



University Hospitals

1-866-UH4-CARE (1-866-844-2273)
UHHospitals.org

AGE WELL. **BE WELL.** EVENTS APRIL 2025

If you are not a member of the **AGE WELL. BE WELL.** Club and would like to join, please visit our website <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well> to register.

UH Locations

AVON HEALTH CENTER

1997 Healthway Drive
Avon, OH 44011
440-988-6801

AHUJA MEDICAL CENTER

3999 Richmond Road
Beachwood, OH 44122
216-593-5500

**BEDFORD MEDICAL OFFICE
BUILDING**

88 Center Road
Bedford, OH 44146
440-735-2559

**BRUNNER SANDEN DEITRICK
WELLNESS CENTER
UH FITNESS CENTER IN MENTOR**

8655 Market Street
Mentor, OH 44060
440-375-8777

CONNEAUT MEDICAL CENTER

158 West Main Road
Conneaut, OH 44030
440-593-1131

ELYRIA MEDICAL CENTER

630 East River Street
Elyria, OH 44035
440-329-7500

GEAUGA MEDICAL CENTER

13207 Ravenna Road
Chardon, OH 44024
440-285-6000

GENEVA MEDICAL CENTER

870 West Main Street
Geneva, OH 44041
440-466-1141

**GLENVILLE COMMUNITY
WELLNESS CENTER**

10527 Orville Avenue
Cleveland, OH 44106
440-435-8522

LAKE WEST MEDICAL CENTER

36000 Euclid Avenue
Willoughby, OH 44094
440-553-8443

PARMA MEDICAL CENTER

7007 Powers Boulevard
Parma, OH 44129
440-743-3000

PORTAGE MEDICAL CENTER

6847 North Chestnut Street
Ravenna, OH 44266
330-297-0811

**RICHMOND MEDICAL OFFICE
BUILDING**

27100 Chardon Road Ste 100
Richmond Hts., OH 44143
440-735-2559

**ST. JOHN MEDICAL CENTER, A
Catholic Hospital**

29000 Center Ridge Road
Westlake, OH 44145
440-835-8000

SAMARITAN MEDICAL CENTER

1025 Center Street
Ashland, OH 44805
419-289-0491

TRIPOINT MEDICAL CENTER

7590 Auburn Road
Painesville, OH 44077
440-375-8100

If you no longer wish to receive the Age Well Be Well Calendar of Events, please email Concierge@uhhospitals.org

COMMUNITY PROGRAMS

MAYFIELD VILLAGE PHARMACY PRESENTATION

Medication can play a crucial role in maintaining one's health as they help manage and treat chronic diseases, it is important to understand the what, why and how behind taking these medications. University Hospitals Ahuja Medical Center's Pharmacy Team will share their knowledge on the importance of safe medication practices, using your pharmacist as a resource and creating a medication list.

Monday, April 7

11 a.m.-12 p.m.

Mayfield Village Community Center

6621 Wilson Mills Rd.

Mayfield, Ohio 44143

SHAKER HEIGHTS STROKE PRESENTATION

Heather Dickinson, Ahuja Medical Center's Stroke Coordinator, will share her knowledge on stroke symptom awareness and the importance of stroke prevention. Stroke is the 5th leading cause of death, and can happen to anyone. She will discuss the risk factors associated with stroke, how to recognize the signs and symptoms of stroke emergencies and what you can do to stay healthy.

To register, call 216-491-2583

Thursday, April 10

11:30 a.m. - 12:30 p.m.

Stephanie Tubbs Jones Community Building

3450 Lee Rd

Shaker Heights, OH 44120

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FRE blood pressure screenings.

Thursday, April 17

10 - 11 a.m.

Warrensville Heights YMCA

4433 Northfield Road

Warrensville Heights, Ohio 44128

Tuesday, April 1

11:45 a.m. - 12:20 p.m.

Beachwood Senior Center

25325 Fairmount Blvd

Beachwood, Ohio 44122

BIOMETRIC SCREENING EVENTS

Ahuja Medical Center will be providing **FREE** health screenings including blood pressure, non-fasting blood sugar, and non-fasting cholesterol.

Tuesday, April 1

10 a.m. - 2 p.m.

Mandel Jewish Community Center

26001 S Woodland Rd.

Beachwood, Ohio 44122

Wednesday, April 30

9:30 a.m. - 12 p.m.

Macedonia Senior Center

9691 Valley View

Macedonia, OH

SHAKER HEIGHTS WALKING CLUB

Being physically active can improve your brain health, help manage weight, reduce risk of disease, strengthen bones and improve ability to do everyday activities! University Hospitals Ahuja Medical Center and the City of Shaker Heights encourage you to join our Walking Club at Southerly Park to not only get your body moving but enjoy open discussion on a health and wellness topic.

Tuesday, April 22

10-11 a.m.

Southerly Park

15404 S. Woodland Rd

Shaker Heights, OH 44120

SUPPORT GROUPS

STROKE SURVIVOR SUPPORT GROUP

University Hospitals Rehabilitation offers a free support group for stroke survivors and their families or caregivers. This group, facilitated by rehabilitation specialists can assist in navigating life after a stroke.

Second Tuesday of each Month

1-2 p.m.

UH Rehabilitation Hospital

23333 Harvard Road

Beachwood, OH 44122

BRAIN INJURY CAREGIVER SUPPORT GROUP

University Hospitals Rehabilitation offers a free support group for the families or caregivers of individuals who have suffered a brain injury. This group, facilitated by rehabilitation specialists, provides practical problem solving around caring for those with a brain injury as well as emotional support.

ZOOM MEETING

Fourth Wednesday of each Month

12 p.m.

Join Zoom Meeting

[https://zoom.us/j/95927571647?](https://zoom.us/j/95927571647?pwd=uZTfpaO9men7iXGOQBaeXx57VD0GJf.1)

[pwd=uZTfpaO9men7iXGOQBaeXx57VD0GJf.1](https://zoom.us/j/95927571647?pwd=uZTfpaO9men7iXGOQBaeXx57VD0GJf.1)

Meeting ID: 959 2757 1647

Passcode: 8k6C94



Avon Health Center

1997 Healthway Drive
Avon, OH 44011

These group exercise classes and events are free and open to members and non-members aged 15 and older. Pre-registration is required for all activities. Please call 440-988-6801 or email Renee.Barrett@uhhospitals.org for information and to sign up.

COMMUNITY EDUCATIONAL

PRESENTATIONS

START STRONG FINISH WELL - AN INTERACTIVE PRESENTATION

Do you know the Importance of a warmup and cool down with your physical activities? In this Interactive educational experience, you will learn the various styles and have the opportunity to try them out.

Friday, April 11

10:30-11:15 a.m.

OR

Monday, April 14

5:30-6:15 p.m.

THERAPEUTIC ART COMMUNITY GROUP

Looking for some joy with art? Join Art Therapist Jess Grimm with UH Connor Whole Health for the therapeutic art groups. Art has been shown to help reduce stress and give you some time for yourself. Each class is an hour long. This class is open to the community so you are welcome to bring a friend. There are no fees for this class, but sign up is needed so that we have enough supplies. These are Second Wednesday of each month.

Wednesday, April 9

12 - 1 p.m

EXERCISE & FITNESS POP UP BODY PUMP

A weight-training workout in a group fitness setting using barbells with adjustable weights set to motivational music. This is a high repetition workout. Strengthen, tone and define each major muscle group.

Select Tuesdays: April 1 & 15

5:45-6:40 a.m.

AQUA PILATES

This type of Pilates differs from the traditional version because the exercises are done in an upright position in the pool. This workout is easier on your joints while the water increases the resistance of the moves.

Monday, April 14

10 - 10:55 a.m.

HAVIN' A BALL

Stability balls are a fun addition to any fitness program. Stability balls improve flexibility, strengthen the core (abdominal and lower back muscles), and improve balance. So come for a fun workout with this versatile piece of fitness equipment.

Saturday, April 5

11:00 a.m. -12:30 p.m.



Avon Health Center

1997 Healthway Drive
Avon, OH 44011

These group exercise classes and events are free and open to members and non-members aged 15 and older. Pre-registration is required for all activities. Please call 440-988-6801 or email Renee.Barrett@uhhospitals.org for information and to sign up.

EXERCISE & FITNESS

SIT FIT SENIORS WITH CRISSY

Stay Active & Independent with Our Chair Fitness Class This complete chair workout is designed specifically for active older adults looking to build strength, boost cardiovascular health, and increase flexibility and mobility - all from the comfort of a chair! Perfect for those with limited mobility or balance concerns. In this fun and social 55-minute class, you'll be led through a variety of seated exercises using just your own body weight or optional resistance bands/weights. The low-impact cardio segments will get your heart pumping and work up a light sweat by combining simple movements like marching, treading, and arm patterns. Build strength safely at your own pace using just your body weight or light weights. We'll also focus on maintaining and improving range of motion through seated stretching and breathing exercises. Increase flexibility, reduce stiffness and soreness, and promote relaxation. This well-rounded workout allows you to exercise at your own level with modifications provided.

Saturday, April 26

11-11:55a.m.

