

September 2025



Registration **REQUIRED** for events in red.

Register for Events at “UH Community Wellness Center at Bedford” on Eventbrite, or scan the QR code.

UH Community Wellness Center at Bedford
88 Center Road, Suite 150
Bedford, Ohio 44146
Stop in during our office hours and meet our on-site Certified Community Health Worker, Susan Packard or contact at 216-286-0385

Hours of Service:
Monday: 9 a.m. – 6 p.m.
Wednesday: 9 a.m. – 7 p.m.
Friday: 9 a.m. – 5 p.m.
Saturday (1st Saturday of each month): 9 a.m. – 1 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED	2 9-10am Gathering Garden 	3 12-1pm Posture, Pain & Movement 5:30-6:30pm Yoga in the Park (offsite) 6-7pm Line Dancing @ Messiah Int. Ministries	4 9:30-10:30am Walking Club @ Ellenwood Center	5 11-12pm Hike & Snack 	6 12-1pm Charg'd Up @ Messiah Int. Ministries 3-7 pm Family Fun Day @ Grille 55 4441 Mayfield Rd. South Euclid
7	8 1:30-2:30 Food with Purpose: PCOS Cooking Tips	9 6:30-7:30pm WEBINAR: Choice Architecture with Esselstyn Foundation	10 10:30-11:30am Beginner Yoga 12-1pm Lunch & Learn: An Introduction to Mindful Eating 5:30-6:30pm Yoga in the Park (offsite)	11 9:30-10:30am Walking Club @ Ellenwood Center 2-3pm Biometric Screenings 	12 12-1pm Zumba	13
14	15 11-12pm Tai Chi 5:30-6:30pm Yoga in the Park (offsite)	16 9-10am Strength Training 12-2pm Taco Tuesday & Chair Salsa 	17 10:30-11:30am Lunch & Learn: An Introduction to Mindful Eating 2-4pm Art Therapy 6-7pm Line Dancing @ Messiah Int. Ministries	18 9:30-10:30am Walking Club @ Ellenwood Center	19	20
21	22 11-12pm Determinants of Health 	23	24 10:30-11:30am Chair Yoga	25 9:30-10:30am Walking Club @ Ellenwood Center 11am-12pm Biometric Screenings 12-1pm WEBINAR: An Introduction to Mindful Eating	26 11am-1pm Masterclass: Self-Awareness 2-3pm Cooking Demo	27 3-7 pm Family Fun Day @ Sunset Kitchen 11311 Euclid Avenue Cleveland
28	29 11-12pm Bridges to Wellness	30 8:30am - 3pm UH Mammogram Van in Bedford today 				

Registration for all events opens August 25th at 9:00 AM on Eventbrite

The Bedford Wellness Center Presents...



Food is Medicine Gathering Garden

You are invited to join UH Connor Whole Health Pharmacist Amy Sapola for an engaging session on nutritional supplements. Amy will simplify popular options like fish oil, creatine, protein powder, vitamin D, zinc, magnesium, and multivitamins, sharing practical insights to support your wellness journey. Bring your questions or submit them in advance to Susan so we can cover even more ground during the discussion.

If you have any questions contact Susan Packard @ 216-286-0385



Food with Purpose: PCOS Cooking Tips

Learn practical cooking strategies to help manage symptoms of Polycystic Ovary Syndrome (PCOS). This class will focus on building balanced meals that support hormone health, stabilize blood sugar, and reduce inflammation.



WEBINAR: Choice Architecture with Esselstyn Foundation

It is estimated that modern human beings make roughly 35,000 choices per day. That is a staggering amount. What's more, studies show that by the time we get home at the end of the work day, we often suffer from something called "decision fatigue." That is, we are so tired of making decisions that we want easy, default options when it comes to food, ones that do not require expending too much brain energy. Sound familiar? Join Brian Hart, M.Ed, MSW, Executive Director of the Esselstyn Foundation, in the session focused on setting up your environment to help you and your loved ones make healthier choices.



Taco Tuesday & Salsa Dancing Chair Exercise

You are invited to join UH CINEMA team for a free educational event including lunch, cooking demonstration and chair exercise class. Learn tips and tools for quick, easy meal planning to support blood glucose control and heart health. Recipes will be shared. Their Certified team dietitian and nurse will also be available to answer audience questions.

Seating is limited. If you have any questions contact Susan Packard @ 216-286-0385



Determinants of Health

Health is shaped by more than medicine. Factors like housing, food, access to education, income, and community support all play a powerful role in our health and wellness. When these systems are strong people thrive. When they are broken, your health suffers. Join us for this workshop to explore dignity, belonging, and well-being from the ground up and create healthier communities together. If you have any questions contact Susan Packard @ 216-286-0386



Bridges to Wellness

Join us this morning to explore how closing the gaps in health care is transforming outcomes and strengthening communities. This workshop focusing on understanding the vital strategies that connect individuals to essential care. By improving access to services, promoting health and wellness education, and advocating for community needs, these efforts drive equity and resilience in public health. Often overlooked, this frontline approach plays as a powerful role in improving health outcomes and building stronger, healthier communities. If you have any questions contact Susan Packard @ 216-286-0385



Masterclass: Self-Awareness

Join our Masterclass series to explore the power of self-awareness in personal growth and relationships. Learn from mental health experts and familiar celebrities as you gain tools to better understand yourself and confidently express your strengths. Unlock your potential through self-awareness in this transformative masterclass series.

If you have any questions contact Susan Packard @ 216-286-0385.



UH Mammogram Bus in Bedford

The UH Mammogram bus is in Bedford today, pre-registration is required. Contact Event Coordinator; Nicole Edwards @ 216-896-1768 to secure an appointment.

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