

# HEALTHY LIVING

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS  
REGISTRATION DATES | FALL 2: OCTOBER 4 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS  
PROGRAM DATES | FALL 1: SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

**FREE A1C SCREENS** | Free A1C screening by the Y to detect pre-diabetes. No fasting required. Walk-ins welcome, but registration is strongly recommended. You can register online or at the welcome center.

SEPTEMBER 16 FROM 5:30 PM - 7:00 PM AND  
SEPTEMBER 20TH FROM 11:30 AM - 1:00 PM |  
18 YRS AND OLDER | FREE TO MEMBERS AND  
COMMUNITY MEMBERS

**FALL PREVIEW OF CLASSES** | Come sweat with us on Saturday, October 5th! We will have 4 Group Exercise classes starting at 8:30 AM in Program Room 2. Your kids can join in on the fun with our free Fitness Fundamentals class in Program Room 1 for children ages 6 - 9 from 9:30 AM - 10:30 AM. Open to everyone with a variety of classes, a plank challenge, and prizes. Everyone walks away with a bottle of water, protein bar, and a good calorie burn.

OCTOBER 5 FROM 8:30 AM - 11:30 AM | AGES  
16 YRS OR OLDER (8 YRS OR OLDER WITH A  
PARENT) | FREE FOR MEMBERS AND COMMUNITY  
MEMBERS

**WORKOUT WEDNESDAY** | Missing our Group Exercise programming during break? Join us at the YMCA for a day and evening of Group Exercise classes. You have two chances to sweat with us! Class programming will run like our previous Workout Wednesday. Everyone walks away with a bottle of water, protein bar, and a good workout.

AUGUST 28 FROM 8:30 AM - 11:30 AM AND 4:45  
PM - 7:30 PM | AGES 16 YRS OR OLDER | FREE  
FOR MEMBERS

**YMCA DIABETES PREVENTION PROGRAM** | To reduce your risk of type 2 diabetes, this program gives you the skill and support needed to make healthy lifestyle changes. Led by a certified Y Lifestyle Coach, this year long program is designed to help you trade old habits for healthier new ones, increase your physical activity and lose a modest amount of weight. Lose weight, boost your energy, reduce your risk of type 2 diabetes and improve your health for life! Registration is ongoing; form available at the Welcome Center. Financial assistance is available, please contact the YMCA of Greater Fort Wayne for availability at 260-755-4940 or email [hereforyou@fwymca.org](mailto:hereforyou@fwymca.org). Pre-registration is required.

SEPTEMBER 23 FROM 5:45 PM - 6:45 PM | 18+  
YRS OLD | PRICING DETERMINED BY THE YMCA  
OF GREATER FORT WAYNE UPON REGISTRATION

**BLOOD PRESSURE SELF MONITORING PROGRAM** | Join us on Tuesday, August 27, 5:30 PM - 7:00 PM, in the Parkview Center for Healthy Living for a preview of the Blood Pressure Self Monitoring Program. Light appetizers will be served, and staff members will present a nutrition topic as well as provide an overview of the program, and answer your questions. The event is free and open to all, but registration is required. To qualify for the program, participants must be at least 18 years old, be diagnosed with high blood pressure, and not have experienced a recent cardiac event, atrial fibrillation or other arrhythmias. Change your life and your blood pressure for the better!

AUGUST 27 FROM 5:30 PM - 7:00 PM | 18+ YRS  
OLD | FREE TO MEMBERS

**HEALTHY HEART NUTRITION SEMINARS** | Want to learn how to shop, eat and cook heart healthy foods? Each month in the Parkview Center for Healthy Living, there will be nutrition seminars with a focus on nutrition and cooking tips to help you eat and prepare heart healthy meals. Each month is a different nutrition topic all centered around eating for your heart.

TUESDAY SEPTEMBER 24, OCTOBER 22 AND  
NOVEMBER 19 FROM 5:45 PM - 7:00 PM | LIGHT  
APPETIZERS WILL BE PROVIDED

FRIDAY SEPTEMBER 27, OCTOBER 25 AND  
NOVEMBER 22 FROM 11:45 AM - 1:00 PM | LUNCH  
WILL BE PROVIDED

Registration is required at either the Welcome Center or Online. These nutrition seminars are a part of the YMCA's Blood Pressure Self Monitoring Program.