GATHERING PLACE FUNDAMENTALS OF AQUATIC EXERCISE

In this series, participants will explore different ways to exercise in an aquatic environment to build strength, endurance, and improve balance before and after cancer treatment. Priority to those with a cancer diagnosis/survivors and/or those trying this series for the first time. Participants are encouraged but not required to complete all classes in the series. Health and fitness screening required before attending any movement class. Please consult your physician before beginning this, or any exercise program. As with any exercise program, if at any point you begin to feel faint, dizzy or have physical discomfort, you should stop immediately. Information is for educational purposes only.

Instructed by Beth Laraway, AFAA
Group Exercise Instructor

*Registration is with the Gathering
Place for this FREE program.*

*Contact Gathering Place at
216.595.9546 or visit their website*

<https://touchedbycancer.org/>

This is for individuals who have
been impacted by cancer.

April 1 to April 29

5 – 6 p.m.



COMMUNITY PROGRAMS

WALKING CLUB

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

Thursdays, April 3, 10, 17, 24

9:30 - 10:30 a.m.

Weather permitting

Ellenwood Center

Willard Pavilion

124 Ellenwood Avenue

Bedford, OH 44146

(Walking inside Ellenwood on specific dates) Call 440-735-2559 to register

COMMUNITY ART THERAPY GROUPS

Join UH Connor Whole Health Art Therapist Jessica (Jess) Grimm, ATR-P, for monthly art therapy groups open to the community. In these sessions, you will learn how to utilize art materials expressively to help increase your well-being as you navigate your day. Each session will feature a different art intervention.

Art interventions will help with: Self-expression, raising self-esteem, self-care, coping with change, self-awareness, relaxation, soothing anxiety, relieving stress, feelings/emotions, and empowerment. *For questions or additional information, contact:*

Jessica Grimm, ATR-P, UH Connor Whole Health Registered Art Therapist
E-mail:

Jessica.Grimm@UHhospitals.org |

Phone: 216-285-4041

Wednesday, April 16

2-4 p.m.

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

For more information or to register, call 440-735- 4270



COMMUNITY MUSIC THERAPY

Community members and UH caregivers are invited to come together and support one another while experiencing different music therapy interventions. There will be opportunities to sing and play instruments including drums, ukulele, egg shakers, piano, and more. No musical background is required! **Every 3rd Monday of the Month. For questions or additional information, contact** Bedford Wellness Center: at 440-252-3285 Email: Marionna.Mcmillon@uhhospitals.org

Monday, April 21

1 -2 p.m.

UH Wellness Center at Bedford

88 Center Road

Medical Office Building

Bedford, OH 44146

EMPOWERING WELLNESS, ONE REWARD AT A TIME INTRODUCING OUR NEW LOYALTY PROGRAM

How It Works:

Attend any 10 FREE classes over 4 months and be entered into a raffle to win a prize that will help support you on your health and wellness journey.

Current offerings include:

Exercise classes:

Charg'd Up, Zumba, Tai Chi, Yoga, & Line Dancing

Cooking Demonstrations and Nutrition Education

Biometric Screenings & Education (BP, Blood Sugar, Cholesterol, etc.)

Social Needs Screenings & Resource Connection

Art and Music Therapy

Wellness Dimensions Education Series

Master Classes and more!



THE NEW UH COMMUNITY WELLNESS CENTER

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

Our community-based wellness center, located in Bedford, will offer a wide range of programs and services that have been tailored to meet the specific needs of the community, including:

Preventive Services:

- Health education classes
- Health screenings
- Community programming

Enhanced Access to Care:

- Telehealth services
- Community health worker on site

Healthy Food:

- Teaching Kitchen

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.

For more information or to schedule an appointment, call 440-735-4270, visit

UHhospitals.org/Bedford



COOKING DEMONSTRATION

Join Chef Paul and Registered Dietitian Bailey Gordon for engaging cooking demonstrations where you will explore a variety of fresh, nutritious ingredients. Learn how to prepare delicious and healthy meals that are perfect for nourishing you and your family, all while gaining valuable cooking tips and techniques.

Monday, April 14

1:30 - 2:30 p.m.

LUNCH & LEARN: NAVIGATING NUTRITION LABELS & ADDITIVES

Nutrition labels provide essential information about our food, including serving sizes, calorie counts, and nutrient amounts like fats, carbohydrates, and proteins. Reading these labels carefully helps us make informed dietary choices. Uncover the secrets behind nutrition labels and food additives. Learn how to interpret ingredient lists, spot hidden sugars, and make informed choices about the foods you eat—all while enjoying a delicious, nourishing meal!

Friday, April 4

12-1 p.m.

Monday, April 21

11:30 a.m. - 12:30 p.m.

UH Wellness Center at Bedford
88 Center Road, Suite 150
Medical Office Building
Bedford, OH 44146

To register for the event, visit us on Eventbrite at "UH Community Wellness Center at Bedford."

For more information or to register, call 440-735-4270.

PHYSICIAN HEALTH TALK SERIES

Please join us for a women's educational health talk with our own University Hospital physician; Dr. Rachel Pope, MD, PDH. Dr. Pope is a board-certified gynecologist, the chief of a female Sexual Health division in a Urology Department, and the founder of "Our Womanity". She created "Our Womanity" to shed light on the subjects people don't talk about, reduce the stigma, and empower women to understand their own health. Contact Susan Packard at 216-286-0385, if you have any questions.

Wednesday, April 23

12 -1 p.m.

WELL-BEING DIMENSIONS WORKSHOP SERIES

Mindfulness and Meditation:

Explore the Masterclass Series Mindfulness and Meditation, featuring the renowned Jon Kabat-Zinn. Discover powerful techniques and insights that will enhance your well-being and empower you to cultivate a more profound sense of awareness daily. Light refreshments will be provided. Contact Susan Packard at 216 525-3285 if you have any questions.

Monday, April 28

2– 3 p.m.

MASTERCLASS: THE MAGIC OF MENOPAUSE

Discover menopause essentials with Halle Berry and top experts. Learn how hormones impact your physical, emotional, and mental health, and gain insights to better understand this transformative life stage. *Contact Susan Packard at 216 525-3285 if you have any questions.*

Friday, April 11

1-2 p.m.

OATS, FLATS, AND BOWLS: A PLANT-BASED COOKING DEMONSTRATION WITH THE ESSELSTYN FOUNDATION

Jane Esselstyn, RN and Ann Esselstyn, M.Ed., co-authors of the 'Prevent and Reverse Heart Disease Cookbook' and the 'Be a Plant-Based Woman Warrior Cookbook,' will explain and demonstrate the principles of cooking to prevent and reverse disease. They will explore some of the many whole food, plant-based ingredients that have been shown to lower cholesterol levels, reduce blood pressure, and improve blood glucose numbers. Special attention will be paid to simple and easy recipes that require minimal time and effort.

Wednesday, April 2

1:30 - 2:30 p.m.

FOOD IS MEDICINE GATHERING GARDEN

Please join us for a special conversation with Amy Spaola, from UH Connor Whole Health about growing early spring greens and the health benefits of eating greens!! We will be learning about all types of greens, tasting them, and will provide a hands-on planting activity as well. Participants will have an opportunity to take home some seed packets for planting at home. Contact Susan Packard at 216-286-0385, if you have any questions.

Thursday, April 17

10-11 a.m.

UH Bedford Campus (con't.)

HERITAGE ON A PLATE: EXPLORING THE RICH FLAVORS OF MINORITY CULTURES

Join Food with Purpose for a heritages cuisines cooking demo to explore global flavors! Expand your culinary horizons and savor diverse dishes from other cultures! Discover the vibrant tapestry of flavors that define minority cultures. Let your taste buds celebrate the diverse culinary landscapes that unite people and honor their heritage

Monday, April 7
12-1 p.m.

To register for the event, visit us on Eventbrite at "UH Community Wellness Center at Bedford."

UH Wellness Center at Bedford 88 Center Road
Medical Office Building
Bedford, OH 44146

For more information or to register, call 440-735-4270



SAVE THE DATE: Free Mental Health First Aid (MHFA) Training

One step closer to becoming one of 3 million Americans who are certified in Mental Health First Aid (MHFA), an evidence-based course that will teach you how to identify, understand, and respond to signs of mental illnesses and substance use disorders in real, actionable ways.

- Grow in your knowledge of signs, symptoms, and risk factors.

- Identify multiple types of professional and self-help resources.

- Increase your confidence in and likelihood of helping an individual in distress. Show increased mental wellness yourself.

- Help reduce negative attitudes and perceptions. After completing the class and submitting the Information, individuals will receive a Mental Health First Aid certificate from the National Mental Health Wellbeing Council. The certification is good for three years. *Snacks and lunch provided.*

Tuesday, May 6
8 a.m. - 5 p.m.

Richmond Heights Community Center
27285 Highland Road
Richmond Heights, Ohio 44143
For more information or to register, call 440-735-4270

Registration is currently open for MHFA training

Registration link:

<https://form.jotform.com/MHFACollaborative/5624-richmond-heights-community-cen>

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesday, April 2 & 16

10a.m.-1p.m.

Bedford Heights Community Center
5615 Perkins Road
Bedford Heights, OH 44146
(Bedford Heights 60 community members only)

Wednesday, April 9 & 23

11 a.m. - 1 p.m.

