Week Session • June 12 - July 29 • 1x /week \$25, 2x/week \$38, 3+x/week \$48			
Aquatic Aerobics	M-W	8:00 PM	Delta Park Pool
4 Week Session • July 10 - August 2 • 1x /week \$18, 2x/week \$28			
Pure & Simple Yoga (Mat required)	W	5:45 PM	Delta Memorial Hall
7 Week Session • June 12 - July 29 • 1x /week \$35, Yoga class cannot be combined with the 3+x/week price			

Pioneer Class	Day (s)	Time	Location
Smooth Moves/Pilates/The Ball	T-TH	6:00 PM	Pioneer Community Center
7 Week Session • June 12 - July 29 • 1x /week \$25, 2x/week \$38, 3+x/week \$48			

Swanton Classes	Day (s)	Time	Location
Pure & Simple Yoga (Mat required)	T	7:15 PM	Swanton Public Library
7 Week Session • June 12 - July 29 • 1x /week \$35, Yoga class cannot be combined with the 3+x/week price			