**KOSCIUSKO COMMUNITY HEALTH FAIR** | The Kosciusko Community Health Fair sponsored by the K21 Foundation and partnered with the Northern Indiana Hispanic Health Coalition and the Kosciusko Chamber of Commerce will offer free screening to the public as well as free backpacks and a healthy lunch station for children. Screening and healthy centered booths will be in our gym and the community can participate in youth fitness, group exercise classes, and have a chance to win a free personal training demo at the event.

# HEALTHY LIVING CONT.

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Pick up a flyer from our Welcome Center or go to [www.kcymca.org](http://www.kcymca.org) for more information.

AUGUST 3 FROM 9:00 AM - 1:00 PM | FREE TO MEMBERS AND COMMUNITY MEMBERS

**AROUND THE WORLD IN 90 DAYS** | Travel to Georgia, New York, Columbia, Norway, Sweden, Japan, and India all from the comfort of the YMCA. Participants in this program will be able to earn "miles" to travel around the world. Each workout will be tracked and translated into "miles". Once participants earn enough "miles" to reach their destination, they must complete the group exercise class that corresponds with the distance. Participants who complete the number of miles of each location, will get a YMCA water bottle. Participants who complete the numbers of miles and the Group Exercise classes will get a YMCA t-shirt and an insulated YMCA water bottle.

SEPTEMBER 17 - DECEMBER 16 | 18+ YRS OLD | \$10 FOR MEMBERS

**KEEP IT ACTIVE IN AUTUMN** | Members can leap into the autumn leaves by keeping track of miles they have completed through our Matrix App or the binder at the Wellness Center. Miles can be completed in any form of aerobic exercise (elliptical, bike, or treadmill) All members who complete 100 miles will receive a free YMCA water bottle.

OCTOBER 1 - NOVEMBER 1 | 18+ YRS OLD | FREE TO MEMBERS



# PARKVIEW CENTER FOR HEALTHY LIVING

**ASTHMA QUESTIONS & CONCERNS** | Call anytime, Monday-Friday, 8 a.m.-5 p.m. Call anytime to have your asthma-related questions answered. You can also schedule a free in-home environmental assessment, which could identify asthma triggers.

**COST: FREE | CALL (260) 266-2474 OR (260) 266-2471.**

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**DEXA BODY COMPOSITION** | Did you know DEXA® speaks louder than your scales? Sure your weight might be changing but is it fat, muscle or bone? Do you want to know your BMI (Body Mass Index)? Would you like to know what your total body composition might look like? With a DEXA® at Parkview Warsaw you'll receive a full report! No referral needed. Walk-ins welcome or call to schedule an appointment at Parkview Warsaw ONLY!

**COST: \$25 | CALL (260) 248-9011**

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## LIVE WELL: SCREENINGS

**BALANCE SCREENING** | Interested in a fall risk screening? Parkview Warsaw is the place for you. Our Biodex Balance System can assess your stability as this system is designed to meet the needs of everyone looking to improve balance, increase agility, or even help develop muscle tone. The results are fast, accurate and provide an outcome conditioning program for the older adult.

**COST: FREE | APPOINTMENTS REQUIRED. | CALL 574-372-0010.**

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## FOOT CARE

- Thursday, August 15, 1-2 p.m.
- Wednesday, September 18, 1-2 p.m.
- Thursday, October 17, 1-2 p.m.
- Wednesday, November 20, 1-2 p.m.
- Thursday, December 19, 1-2 p.m.

If you are experiencing pain, difficulty walking, changes in foot structure or any condition of your skin or nails, schedule a 10-minute screening with either Michael Lyons, DPM or Daniel Chianese, DPM, Parkview Physicians Group — Podiatry. Appointments are required.

**COST: FREE | APPOINTMENT REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

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## BONE DENSITY

- Thursday, August 22, 4:30-5:30 p.m. & 6:30-7:30 p.m.

Our 15-minute screening uses state-of-the-art equipment to determine your risk of fracture. It is very accurate and approved for men and women.

**COST: FREE | APPOINTMENT REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

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## CHECK-UP DAY

- Tuesday, November 12, 7-9:30 a.m.

Participating in a Check-up Day is a great way to start your personal well-being journey. Come take advantage of our lab work options, blood pressure and bone density screenings, and height and weight measurement checks.

Pricing:

**FREE SCREENINGS AND MEASUREMENTS, LAB COSTS VARY. | APPOINTMENTS PREFERRED. WALK-INS WELCOME. | CALL (260) 266-6500 OR (844) 835-0003.**

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## LIVE WELL: SUPPORT

### DEMENTIA DIALOGUE

- Meets Monthly First Tuesday, 1 – 2:30 p.m.