Ellenwood Recreation Center
124 Ellenwood Avenue
Bedford, OH 44146

Thursday, April 10

10:45 a.m.-12:30 p.m.

Maple Heights Senior Center
15901 Libby Road
Maple Heights, Ohio 44137

BIOMETRIC SCREENINGS

FREE health screenings and education will be provided, including blood pressure, non-fasting blood sugar and non-fasting cholesterol.

Saturday, April 5

9 - 11 a.m.

Monday, April 14

2 - 3:30 p.m.

Friday, April 25

1 - 2 p.m.

UH Wellness Center at Bedford

88 Center Road, Suite 150
Medical Office Building
Bedford, OH 44146

EXERCISE & FITNESS

CHAIR YOGA

This is a gentle form of yoga designed to be practiced while seated or with the support of a chair. It focuses on promoting relaxation, enhancing flexibility, and improving balance. Suitable for individuals of all ages and fitness levels, this practice allows participants to enjoy the benefits of yoga without the need for specialized equipment or standing postures. Each session typically includes a series of gentle stretches, breathing exercises, and mindful movements, all aimed at fostering a sense of tranquility and well-being.

Friday, April 25

11:30 a.m.- 12:30 p.m.

ZUMBA

Join us for what some may call the most awesome workout ever! Dance to great music with great people and burn many calories without even realizing it. The class features merengue, salsa, and cumbia. Come and dance around the world"! *To register, visit us on Eventbrite at "UH Community Wellness Center at Bedford."*

Friday, April 18

12- 1 p

To register for the event, visit us on Eventbrite at "UH Community Wellness Center at Bedford."

UH Wellness Center at Bedford 88 Center Road
Medical Office Building
Bedford, OH 44146

For more information or to register, call 440-735-4270

LINE DANCING

Come and enjoy a lively evening of line dancing with Lady Q! Whether you're a seasoned dancer or a beginner, this fun-filled event promises great music, energetic moves, and a chance to meet new friends. Don't miss a night of rhythm, laughter, and unforgettable memories!

Wednesday, April 2, 16

6 pm-7 pm

TAI CHI

Tai Chi is generally safe for all ages and fitness levels. It is a gentle way of reducing stress and anxiety while increasing flexibility and balance. Your instructor, Sandy Frazer, is certified by the Tai Chi For Health Institute and is associated with the Arthritis Foundation. Please join her for an introduction to Sun Style Tai Chi. Please wear loose clothing and comfortable shoes.

Monday, April 14

12-1 p.m.

BEGINNER YOGA

Beginner yoga classes are slower-paced and offer a supportive environment for new practitioners. They focus on foundational poses and proper alignment, helping students build strength, flexibility, and confidence as they progress in their practice.

Wednesday, April 9

12 -1 p.m.

NOURISH THE NEIGHBOR

Join us for the Nourish The Neighborhood Initiative, brought to you by University Hospitals Community Wellness Centers in partnership with local restaurants. Enjoy delicious and healthy recipes crafted by local chefs and University Hospitals nutritionists. Learn how nutritious food can enhance your well-being and connect with your community.

Current locations for UH healthy menu options

4eleven Lounge

411 Northfield Road
Bedford OH 44146
440-945-6002

Grille 55

4441 Mayfield Road
South Euclid, OH 44121
216- 862-1773

Sunset Kitchen & Lounge

11311 Euclid Ave
Cleveland, OH 44106
216 400-6590



UH Conneaut and Geneva Medical Centers

COMMUNITY PROGRAMS

UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY

Monday - Friday

9 a.m. – 5:30 p.m.

Provides retail pharmacy services for outpatient prescriptions. *If you are interested in filling your prescription at this location, call 440-361-6111 for information.*

MEDICATION THERAPY MANAGEMENT CLINIC

This pharmacist-led clinic offers medication education and management for the following diseases: Diabetes, Hypertension, Heart Failure, Dyslipidemia, Asthma, COPD, Tobacco Cessation, and Anticoagulation. If you are interested in taking better control of your health and would like to participate in this service, a physician referral is required.

Monday – Friday

8 a.m. – 4:30 p.m.

UH Geneva Outpatient Pharmacy

870 West Main Street

Geneva, OH 44041

*Call 440-415-9548 Rachel Norris,
Pharmacist, for more information.*



SLEEP MEDICINE

Detailed sleep studies are conducted by an experienced team of UH sleep medicine specialists and technicians to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (sleep walking/night terrors), Pediatric and Adult Sleep Studies, Pulmonary related sleep issues, Excessive Snoring, and Insomnia.

University Hospitals - Center for Advanced Sleep Medicine

810-A West Main Street

Geneva, OH 44041

*Schedule a sleep consultation by
calling 440-415-015*

HEALTH EDUCATION

DIABETES EDUCATION

Individualized education, focus areas include: self-monitoring of blood glucose, medication management, meal planning, and prevention of complications.

*Call 440-593-0373 Lori Vencill, RN,
M.Ed., CDCES for information.*



HEALTH SCREENINGS

FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)

For more information, call Lori Ann Vencill, RN, M.Ed., CDCES @ 440-593-0373.

FREE WALK-IN BLOOD PRESSURE SCREENINGS

Monday – Friday

9 a.m. – 9 p.m.

Saturday - Sunday

9 a.m. – 5 p.m.

Urgent Care

UH Ashtabula Health Center

3315 N. Ridge Road, E
Suite 700A

Ashtabula, OH 44004

Call 440-992-0759 for information

SUPPORT GROUPS

BETTER BREATHERS CLUB

If you or someone you know is living with chronic lung disease like COPD, ASTHMA, Pulmonary Fibrosis or lung cancer, please consider joining us at this welcoming support group.

First Wednesday of every month

4 – 5:30 p.m.

UH Geneva Medical Center

1st Floor Pulmonary Rehab Dept.

870 West Main Street

Geneva, OH 44041

Call 440-415-0243 for information

CANCER SUPPORT GROUP

Wednesday, April 16

5-6 p.m.

Beckers

1601 W. Prospect Rd.

Ashtabula, OH 44004

Location Subject to Change

Call 440-593-0364 for Information

COMMUNITY PROGRAMS

STRESS AWARENESS MONTH

Monday, April 7

11 a.m. – 12 p.m.

Orwell Country Neighbor

39 South Maple Street

Orwell, OH 44076

STRESS AWARENESS MONTH

Wednesday, April 16

10:30 - 11:30 a.m.

Conneaut Human Resource Center

327 Mill Street

Conneaut, OH 44030

For more information, call

440-593-0364



OILS FOR LIFE: LEARN ABOUT HOW OILS WORK AND RECEIVE SAMPLES TO WORK WITH AT HOME

Monday, April 21

11 a.m. 12 p.m.

Country Neighbor

39 S. Maple Street

Orwell, Ohio 44076

Please RSVP 440-593-0364

OILS FOR LIFE: LEARN ABOUT HOW OILS WORK AND RECEIVE SAMPLES TO WORK WITH AT HOME

Wednesday, April 23

10:30-11:30 a.m.

Conneaut Human Resource Center

327 Mill Street

Conneaut, Ohio 44030

Please RSVP 440-593-0364



COMMUNITY PROGRAMS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-827-5440**. Closed on all holidays or in inclement weather.

BLOOD PRESSURE SCREENING

Tuesday, April 15
12:30 – 2 p.m.

Avon Lake Senior Center

Old Firehouse Community Center
100 Avon Belden Road
Avon Lake, OH 44012

DEMENTIA FRIENDLY LIFE CAFE

The Memory Cafe is open to all individuals from 10am-2pm. Blood Pressures will be provided from 11:15am-12:45pm by a nurse from University Hospitals Community Outreach Dept. The memory cafe offers engagement and support for people with dementia as well as their caregivers. For more information go to: www.dflife.org.

Wednesday, April 2
11:15 a.m. - 12:45 p.m.

Faith Baptist Church

400 North Lake Street
Amherst, OH 44001

AVON SENIOR CENTER HEALTH FAIR & FREE SCREENINGS

Free cholesterol, glucose, blood pressure and heart rates provided. No fasting required.

Wednesday, April 9
12- 1:30 p.m

Avon Senior Center

36786 Detroit Road
Avon, OH 44001

SLEEP MEDICINE

Detailed adult sleep studies are conducted by an experienced team of UH board certified providers and registered sleep technologists to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (Sleep walking/night terrors), excessive daytime sleepiness, Pulmonary related sleep issues, Snoring, and Insomnia. Nighttime, daytime, and home sleep studies available.

*For a sleep provider consult, call **216-844-REST***

*To schedule a sleep study at Elyria or Avon sleep lab, call **440-326-5464***

DIABETES EDUCATION

Comprehensive individualized education on nutrition, blood glucose monitoring, and preventing complications of diabetes. A physician referral is required. Check your insurance to verify coverage. **Office Hours Monday, Wednesday and Fridays.** Call Susan Campbell RD, LD at **440-284-5709** for information

ADHD TALK - WHAT TO LOOK FOR!

