

University Hospitals Richmond Heights Health & Wellness Day



Location

Richmond Heights Community Center

27285 Highland Rd.

Richmond Heights, OH 44143

Date & Time

Tuesday, September 10th, 2025

10am-1pm

Health & Wellness Events including but not limited to:



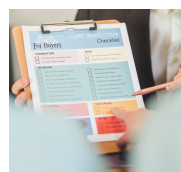
Cooking Demonstration 12-1pm

Join a University Hospitals executive chef and registered dietitian for a cooking demonstration.



Biometric Screenings

Blood pressure, Non-Fasting Cholesterol & Glucose screenings from our Community Outreach Nurse, LaTanya Thomas.



Social Influences of Health Screening

Come meet our Certified Community Health Worker, Susan Packard and get connected to community resources to improve your overall wellness.



Movement

Join us for a beginner yoga class from 10:30-11:30am. Please bring your mat!



Additional Activities

Including free art experiences, and vendor tables.



PHILLY WEEDEEN'S
CHARGED UP

**Sept 20
12pm**

FREE CLASS



THE
VOLT
TRAINING & FITNESS CENTER

WE WANT YOU
HEALTHY



IN PARTNERSHIP WITH
University Hospitals
447 RICHMOND RD
RICHMOND HEIGHTS
ELEMENTARY SCHOOL