Are you a care partner with someone who has a type of dementia? What can you do to make life a little easier and more enjoyable? Come to our Dementia Dialogue and meet others who want information, need support or desire to make a positive impact in the life of someone living with dementia. This is a facilitated group discussion.

**COST: FREE | NO RESERVATION REQUIRED. | SPONSORED BY: ALZHEIMER'S & DEMENTIA SERVICES OF NORTHERN INDIANA.**

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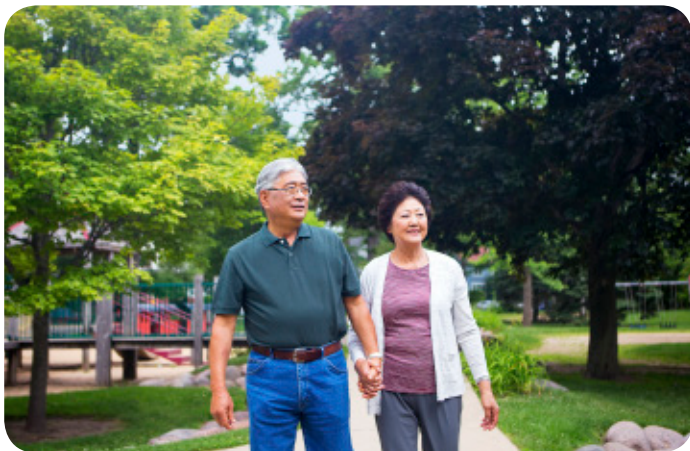
### MOTHER'S, MILK AND MORE

- Meets Monthly First & Third Wednesdays, 5-6 p.m.

Looking for a safe, supportive and nurturing environment where you can drop in to chat, learn or have questions answered about breastfeeding? Join Josie Smith, RN, IBCLC, ILCCE, lactation consultant, Parkview Whitley Hospital, for this helpful support group. The group meets on the first, third and fifth Wednesday's of each month.

**COST: FREE | NO RESERVATION REQUIRED.**

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### **WOOL LAVENDER CLASS**

- Wednesday, August 21, 6-8 p.m.

Join local artist, Sally Reuter, owner, Primitive Crafts as she shares how to make wild lavender out of naturally dyed wool. All supplies included except each participant needs to bring either their own spring loaded or regular scissors. We look forward to seeing you!

**COST: \$20 | REGISTRATION REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

### **KNOW THE IMPORTANCE OF BONE DENSITY**

- Thursday, August 22, 5:30-6:30 p.m.

Protecting your bone health is easier than you think. Bones play many roles in the body providing structure, protecting organs, anchoring muscles and storing calcium. While it's important to build strong and healthy bones during childhood, you can take steps during adulthood to protect bone health too. Join Leshia Howell, RN, BSN, HN-BC, CWHC, Parkview Center for Healthy Living, Nurse Navigator, as she shares why bone health is important. Additionally, plan to participate in a free bone density screening prior to or following Leshia's presentation to learn more about your T-score and learn how likely you are to develop osteoporosis or osteopenia.

**COST: FREE | RESERVATION REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

### **BLOOD PRESSURE MONITORING APPS & INFO**

- Tuesday, August 27, 5:30-7 p.m.

Come to Apps and Information and learn how to better manage your high blood pressure. An informative talk about the DASH diet and how it helps lower and manage blood pressure as well as information about the YMCA's Blood Pressure Self-Monitoring program will be provided. Light appetizers will be served.

**COST: FREE | RESERVATION REQUIRED. | CALL (574) 269-9622 EXT. 232 OR EMAIL TFRICK@KCYMCA.ORG.**

### **LEGAL CONSULTATION**

- Wednesday, August 28, October 30, 3-5p.m.

Meet elder law attorney Daniel Leininger, Beers, Mallers, Backs and Salin, as he provides a free 15-minute consultation. Elder law consists of estate planning, estate and trust administration, asset protection, long-term nursing home care planning as well as veteran benefits. Have a private, confidential consult, have questions answered all the while keeping your financial well-being in mind.

**COST: FREE | APPOINTMENTS REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

### **TIBETAN BOWLS: HEALING SOUNDS**

- Thursday, August 8, 6-7 p.m.