Does your child have a problem paying attention in school? Does he/she have difficulty completing assignments or following directions? Sanjay Parikh, MD, a board-certified neurologist who specializes in ADHD in both children and adults will be doing a presentation addressing symptoms, diagnosis and treatment options.

Thursday April 17
6-7 p.m.

Elyria Library West River Branch

1194 W River Rd North
Elyria OH 44035

REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please email concierge@uhhospitals.org or visit the website to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>



UH Geauga Medical Center

COMMUNITY PROGRAMS

Call **440-214-3180** to register

LUNCH AND A MOVIE

Due to very limited space, and to ensure a fun experience for all, registration is required.

Thursday, April 3

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

EMPOWERING YOUR BRAIN HEALTH

This event is dedicated to raising awareness about the importance of maintaining a healthy brain throughout life. Join us for an expert talk with QR8|Health, enjoy interactive games and practical tips to enhance cognitive function, prevent decline, and boost mental well-being.

Friday, April 25

11 a.m. - 2 p.m.

Munson Township Hall

12210 Auburn Road

Chardon, OH 44024

Space is limited - registration required Call 440-279-2167 to register

GARDENING FOR LIFELONG HEALTH

Wednesday, April 9

3 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

MAMMA MIA

Berkshire High School has invited seniors to the dress rehearsal for their spring musical "Mamma Mia!" Please park near door #9. Follow signs to the Board Office and park in either of the two closes parking lots. Everyone will need to sign in at the front office and then a staff member will direct us to the school auditorium. *Please RSVP to Sandy McLeod: 440-279-2137*

Friday, April 11

8:30 a.m. Coffee & Donuts

9 a.m. Performance

Berkshire High School

14155 Claridon-Troy Road

Burton, OH 44021

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, April 7

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street

West Farmington OH 44491

Monday, April 14

10 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

EXERCISE & FITNESS

WALKING FOR WELLNESS

Walking has shown to help with weight management, reducing stress and increasing energy levels. Group walking programs can help you reach your personal wellness goals (In collaboration with Geauga Dept. on Aging)

Wednesdays | 1 p.m.

April 2

Affelder House

15139 Chillicothe Road

Novelty, OH 44072

April 9

Burton Wetlands

15681 Old Rider Road

Burton, OH 44021

April 16

Headwaters Park (322 entrance)

15055 Mayfield Road

Huntsburg, OH 44046

April 23

Swine Creek Reservation

16004 Hayes Road

Middlefield, OH 44062

April 30

Penitentiary Glen (Meet at Nature Center)

8668 Kirtland-Chardon Road

Kirtland, OH 44094



UH Geauga Medical Center, (con't).

FIGHTING AGAINST PARKINSON'S

Non-contact Boxing & Fitness Class. Class is for seniors diagnosed with Parkinson's disease. Goal of this program is to delay the progression of Parkinson symptoms through a variety of exercises and core conditioning. *Cost \$45*

(A collaboration with the Geauga County Department on Aging)

Mondays, April. 7, 14, 21, 28

**Wednesdays, April. 2, 9, 16, 23
30**

Fridays, April 4, 11, 18, 25

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024
Call 440-279-2137 for Information

PEDALING FOR PARKINSON'S

Pedaling for Parkinson's is where participants ride Pelton bikes indoors. Pedaling for Parkinson's provides an opportunity for people with Parkinson's to make positive improvements in their quality of life. *(A collaboration with the Geauga County Department on Aging and Ohman Family Living)*

M / W / F Class

1:30-2:30 p.m.

T / TH Class

11:15 a.m. - 12:15 p.m.

Ohman Family Living at Holly

10190 Fairmount Road
Newbury, OH 44065
Call 440-632-3653 for Information

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, April 7

6 p.m.

**UH Geauga Medical Center
(Conference Center)**

13207 Ravenna Road
Chardon, OH 44024

Call 440-214-3101 for information

PARKINSON'S SUPPORT GROUP

Tuesday, April 15

12:30-1:30 p.m.

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024
Call 440-279-2137 to register

CARDIAC SUPPORT GROUP

Monday, May 19

Meetings held quarterly

12 -1:30 p.m.

Lunch Provided

UH Geauga (Conference Center)

13207 Ravenna Road
Chardon, OH 44024
Call 440-285-6824 to register

DIABETES SUPPORT GROUP

Tuesday, April 15

2 -3 p.m.

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024
Call 440-279-2137 for information

OSTOMY SUPPORT GROUP

(Meetings held every other month)

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024
Call 440-285-6210 for information

BETTER BREATHERS CLUB

If you or someone you know is living with chronic lung disease like COPD, ASTHMA, Pulmonary Fibrosis or lung cancer, please consider joining us at this welcoming support group.

Second Tuesday of the month

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024
Call 440-285-6355 for information

CAREGIVER SUPPORT GROUP

Maplewood at Chardon offers an ongoing support group for families and friends of those living with Alzheimer's and dementia.

Maplewood at Chardon

12350 Bass Lake Road
Chardon, OH 44024
*Call 440-285-3300 or
chardonrsvp@maplewoodsl.com for more information*

LYMPHEDEMA SUPPORT GROUP

Topic and location to be determined
Call 440-214-3101 for information or Email:

*Cathy.Jewell@uhhospitals.org or
Patricia.schroeder@uhhospitals.org*

Our Mission

*To Heal. To Teach.
To Discover.*



UH Geauga Medical Center, (con't).

RISK ASSESSMENTS

Call Wellness Coordinator at
440-214-3330

SMOKING CESSATION

Call 440-285-6015 for more
information

DIABETES SELF- MANAGEMENT CLINIC

For newly diagnosed or for anyone
just looking for additional
information on how to live well with
diabetes. Call Diabetes Educator at
440-214-8233

SENIOR ASSESSMENTS

Memory Loss and Aging – When to
seek help?

UH Geauga Medical Center Norma
N. Chapman Senior Assessment
Program
13207 Ravenna Road
Chardon, OH 44024

Call 440-285-6408 to schedule an
Assessment



SPRING GALA: AN EVENING OF ARTS, ENTERTAINMENT & FINE DINING

A fabulous dinner meal, provided by
UH Geauga Medical Center, will be
served at 5:00pm by the students in
the Commons of the high school.
You can enjoy an art show with live
music by the Berkshire students,
dancing, and much more! Students
will be sharing their gifts and talents
all evening long. **Cost is \$10.00 per
person - Payable to Berkshire Local
Schools.** All donations will go to
support the Music and Art
Departments. Don't miss this
intergenerational event and an
opportunity to support this evening
of arts and entertainment! *To
register call Sandy McLeod
440-279-2137*

Tuesday, May 13
Berkshire Huigh School
14155 Claridon-Troy Road
Burton, OH 44021

MEDICATION MANAGEMENT CLINIC

This clinic is staffed by pharmacists
who are highly trained experts in the
following areas: Diabetes, high
blood pressure, high cholesterol,
heart failure and smoking cessation.
Pharmacists will help you organize
your medications, answer questions
about your health condition or
medications. *Call 440-214-3122 for
information*

DIABETES SELF- MANAGEMENT CLASS

If you or someone you know has
diabetes, join this six-week
workshop where you will get the
support you need, find practical
ways to deal with pain and fatigue,
sugar control, discover better
nutrition and exercise choices. Learn
new treatment choices and better
ways to communicate with your
doctor and family about your health.
Classes held weekly for six weeks.

**Mondays, May 19, 27
June 2, 9, 16 & 23**

12:30 - 3 p.m.
Chardon Senior Center Bldg. 8
470 Center Street
Chardon, OH

*Call Sandy McLeod at
440-279-2137 to register*

REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event
calendars, please email concierge@uhhospitals.org or visit the website below to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

Glenville Community Wellness Center

COMMUNITY PROGRAMS

**UH Community Wellness Center at
Glenville 10527 Orville Avenue
Cleveland, OH 44106**

*To register or for questions: <https://www.eventbrite.com/o/uh-community-wellness-center-at-glenville-73039239633>
india.robinson@UHHospitals.org |
Phone: 216-237-5017*

*Call **216-237-5017** to sign up for any session. Walk-ins welcome if registration is not full.*

Hours of Service:

Monday: 9 a.m. - 6 p.m. Wednesday:
by schedule
Friday: 9 a.m.-5 p.m.
Saturday (1st Saturday of each
month): 9 a.m.- 1 p.m.

EXERCISE PROGRAMS

YOGA WITH STEPHANIE

Discover the benefits of yoga in a welcoming class designed for everyone, regardless of age or experience. This session focuses on gentle stretches, mindful breathing, and simple poses to promote flexibility, strength, and relaxation. Whether you're new to yoga or a seasoned practitioner, our all-ages class offers a supportive space to unwind, connect, and enhance overall well-being. Participants can do chair or mat yoga. Bring your own mats or we will have mats available for use.

Every Monday in April
10-11 a.m.

Every Tuesday in April
5:15 - 6 p.m.

EXERCISE PROGRAMS

DANCE FOR CHANGE LINE DANCE INSTRUCTION WITH LADY Q

Join us after work for an exciting fitness experience that combines the joy of dancing with a full-body workout! Our Line Dancing Fitness Class is designed to get you moving, improve your coordination, and boost your mood—all while having a blast. no partner needed but bring a friend or two for a fun experience

Every Monday in April
11:15 a.m. -12 p.m.

