



Mercer Health

Center for Healthy Weight & Wellness

EDUCATION SERIES

Each session will be held from **5:30-6:30 p.m.** at
Mercer Health West Campus
830 W. Main St., Suite 1, Coldwater, OH

March 3, 2026

Food, Feelings & Stress

Breaking the Cycle of Emotional Eating

Presented by Dawn Longbrake, PMHNP

Mercer Health Medical Group Mental Wellness



May 5, 2026

Exercise!

Goal Setting & Personal Commitment

Presented by Caitlin Decker, Exercise Physiologist

Mercer Health Cardiopulmonary Rehabilitation

August 4, 2026 What's Your Protein IQ?

Your Guide to Protein

Presented by Rachel Steinke, RD

Mercer Health Center for Healthy Weight & Wellness



November 3, 2026

Happy Holidays!

Healthy Living Through the Holidays

Presented by Melissa Kanney, RD

Mercer Health Dietitian Clinical Coordinator

RSVP not required; call 419-678-8446 for additional information.