Join Jaime Vinson, BSN, RN, HN-BC, Parkview Health, Holistic Nursing Coordinator, as you take a journey to relaxation through the sound of a Tibetan singing bowl. Throughout the evening you can plan to learn how sound can bring relaxation to the body and the mind. You will learn how these bowls can be used therapeutically, as a form of massage through vibration and as a tool to achieve deep relaxation through their sound. There will be a 30-45-minute sound bath, so plan to bring your own yoga mat or simply let us know you need one when you make your reservation or feel free to bring any support that may help you get more comfortable such as a pillow or blanket. We look forward to relaxing with you as well as arriving at a peaceful state.

**COST: FREE | RESERVATIONS REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

### **IMPORTANCE OF WELL CHILD CHECKS**

- Tuesday, August 20, 6-7 p.m.

A wellness exam involves measurements, vaccines and an evaluation of your child's development. Plan to join one of our newest physicians to Parkview Warsaw, Mark Adams, MD, Parkview Physicians Group – Pediatrics, as he shares why well visits are important to the overall health and well-being of your child.

**COST: FREE | RESERVATIONS REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

### **BASIC & BEYOND PARENTING**

- Tuesday, September 3 & 10, 9 a.m.-12 p.m.
- Tuesday, December 3 & 10, 6-9 p.m.

The anxiety of caring for your newborn can be overwhelming. Join Laurie Nierman, BSN, RN, birth planner, Family Birthing Center, Parkview Whitley Hospital, as she helps you feel more confident with basic parenting skills and more. This course will also help mothers-to-be and their partners explore the physical, emotional and social aspects of childbirth.

**COST: FREE | RESERVATION REQUIRED. | CALL (260) 248-9427.**

### **UNDERSTANDING ALZHEIMER'S & DEMENTIA**

- Tuesday, September 10, 6:30-7:30 p.m.

ALZHEIMER'S IS NOT NORMAL AGING. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn more about: The impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms. Alzheimer's Association resources will be available.

**COST: FREE | RESERVATIONS REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003. SPONSORED BY: ALZHEIMER'S ASSOCIATION & EDWARD JONES.**

### **BASKET CLASS: TRADITIONAL INDIAN CORN**

- Thursday, September 12, 6-8 p.m.

Join local artist Marjorie Kennedy, owner, Sweet Annie's Basketry, as she shares how to make traditional handwoven Indian corn from basket reeds topped with a cute raffia bow during this evening class. Each participant can plan to weave two ears of corn. The Indian Corn can then be displayed on door, wall or even as table top decor. All materials are natural and provided for this class. Plan to bring a friend for a fun and relaxing evening.

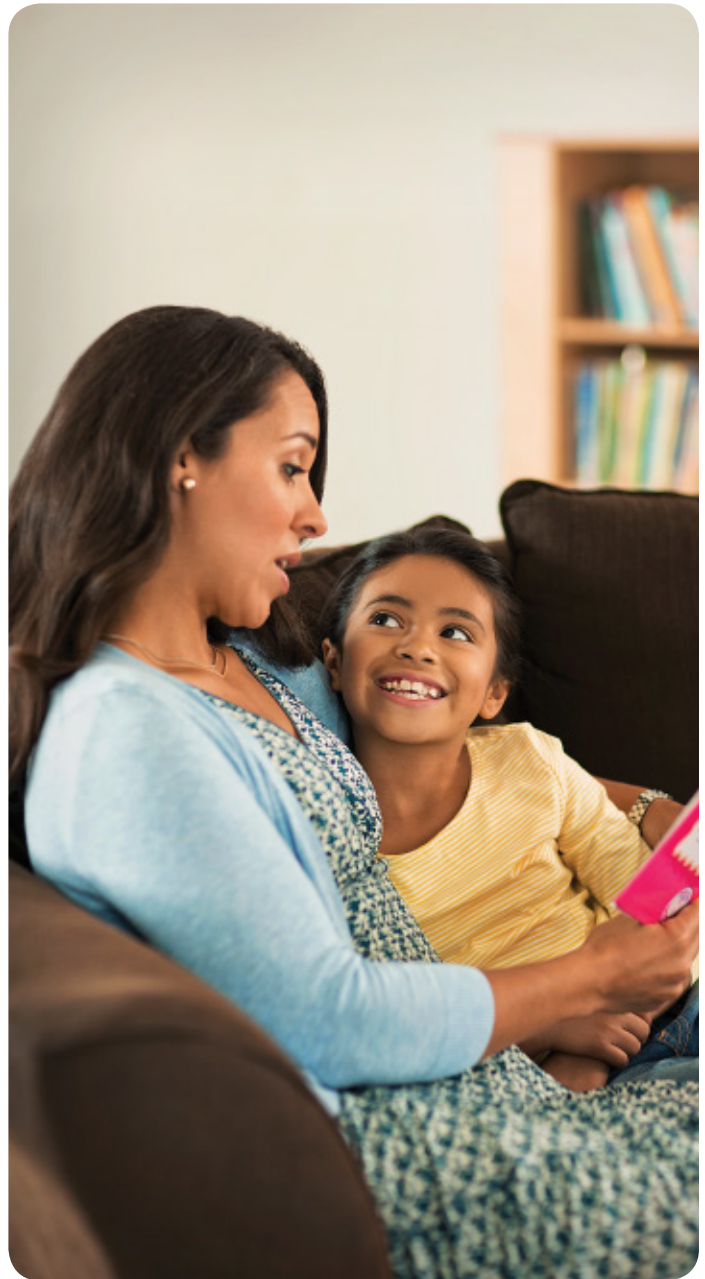
**COST: \$20 | REGISTRATION REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