Every Thursday in April
6-7 p.m.

AGE WITH VIBRANCY AEROBICS FOR 55 AND OLDER

Stay active and energized while Ageing with Vibrancy, a fun and uplifting aerobics class designed for adults 55 and over! This low-impact class combines gentle stretches, rhythmic movement, and light dance to improve flexibility, balance, and cardiovascular health. Set to an enjoyable mix of music, offers a welcoming environment where you can move at your own pace while staying active and connected. Dionne Is a certified fitness instructor who encourages movement with low impact classes that are self-paced.

Every Tuesday in April
11 a.m. – 12 p.m.



HEALTHY@UH PODCASTS

Medical information on the internet can be complex, difficult to understand and sometimes based on misinformation. UH is helping to change that by posting Healthy@UHpodcasts, representing a source of truth and establishing our institution as a leading provider of medical information online.

You can also go to <https://www.uhhospitals.org/healthy-at-UH> and have the opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser. <https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>



Glenville Community Wellness Center

COMMUNITY PROGRAMS

UH Community Wellness Center at Glenville 10527 Orville Avenue Cleveland, OH 44106

To register or for questions: <https://www.eventbrite.com/o/uh-community-wellness-center-at-glenville-73039239633>
india.robinson@UHHospitals.org | Phone: 216-237-5017

Call 216-237-5017 to sign up for any session. Walk-ins welcome if registration is not full.

Hours of Service:

Monday: 9 a.m. - 6 p.m. Wednesday: by schedule
Friday: 9 a.m.-5 p.m.
Saturday (1st Saturday of each month): 9 a.m.- 1 p.m.

COOKING EXPLORATION AND DEMONSTRATION WITH VERONICA

Join Veronica Walton, leader in health equity through food system change, and urban homesteading, in exploring new ways to prepare healthy foods and explore the joy of cooking in a workshop, working hands on.

Every Tuesday in April
12 – 2 p.m.

UH Community Wellness Center at Glenville
10527 Orville Ave
Cleveland, Ohio 44106



DANCE FITNESS WITH SHANAE

Get ready to move, groove, and sweat in this high-energy dance fitness class led by Shanae! Designed for all fitness levels, this fun and dynamic session blends dance moves with a full-body workout to boost your mood, improve coordination, and keep you energized. No dance experience required—just bring your enthusiasm and a desire to have fun!

Every Tuesday & Thursday
6 p.m.

KITCHEN CONVERSATIONS

Join our dietitian in weekly conversations around nutrition, health, and wellness as related to food. Light Fare provided.

Every Wednesday
12- 2 p.m.

URBAN BALLROOM CLASSES

Urban Ballroom is a smooth and stylish partner dance that blends traditional ballroom techniques with the soulful rhythms of R&B and contemporary music. Rooted in the Detroit Ballroom style, this dance emphasizes fluid movements, rhythmic footwork, and a strong connection between partners, making it both elegant and expressive.

Beginner
Every Monday in April
5 - 7 p.m.

Intermediate
Every Friday in April
12- 2 p.m.

FREE SKIN AND HAIR SCREENING

Take charge of your skin health with our Free Skin and Hair Screening! Get checked for moles, rashes, fungi, cane and other skin concerns by experienced professionals. No appointment is needed, but participants are encouraged to register in advance for faster check-in. Walk-ins welcome! Stay proactive about your well-being—your skin will thank you!

Thursday, April 3
5 - 7 p.m.



COMMUNITY PROGRAMS

COMMUNITY HEALTH FAIR

Join us at the Lake County Council on Aging for this free community health fair to check your blood pressure, cholesterol, blood sugar, BMI, and bone density. Learn about fall risks, stroke risks, and more. For more information call the Council on Aging at 440-205-8111 x 223

Wednesday, April 23

9:30 a.m. - 4 p.m.

Lake County Council on Aging

8520 East Ave

Mentor, Ohio 44060

SPRING INTO HEALTH FAIR

Spring Into Health is a free community event with health screenings and community resources to help you jump start the season. It is also a great opportunity to learn about the numerous resources the Lake County Free Clinic has to offer. Stop by to see us! *For more information contact Dana at 440-352-8686*

Saturday, April 26

10 a.m. - 2 p.m.

Lake County Free Clinic

462 Chardon Street

Painesville, Ohio 44077

FAMILY HEALTH AND SAFETY DAY SAVE THE DATE

Please save the date for UH Lake's second annual Family Health and Safety Day. Pre-registration screenings will include hernia, mammogram, PSA, and carotid ultrasound. Walk up screenings will include glucose, cholesterol, blood pressure, HgA1C for those at risk, bone density, carpal tunnel, balance, and more. There will be produce and bike helmet giveaways, CPR demonstrations and numerous resources available. So plan to join us along with our community partners for a great day centered on health, wellness, safety and community. *For any questions about pre-registration screenings contact Bridgett at 440-313-2030.*

Saturday, May 10

9 a.m. - 1 p.m.

UH Lake West Medical Center

36000 Euclid Ave

Willoughby, Ohio 44094



SUPPORT GROUP

STROKE SUPPORT GROUP

Many stroke survivors and their loved ones/caregivers experience a range of emotions and challenges after a stroke. Our team is here to help. Join us for our FREE, family friendly, all-inclusive stroke support group. All ages are welcome. **Benefits of Joining include:** Educational topics, guest support through your journey, cooking demonstrations, helpful tips, connection with others, speakers, music therapy, fun contests. Call 440-759-5114 to register or for information

Alecia.Crognale@UHhospitals.org |

Tuesday, April 8

6 - 8 p.m.

UH Brunner Sanden Dietrick

Wellness Center (Conf. Room A)

8655 Market Street

Mentor, OH 44060

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

No appointment necessary! UH Lake Medical Centers will be providing FREE blood pressure screenings in the main lobby area.

Saturday, April 5

9 - 10 a.m.

Tripoint Medical Center

7590 Auburn Road

Painesville, OH 44077

Saturday, April 19

9 - 12 p.m.

UH Lake West Medical Center

36000 Euclid Avenue

Willoughby, OH 44094

UH FITNESS CENTER IN MENTOR

BRUNNER SANDEN DEITRICK WELLNESS CENTER

UH Fitness Center in Mentor
8655 Market Street
Mentor, OH 44060

COMMUNITY EVENT

MEDICALLY BASED FITNESS - UH MENTOR FITNESS CLASS

We offer programs and services designed to meet your every need. We are ready to help you every step of the way on your wellness journey. Call today to set a time for a tour and discover why medically based fitness may be just what you are looking for. **440-375-8777**

UNIVERSITY HOSPITALS WEIGH LOSS PROGRAM

If you're tired of feeling trapped in the cycle of yo-yo dieting then you will want to learn more about University Hospitals Weight Loss Program. Our expert team can help you achieve sustainable fat loss, crave healthy foods, reduce problematic cravings, decrease medication, improve your mood, strengthen your immune system, and boost your self-confidence. Join our program and experience the difference! For more information, contact Shawn Cooper, RD at Shawn.Cooper@UHhospitals.org or 440-701-7537.

NUFIT SERIES

Our Nutrition & Fitness Education Series brings together fitness and nutrition experts to cover new topics each month. *All seminars are held from 6-7 p.m. in the UH Brunner Sanden Deitrick Wellness Center Conference Room B-2nd floor.* Registration is recommended. *Call 440-701-7507 to reserve your seat.* Open to the public and UH Fitness Center members.

Tuesday, April 15
6-7 p.m.

Fitness: Setting SMART Goals
Nutrition: Nutrition For Fitness





Super Saturday

FITNESS CENTER AT
UH BRUNNER SANDEN DEITRICK
WELLNESS CENTER

Saturday, April 12, 2025 | 8 a.m. - 12 p.m.

Join us for our free Member Appreciation day and challenge your limits with special group exercises and enjoy working out with friends!

- Free Guest Day for classes
- Special group exercise classes for non-members
- No cost to attend

Group classes include:

8 a.m.	Total Body Intervals	Gym
8:15 a.m.	Aqua Mix	Pool
9 a.m.	CardioMix	Gym
9 a.m.	YogaRx	Conference Room B, 2nd floor
9:15 a.m.	Aqua Mix	Pool
10 a.m.	PumpRx	Gym
9 - 11 a.m.	Open Rockwall Climb	



Scan QR code for liability
and photo waivers



Fitness



8655 Market Street, Mentor, OH 44060

COMMUNITY PROGRAMS

DIABETES AND NUTRITIONAL COUNSELING

We offer both virtual or in-person outpatient nutrition counseling, focusing on behavioral and lifestyle changes to promote healthier eating habits and overall well-being. This service is ideal for individuals seeking nutritional guidance, weight management support or those diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. *Counseling includes:*

- *Meal planning*
- *Carbohydrate management*
- *Portion control*
- *Reading food labels*
- *General nutrition education*

Most major insurance plans, including Medicare, are accepted. A physician referral is required by University Hospitals and may also be required by your insurance provider. Be sure to check with your insurance in advance regarding coverage.

For more information, call 866-844-2273.

JOIN THE VOLUNTEERS AT UH PARMA MEDICAL CENTER

Volunteers deliver the support necessary to ensure that UH Parma Medical Center continues to provide excellent, personalized care. The volunteer program at UH Parma Medical Center, promotes community wellness and also raises funds for the benefit of the hospital's healing environment. Like all the team members at UH Parma Medical Center, our volunteers ascribe to a high standard of personal care and service with a dedicated purpose and mission.

If interested in volunteering, we would love to hear from you. To begin your experience with our team of volunteers, please [download the application](#) and mail the completed form to:

Parma Hospital Volunteer Services

7007 Powers Boulevard
Parma, OH 44129-5495

For questions and additional information about the volunteer services available at UH Parma Medical Center, please call 440-743-4287 or email

kimberly.tomblin@UHhospitals.org.

UH EYE INSTITUTE IS EXPANDING ACCESS TO A FULL RANGE OF VISION CARE IN THE WEST MARKET.

Patients in Parma and the surrounding westside suburbs will no longer need a ride to main campus or the eastside for comprehensive eye care. The UH Eye Institute, which has historically had a wide range of offerings in UH's East Market, is doubling its presence at UH Parma Medical Center to complement its already strong scope of care in Westlake. Three new eye specialists are joining the retinal specialists and optometrists currently onsite in UH Parma's Medical Arts Center 2, bringing expertise in glaucoma and cataract surgery, corneal transplantation and oculoplastics. Ophthalmologists [Haitham Sahawneh, MD](#), a corneal specialist, and Ahmed [Ahmed, MD](#), who provides comprehensive care including glaucoma, as well as optometrist [Jesal Haribhakti, MD](#), join three others already serving patients at this location. "At UH Parma Medical Center, we are committed to enhancing access to specialized care close to home," said James Hill, MD, Chief Operating Officer of UH Parma. "The expansion of the UH Eye Institute is a testament to our dedication to meeting the needs of our community by providing world-class eye care right here in Parma. This collaboration ensures patients can receive comprehensive care without the need to travel, improving convenience and outcomes for our westside neighbors." Office expansion and the acquisition of new equipment has been made possible through the Parma Hospital Health Care Foundation and UH Eye Institute philanthropic support.

SPIRITUAL CARE VOLUNTEERS

The Parma Pastoral Care Departments seeking caring individuals who would like to become Spiritual Care Volunteers. Our volunteers function under the supervision of the hospital chaplain, providing emotional and spiritual support to patients and families in the hospital setting. Complete training and orientation is provided. If interested send your inquiries to Chaplin Marian Mihas at marian.mihhas@uhhospitals.org or by calling 440-743-4295



COMMUNITY PROGRAMS

STROKE AWARENESS

Monday – Friday

May 5 - 9

9 a.m. – 9 p.m.

May is stroke awareness month. Come visit our table display at the Cuyahoga County Public Library – Snow Road branch, 2121 Snow Road, Parma. Information available on stroke; stroke prevention; diabetes, smoking cessation; acute rehab and nutritional information.

BLOOD DRIVE

Friday, April 18

11 a.m. – 5 p.m.

Please consider donating... there is a national blood shortage. Save a life today! The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime.

Thank you for supporting the American Red Cross blood program! [Click here](#) to register.

UH Parma Medical Center

7007 Powers Boulevard
Parma Oh 44129



STROKE PREVENTION & HEALTHY DIET

Thursday, May 1

2-4 p.m.

Join us at the Cuyahoga County Library - Parma-Powers branch for a special event in recognition of Stroke Awareness Month! Enjoy a live cooking demonstration with taste testing of a healthy recipe and hear from a dietitian about the connection between nutrition and stroke prevention. In addition to the presentation, explore valuable information on stroke recovery, diabetes education, balance and exercise, nutrition, smoking cessation, and more. Health screenings will be available after the presentation, including carotid artery, sleep apnea, balance, blood pressure, glucose, non-fasting cholesterol, and stroke risk assessment.

Registration opens April 1. Space is limited.

- **To register for the carotid screening, call 440-743-4027 and press option #2.**
- **To register for the event, call Parma-Powers Library at**

440-885-5362 or click [here](#).

Don't miss this opportunity to learn, engage, and take steps toward better health!

Cuyahoga County Public Library

Parma-Powers Branch
6996 Powers Blvd
Parma, OH 44129

440-885-5362

HEALTHY@UH PODCASTS

Medical information on the internet can be complex, difficult to understand and sometimes based on misinformation. UH is helping to change that by posting [Healthy@UHpodcasts](#), representing a source of truth and establishing our institution as a leading provider of medical information online.

You can also go to

<https://www.uhhospitals.org/healthy-at-UH> and have the opportunity to sign up to receive FREE [healthy@UH](#) e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser. <https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>



UH Parma Medical Center, (con't).

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

Free Blood Pressure Screenings at these locations (walk in).

Call 440-743-4932 for information

Wednesday, April 2

11 a.m. - 12:30 p.m.

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Wednesday, April 2

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road

North Royalton, OH 44133

Tuesday, April 8

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road

Broadview Hts., OH 44147

Wednesday, April 9

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

Thursday, April 10

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue

Brooklyn, OH 44144

Friday, April 11

10 a.m. - 11:30 a.m.

Independence Senior Center

6363 Selig Drive

Independence, OH 44131

Friday, April 11

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard

Parma, OH 44129

Tuesday, April 22

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road

North Royalton, OH 44133

EXERCISE & FITNESS

PARKINSON'S DISEASE

EXERCISE CLASS - DELAY THE DISEASE

For those diagnosed with Parkinson's with their spouse; support person or caregiver. Learn simple exercises that can help make daily life easier and also improve balance and build strength. Classes are taught by professionals trained in the Delay the Disease Program. *No registered required. Join anytime.*

Wednesdays, April 2, 9, 16, 23, 30

12:30 - 2 p.m.

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information

SUPPORT GROUPS

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. A representative from Medtronic's will be here to discuss updates on DBS (deep brain stimulation) for Parkinson's patients. *For more information and/or questions call 440-743-4932*

STROKE & ARTHRITIS SUPPORT GROUP

Offers information and support to anyone suffering with arthritis or has had a stroke including their support person or caregiver. Second Monday of each month. *For more information and / or questions, call 440-743-4127*

Monday, April 14

12:30 - 2 p.m.

FOOD ADDICTS ANONYMOUS

Having trouble staying on a diet or eating plan? Do you crave sugar and high-carb foods? Are you shaky, angry or moody when you skip a meal? Do you think about food all the time? This group can help.

No registration required, walk-in meeting. For information call Laurie at 440- 482-3688. Every meeting has an option to join via zoom. Join the meetings online:

<https://join.freeconferencecall.com/edatintegration> Pin code: 741776 or call 518-263-8271 pin: 741776#.

Fridays, April 4, 11, 18, 29

4:30 p.m.

BEREAVEMENT SUPPORT GROUP

Join our new bereavement support group as we share our experiences and receive support for loss, grief and coping with change, in a confidential and informal environment. If you have questions, reach out to Chaplain Marian Mihas at marian.mihas@uhhospitals.org or call the Parma Pastoral Care Department at 440-743-4295

Thursday, April 10

1 - 2 p.m.

UH Parma Medical Center

7007 Powers Boulevard

Parma, OH 44134

Conference Room E (third floor)

Our Mission

To Heal. To Teach.

To Discover.

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, April 28

11 a.m.-5 p.m.

UH Portage Medical Arts Building,
Atrium

Ravenna, Ohio 44266

To make an appointment, visit
RedCrossBlood.org or scan QR code:



SAIL FALLS PREVENTION CLASS

SAIL – Stay Active & Independent for Life

A new class that is an evidence based falls prevention program to build strength, balance & flexibility. It will be offered at two locations:

Streetsboro Senior Center

9307 State Route 43

Streetsboro, OH 44241

INFO/RSVP: 330-626-2398

Portage County Senior Center

705 Oakwood Street,

Ravenna, OH 44266

INFO/RSVP: 330-297-345

TOBACCO TREATMENT COUNSELING PROGRAM

Counseling starts with an initial consultation with a Certified Tobacco Treatment Specialist (CTTS) which includes a detailed assessment of your health and medical conditions, tobacco history, quit attempts, and other pertinent information that will aide in developing your treatment plan. Your CTTS will develop an individualized cessation plan with you.

UH Portage Harrington Heart & Vascular Institute

UH Portage Professional Ctr Ste. 125

6847 N. Chestnut Street

Ravenna, OH 44266

For more information call

216-896-1810 or email

tobacco.treatment@uhhospitals.org

VIRTUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

UH PORTAGE WOUND CARE & HYPERBARIC MEDICINE CENTER

The University Hospitals Portage Wound Care Center offers comprehensive wound care close to home. Our goal is same day or next day appointments and the Portage Wound Care Center has specialists to treat many non-healing wound issues. Call today to get scheduled for an appointment! *Call 330-422-7755 to schedule*

UH Streetsboro Health Center

9318 State Route 14,

Streetsboro, OH 44241

FREE FITNESS CLASSES

Free fitness classes are back at UH Portage Medical Center, Mangin Fitness Room. Space is limited and pre-registration is required.