### **LAMAZE® CHILDBIRTH CLASS**

- Tuesday, September 17 & 24, 5-8:30 p.m.
- Tuesday, December 10 & 17, 2-5:30 p.m.

This Lamaze® course can help mothers-to-be and their partners explore the physical, emotional and social aspects of childbirth. Join Josie Smith, RN, IBCLC, ILCCE, Parkview Whitley Hospital, for this important class. She'll help you prepare for the most important addition to your family: your new baby!

**COST: FREE | REGISTRATION REQUIRED. | CALL (260) 248-9427. | LAMAZE® IS A REGISTERED TRADEMARK OF LAMAZE INTERNATIONAL, INC.**



### **UNDERSTANDING & RESPONDING TO DEMENTIA-RELATED BEHAVIOR**

- Tuesday, October 8, 6:30-7:30 p.m.

Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

**COST: FREE | RESERVATIONS REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003. | SPONSORED BY: ALZHEIMER'S ASSOCIATION & EDWARD JONES.**

## BREASTFEEDING CLASS

- Wednesday, November 20, 6-9 p.m.

The American Academy of Pediatrics recommends breastfeeding your baby for the first 12 months of life. Join Josie Smith, RN, IBCLC, ILCCE, lactation consultant, Parkview Whitley Hospital, as she discusses:

- Benefits of breastfeeding
- Pumping and storing breast milk
- Correct feeding position and latching
- Common breastfeeding concerns

**COST: FREE | REGISTRATION REQUIRED. | CALL (260) 248-9427.**

## MY BEST HEALTH

- Enroll Upcoming for 2020!

My Best Health is a long-term program to help you make healthy lifestyle behavior changes. Participants are provided with professional support and resources from a team of professionals including a wellness coach, registered nurse, registered dietitian and personal trainer.

The goal of My Best Health is to prevent, arrest and reverse chronic disease, like obesity, while increasing healthy behaviors such as physical activity, healthy eating and overall personal well-being. The team meets each participant where they are in their personal health journey and works to help them set attainable goals.

Enrollment for the upcoming My Best Health Program will be opening up in December with early bird registration and pricing. For more information see below. Space is limited. Applications: visit our website [www.parkview.com/mybesthealth](http://www.parkview.com/mybesthealth)

Questions?

- Parkview Warsaw YMCA Guest Services
- Parkview Center for Healthy Living in the Parkview Warsaw YMCA
- Call 260-347-8125 for more information

## LIVE WELL: NUTRITION SIMPLE SUMMER SALAD DRESSINGS

- Thursday, August 15, 11 a.m. – 12 p.m.

Join Lauren Harden, MBA, RD, CD, Parkview Health – Community Outreach Dietitian, as she teaches us how to make salad dressings that are both healthy and delicious! Plan to enjoy samples made during this presentation and receive DIY recipes you will be able to take home helping you to achieve an over-all healthy plant-based diet!

**COST: FREE | RESERVATION REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

## ASK THE R.D. (REGISTERED DIETITIAN)

- Thursday, August 15, 3-5 p.m.
- Tuesday, October 22, 3-5 p.m.
- Thursday, December 12, 3-5 p.m.