YOGA FOR EVERYONE

Tuesday, April 15

11:30 a.m.– 12 p.m.

DANCE FITNESS (no experience needed)

Tuesday, April 8, 22

11:30 a.m. – 12 p.m.

SAIL (Stay Active Independent Lifestyle)

Tuesday, April 1

11:30 a.m.- 12 p.m.

Registration is required for each class. Please call 330-297-2576 to schedule.



SENIOR ASSESSMENT PROGRAM

The Senior Assessment Program is designed to help family, friends, and primary care physicians identify the special needs of older adults. A comprehensive team evaluation includes:

- Medical Evaluation
- Medication Review
- Psychological Evaluation
- Memory Testing
- Occupational therapy home safety assessment
- Physical therapy evaluation
- Social Service Assessment

UH Portage Medical Center

Specialty Clinic, Suite 125

6847 N. Chestnut Street

Ravenna, OH 44266

For more information call
330-297-8295



UH Portage Medical Center, (con't).

HAYMAKER FARMER'S MARKET

Join us at the Farmer's Market where we will be offering information on keeping your holidays healthy!

Saturday, April 26

9 a.m. – 1 p.m.

Unitarian Universalist Church of Kent, Hobbs Hall

217 N. Mantua Street

Kent, Ohio 44240

HEALTH SCREENINGS

FREE BLOOD PRESSURE SCREENINGS

Free screenings and information regarding blood pressure management will be offered at various locations in the month of August. Please join us on any of the following dates:

Tuesday, April 1

11 a.m. - 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street

Ravenna, OH 44266

Tuesday, April 8

11 a.m. – 1 p.m.

Renaissance Family Center

9005 Wil Verne Drive

Windham, OH 44288

Thursday, April 17

11 a.m. – 1 p.m.

UH Portage Professional Center - Lobby

6847 N. Chestnut Street

Ravenna, OH 44266

Thursday, April 24

11 a.m. – 1 p.m.

UH Streetsboro Health Center

9318 OH-14

Streetsboro, OH 44241

HEARING TESTING

Testing and complete evaluations for hearing loss and tinnitus are available at UH Portage Medical Center Audiology Department.

For more information call

330-297-2427

SPRING INTO HEALTH SCREENINGS EVENT & DRUG TAKE BACK-DAY

Walk-in-or Drive-up and bring your un-used medications to the hospital main lobby for safe disposal. Take advantage of free walk-up health information and screenings, also located in the main lobby.

Saturday, April 26

10 a.m. – 1 p.m.

UH Portage Medical Center, Main Entrance

6847 N. Chestnut Street,

Ravenna OH44266



MYCHART FOR LIFE

Join University Hospitals Portage Medical Center for an informative session on MyChart, your personalized online health tool. You will learn how to:

Access your health records

Communicate with providers

Schedule appointments

View test results and more!

Monday, April 28

10 – 11 a.m.

UH Portage Medical Arts Building, Room 150

6847 Chestnut Street

Ravenna, OH 44266

RSVP to 330-297-2576



SUPPORT GROUPS

Call 330-297-2576 for Information on all support groups

BEYOND STROKE SUPPORT GROUP *(Virtual quarterly meetings)*

SUPPORT FOR GRIEVING ADULTS

The Grief Place

INFO: www.thegriefcareplace.org

330-686-1750

Kelly's Grief Center

INFO: www.kellysgriefcenter.com Call **330-593-5959** for Information

DIABETES SUPPORT GROUP

Tuesday, April 1

4 - 5 p.m. (meets every other month)

UH Portage Medical Arts Building, Room 150

6847 N. Chestnut Street

Ravenna, OH 44266

AMPUTEE WALKING CLINIC

Thursday, April 3

3 – 5pm

UH Portage Medical Arts Building, Room 150

6847 North Chestnut Street,

Ravenna, OH 44266

KNEE AND HIP SCREENING

Join us for this FREE screening to help evaluate pain or the extent of an injury

Friday, April 18

9a.m. - 12 p.m.

UH Portage Orthopedic Office #105

6847 N. Chestnut St.,

Ravenna, OH 44266

*Pre-registration required. Please call **330-297-2576**.*

COMMUNITY PROGRAMS

WALKING CLUB

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

Tuesday, April 1, 8, 15, 22, 29
12 – 1 p.m.

Weather permitting

Richmond Heights City Hall
26789 Highland Road
Richmond Heights, OH 44143
Call 440-735-2559 to register

BEGINNER YOGA MAT

Come and experience the rejuvenating benefits of a beginner mat yoga class led by a certified instructor from In The Now Yoga Meditation Wellness.

Thursday, April 10
10:30 -11:30 a.m.

Richmond Heights Community Center
27285 Highland Road
Richmond Heights, OH 44143
For more information, call
440-735-4270

THE VOLT FITNESS CHARG'D UP CLASS

Philly Weeden's Charg'd Up cardio class is high-energy and high-intensity, with music that keeps you moving.

Saturday, April 26
12-1 p.m.

Richmond Heights Elementary
447 Richmond Rd
Richmond Heights, OH 44143

To register for Charg'd Up, visit us on Eventbrite at **“UH Richmond Wellness.”** For more information or to register, call 440-735-4270

UNIVERSITY HOSPITALS RICHMOND HEIGHTS: HEALTH & WELLNESS DAY

Dinner on a Budget: A Cooking

Demonstration: Join executive chef Paul Hamalainen and Registered Dietitian Bailey Gordon for a cooking demonstration with a budget-friendly, tasty, nutritious and easy-to-make a recipe.

*To register for the cooking demonstration, visit us on Eventbrite at **“UH Richmond Wellness.”***

Thursday, April 10
12-1 p.m.

Richmond Heights Community Center
27285 Highland Road
Richmond Heights, OH 44143
For more information, call
440-735-4270

COMMUNITY RESOURCES

Connect with Susan Packard, a certified community health worker, to improve community health and well-being, get linked to resources for food insecurities, rental and housing assistance, utility assistance, transportation, and mental health services, reduce the need for EMS through education and connections to health and social services, and more.

Thursday, April 10
10 a.m.- 1 p.m.

Richmond Heights Community Center
27285 Highland Road
Richmond Heights, OH 44143
For more information, call
440-735-4270

Other community vendors will have tables with valuable information.

SAVE THE DATE:

Free Mental Health First Aid (MHFA) Training

One step closer to becoming one of 3 million Americans who are certified in Mental Health First Aid (MHFA), an evidence-based course that will teach you how to identify, understand, and respond to signs of mental illnesses and substance use disorders in real, actionable ways.

- Grow in your knowledge of signs, symptoms, and risk factors.
- Identify multiple types of professional and self-help resources.
- Increase your confidence in and likelihood of helping an individual in distress.
- Show increased mental wellness yourself.
- Help reduce negative attitudes and perceptions.

After completing the class and submitting the Information, individuals will receive a Mental Health First Aid certificate from the National Mental Health Wellbeing Council. The certification is good for three years. Registration is currently open. **Snacks and lunch provided.**

Tuesday, May 6
8 a.m.-5 p.m.

Richmond Heights Community Center

27285 Highland Road,
Richmond Heights, Ohio 44143

For more information or to register, call 440-735-4270 **Registration is currently open for MHFA training**

Registration link: <https://form.jotform.com/MHFACollaborative/5624-richmond-heights-community-cen>

FREE ART EXPERIENCE

Immerse yourself in a world of creativity and inspiration with a thoughtfully designed art experience by Susan Packard the Certified Community Health Worker. Creativity can help you feel calm and relaxed; rest and relax your mind are essential to your health.

Thursday, April 10

10 a.m. - 1 p.m.



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, April 14

10 a.m. - 12:30 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143



ENPOWERING WELLNESS, ONE REWARD AT A TIME INTRODUCING OUR NEW LOYALTY PROGRAM

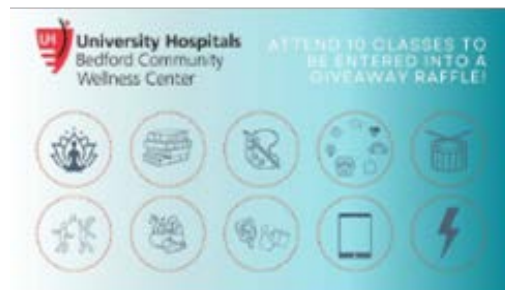
How It Works:

Attend any 10 FREE classes over 4 months and be entered into a raffle to win a prize that will help support you on your health and wellness journey.

Current offerings include:

Exercise classes:

Charg'd Up, zumba, Tai Chi, Yoga, Line Dancing
Cooking Demonstrations and Nutrition Education
Biometric Screenings Education (BP, Blood Sugar, Cholesterol, etc.)
Social Needs Screenings & Resource Connection
Art and Music Therapy
Wellness Dimensions Education Series
Master Classes and more!



NOURISH THE NEIGHBOR

Join us for the Nourish The Neighborhood Initiative, brought to you by University Hospitals Community Wellness Centers in partnership with local restaurants. Enjoy delicious and healthy recipes crafted by local chefs and University Hospitals nutritionists. Learn how nutritious food can enhance your well-being and connect with your community.