Schedule a 20-minute one-on-one consultation with Lauren Harden, MBA, RD, CD, Parkview Health – Community Outreach Dietitian to have your questions answered on diet, nutrition, or other food related issues. Call in to make your appointment today as these appointments fill up quickly.

**COST: FREE | APPOINTMENTS REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

## HEALTHY FOR THE HOLIDAYS,

- Tuesday, October 22, 11 a.m.-12 p.m.

Join Lauren Harden, MBA, RD, LD, Parkview Health-Community Outreach Dietitian, as she teaches us how to enjoy our favorite holiday dishes while not sacrificing our health and goals! Healthy holiday recipes and light refreshments will be provided.

**COST: FREE | RESERVATION REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**



## HEART HEALTH

- Thursday, December 12, 11 a.m.-12 p.m.

Join Lauren Harden, MBA, RD, LD, Parkview Health-Community Outreach Dietitian, for a discussion on the importance of heart healthy choices. Nutrition and lifestyle play a very important role in maintaining a strong, healthy heart and she is here to give you information on foods to choose, recipes to make and more!

**COST: FREE | RESERVATION REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

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## LIVE WELL: LEARNING SERIES SITUATIONAL AWARENESS & BASIC SELF-DEFENSE

- Tuesday, August 13, 6-8 p.m.

Many people do not realize just how vulnerable they are doing a normal activity such as grocery shopping. Women in particular, making careless errors that could cost them their life! Talking and texting on your cell phone when entering or exiting a store...not a good idea! Situational awareness is a key factor to daily survival. Join Lieutenant Tony Knox and Lieutenant Greg Wajer, Parkview Police Department, physical tactics instructors, as they share more about situational awareness and basic self-defense in this hands on experience class. Class size limited so hurry and make your call today!

**COST: FREE | RESERVATIONS REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

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## ACRYLIC PAINTING: A WHITE EGRET

- Wednesday, August 28, 5:30-8:30 p.m.

Join us for an evening only this month of acrylic painting with local artist, Carl Mosher. Plan to paint a large, long-necked, long-legged wading bird with pure white plumage, which is the Great White Egret. It has a long, yellow bill and dark legs and is standing amidst a peaceful wetland setting as evening falls and its reflection is in the swamp water. All supplies furnished for this painting. This is for the beginner to intermediate painter. For upcoming painting classes call number listed below.

**COST: \$20 | REGISTRATION REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

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## LIVE WELL: MOVEMENT

### BASIC YOGA

- Thursday, August 15, 5:30-6:30 p.m.

Yoga is a great way to strengthen and stretch while learning to focus on your breath. In addition, yoga can also provide the ability to relax and release stress from your day. Join YogaFit instructor, Margie Morgan, Parkview Warsaw YMCA, as she leads you through an evening of introduction to gentle yoga. You will learn the basic yoga poses as well as modifications to all poses should you ever need them in your exercise. Don't have a mat, no worries, when you make your reservations, simply let us know you need a mat.

**COST: FREE | RESERVATION REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

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### A SUMMER WALK THROUGH NATURE: WINONA LAKE PARK

- Monday, August 19, 1:30 p.m.
- No Rain Date Planned

Plan to put a spring in your step and walk with us! Natalie Fish, owner Corporate Health & Prevention, will lead you through a warm-up before you start your walk of this 1.8 mile trail. Feel free to walk as little or as much as you like. At the end of your walk, Natalie will even guide you through a cool down before you leave for the day. Plan to confirm meeting location. We look forward to spending a wonderful afternoon with you in nature. Blood pressure checks will be available before and after your walk!

**COST: FREE | RESERVATIONS REQUIRED. | CALL (260) 266-6500 OR (844) 835-0003.**

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## Parkview Center for Healthy Living E-newsletter Registration

Your health and well-being encompasses every part of your life, including your mind, body, spirit and community. We at the Parkview Center for Healthy Living provide classes, education, consultations and screenings for free to low cost in order to help you begin, or continue, your personal well-being journey. We update our programs on a monthly basis, so make sure to register to receive our e-newsletter at: [www.parkview.com/chlregistration](http://www.parkview.com/chlregistration) to receive our event calendar regularly.

**IF YOU WANT TO ATTEND A CLASS,  
SCHEDULE AN APPOINTMENT OR ASK A  
QUESTION, CALL US AT (260) 266-6500 OR  
TOLL FREE (844) 835-0003.**