Current locations for UH healthy menu options

4eleven Lounge

411 Northfield Road
Bedford OH 44146
440-945-6002

Grille 55

4441 Mayfield Road
South Euclid, OH 44121
216- 862-1773

Sunset Kitchen & Lounge

11311 Euclid Ave
Cleveland, OH 44106
216 400-6590



NOURISH
The NEIGHBORHOOD

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Friday, April 4

11 a.m. – 5 p.m.

Thursday, April 17

9:30 a.m. – 3:30 p.m.

**UH Samaritan Medical
Center Auditorium**

663 East Main Street
Ashland, OH 44805

BIOMETRIC SCREENINGS

First Wednesday in March,
May, July, September, October,
December

9- 10:30 a.m.

Ashland YMCA

207 Miller Street
Ashland, OH 44805

SMOKING CESSATION

One on one consultations
available. *Call Amanda at
419-207-2306 for Information*



PARKINSON'S DISEASE RESOURCES:

Support Group

**1st Tuesday of the month |
10 a.m.**

**Ashland Wellness and
Community Center**

2130 Center Street
Ashland, OH 44805



EXERCISE & FITNESS

COPD & CARDIAC RESOURCES:

S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)

Walking support group for COPD
patients

Tuesdays and Thursdays

9 a.m.

The Keith Field House

Ashland High School
Ashland, OH 44805



MOBILITY AND BALANCE YOGA

**Second, Third & Fourth Tuesday
of the Month | 10 a.m.**

**Ashland Wellness and
Community Center**

2130 Center Street
Ashland, OH 44805

REGISTER TO BECOME A MEMBER TODAY

*If you are not a member of the **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event calendars, please email concierge@uhhospitals.org or visit the website below to register.*

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

COMMUNITY PROGRAMS

For more information about our programs, contact the Outreach Department at **UH St. John Medical Center at 440-827-5440**.

No screenings offered on holidays. Screenings may be canceled on days with inclement weather

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for health care providers. A course completion card will be provided. *This is a free class, but you must register at www.uhems.org. Call 440-735-3513 for information*

SENIOR SUPPER CLUB

Men and women over the age 60 may apply for a Supper Club card. Seniors can pick up their card up from the Westlake Center for Community Services or the North Olmsted Senior Center. Once they have the card, they may come to the cafeteria at UH St. John Medical Center and receive a 40 percent discount on all food except bottled beverages, specialty snacks and “Simply to Go” items. There is a \$10 limit per customer for the discount: after that, the items are full price.

EVERYDAY

4 – 5:30 p.m.

For more information, call North Olmsted Senior Center 440-777-8100 or Westlake Center for Community Services 440-899-3544. You must present your card to receive the discount.



OUTPATIENT NUTRITION COUNSELING

With extensive nutrition experience throughout each person's life cycle, Marge Robinson, MPH, RDN, LD, offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. A physician referral is required prior to visit.

St. John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145

Call 440-835-4426 to schedule

DIABETES EDUCATION CLASSES

The Diabetes Education Program at UH St. John Medical Center is committed to empowering the community to gain the knowledge, skills and confidence to thrive with diabetes.

Diabetes Self -Management

Classes: Day to day management of diabetes involves a lot of decision making: checking your blood sugar, knowing your diabetes numbers, taking medication, preventing complications, learning how to cope with chronic disease and staying motivated to make changes. We will also learn how to set goals to stay motivated.

Participants can choose what they would like to learn during class.

Nutrition for Diabetes Class: We will discuss nutrition, reading labels, meal planning and exercise to help manage diabetes. Bring recipes, food labels and all of your questions.

Diabetes Educator Follow-up:

After attending the above classes, participants schedule a one on one appointment with their diabetes educator. Together they will collaborate to track goals and discuss individual needs that may not have been covered during the group class discussions.

For scheduling or questions regarding these classes or virtual options, call DeAna Lewis 440-827-5341

Individualized education sessions

available for more personalized support. If you would like a plan based on your unique needs and preferences for meal planning, physical activity and diabetes self-management then these classes are for you. A physician referral is required.

UH St John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145

For scheduling or questions, call 216-844-1768

SUPPORT GROUPS

HOPE GROUP

A support group for newly diagnosed breast cancer individuals and for breast cancer survivors

Wednesday, April 2

5:30 – 7:30 p.m.

UH St. John Medical Center

Community Outreach Department
Suite R

29160 Center Ridge Road
Westlake, OH 44145

Call 440-827-5440 for information

COMMUNITY PROGRAMS

LEARN & EARN TALK SERIES

Join UH St John Medical speakers for a health talk series on the 4th Tuesday of each month through July. For each talk you attend, you can earn a raffle ticket for a prize. A snack/dessert will be provided by Right at Home. Call 440-777-8100 for more information.

Tuesday, April 22

12:30 p.m.

North Olmsted Senior Center

28114 Lorain Road

North Olmsted, OH 44070

RAIN & GARDEN EVENT

The City of Westlake will be hosting their Annual Rain Garden Show. The aim of this event is to raise awareness about stormwater quality issues and promote eco-friendly products and services. This year's theme is "How to Reduce Your Ecological Footprint," featuring BIG FOOT! UH St John Medical Center will be providing blood pressures and games. Hope to see you there.

Saturday, April 5

10 a.m.- 2 p.m.

Westlake Center for Community Services

Community Meeting Room

28975 Hilliard Blvd

Westlake OH 44145

EXERCISE & FITNESS

STROKE SURVIVORS

EXERCISE PROGRAM

There are many benefits to continuing regular physical exercise after a stroke. However, stroke survivors often face many challenges when attempting to find a place to exercise. University Hospitals Outpatient Rehab has created a program at the Westlake Community Center Exercise Room to help guide participants through their exercise program and answer questions. This program is intended for people who had a stroke and have graduated to outpatient rehabilitation and those who are looking for support while creating a regular exercise routine. People must be able to get off and, on the machines, independently or with help from a caregiver. We are asking each participant to discuss this with their physician and have a medical clearance form filled out.

There is a \$50 initiation fee and then an ongoing \$25 monthly fee to participate.

Tuesdays and Thursdays

3-4:30 p.m.

Westlake Center for Community Services

28975 Hilliard Blvd

Westlake OH 44145 *Please call UH SJMC Outpatient Rehab at 440-414-6050 with questions or to register for the program.*

HEALTH SCREENINGS

For more information about our programs, contact the Community Outreach Department at UH St. John Medical Center at **440-827-5440**. No screenings offered on holidays. Screenings may be canceled on days with inclement weather.

BLOOD PRESSURE SCREENINGS

Thursday, April 3

11:30 a.m.-1 p.m.

Westlake Center for Community Services

Community Meeting Room

28975 Hillard Blvd

Westlake, OH 44145

Wednesday, April 9

9:00 – 10:30 a.m.

Cove Community Center

12525 Lake Avenue (enter off Clifton) Lakewood, OH 44107

Thursday, April 10

10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room 28114

Lorain Road

North Olmsted, OH 44070

Monday, April 14

10:45-11:45 am

Fairview Park Senior Center 20769

Lorain Road

Fairview Park OH 44126



SUPPORT GROUPS

LEARN, LATCH, LOVE ~ BREASTFEEDING SUPPORT GROUP

Come and meet with other moms who are breastfeeding and have all your questions answered. This group is facilitated by Faye Wurstner-Reagan, Lactation Consultant.

Wednesdays

11 a.m.-1 p.m.

UH St John Medical Center

Community Outreach Department

SUITE R

29160 Center Ridge Road

Westlake OH 44145

For more information, call

440-827-5093

Wednesdays

5:30-7:30 p.m.

UH St John Medical Center

(Auditorium B)

29000 Center Ridge Road

Westlake OH 44145

For more information, call

440-827-5093

BALANCE SCREENING

Call **440-414-6050** for an appointment. Space is limited

HEARING TESTING

Testing and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Department.

Please call **440-835-6160**.



HEALTHY@UH PODCASTS

Medical information on the internet can be complex, difficult to understand and sometimes based on misinformation. UH is helping to change that by posting Healthy@UHpodcasts, representing a source of truth and establishing our institution as a leading provider of medical information online.

You can also go to

<https://www.uhhospitals.org/healthy-at-UH> and have the

opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser.

<https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>

REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event calendars, please email concierge@uhhospitals.org or visit the website below to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

Car Seat Installations for Caregivers and Grandparents

For all caregivers who need help with car seat installations or have questions about the safest way to transport their children or grandchildren in motor vehicles, getting expert advice and assistance just got a little easier. University Hospitals Rainbow Babies and Children's along with UH St. John and Parma Medical Centers will partner with the following west side fire stations to provide car seat checking stations, by Nationally Certified Child Passenger Safety (CPS) Technicians. UH Rainbow's Injury Prevention Center has had a car seat fitting station at the hospital's main campus in University Circle for more than 10 years. To schedule at: North Ridgeville Fire Station located at 7000 Ranger Way, North Ridgeville, OH 44039
Register: <https://www.nridgeville.org/ChildSafetySeat.aspx> or call 440-327-5311.
*****Installation for North Ridgeville residents only***

