



University Hospitals

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

AGE WELL. **BE WELL.** EVENTS DECEMBER 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

COMMUNITY PROGRAMS

CHAGRIN FALLS LIBRARY 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. Please call to register at: 216-491-2583

Thursday, December 11

10 – 11 a.m.

Chagrin Falls Library
100 E Orange St
Chagrin Falls, Ohio 44022

HEALTH SCREENINGS

BIOMETRIC SCREENING EVENTS

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

Friday, December 5

10 a.m.-2 p.m.

Senior DARS Expo

28601 Chagrin Blvd
Beachwood, OH 44122

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FREE blood pressure screenings.

Thursday, December 4

10 a.m.– 12 p.m.

Chagrin Falls Library

100 E Orange Street
Chagrin Falls, Oh 44022

Tuesday, December 9

9 – 11 a.m.

Mayfield Village Community Room

6621 Wilson Mills Road
Mayfield, OH 44040

****Registration required; please call
440-461-5163****

Tuesday, December 9

12 -1 p.m.

Campbell Court Apartments

16650 Van Aken Blvd
Cleveland, OH 44120

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS (con't.)

Wednesday, December 13

10 – 11 a.m.

Solon Senior Center

35000 Portz Parkway
Solon, OH 44139

Thursday, December 18

10:30 -11:30 a.m.

Warrensville Heights YMCA

4433 Northfield Road
Warrensville Heights, OH 44128

Thursday, December 18

12:30 - 1 p.m.

Beachwood Senior Center

25325 Fairmount Blvd
Beachwood, OH 44122

Winter safety tips



Stay warm indoors

- ❄ Keep blinds and curtains closed so your house doesn't lose heat through windows.
- ❄ Be aware that space heaters can cause fires and/or carbon monoxide poisoning.

Dress for cold weather

- ❄ Wear layers when you're outdoors and dress warm when you go to sleep.

..... Source: Centers for Disease Control and Prevention

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 PROGRAMS

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.

**Wednesdays: December 10 and
January 14**

12 - 1 p.m



EXERCISE & FITNESS

IRON YOGA

Energetic yoga class incorporating breath, postures which flow from one to the other with the addition of light dumbbells. This is an intermediate level class for those with experience with yoga.

Friday, December 5

8 - 8:45 a.m. (Studio 2)

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, December 8

10 - 10:55 a.m.

YOGA

Yoga poses with emphasis on effective movement and safety as well as breath and mindfulness techniques to leave you relaxed. Some experience with yoga is suggested but not required.

Thursday, December 18

6 - 6:55p.m.

SEASONAL QIGONG

Discover the ancient art of Qigong, a gentle yet powerful practice that integrates movement, breath, and self-massage to cultivate energy (qi) and enhance overall well-being. Suitable for all levels, this class focuses on improving balance, flexibility, and inner calm. Join us to learn a sequence for Autumn to release stress and support your natural healing process.

No special equipment or experience is needed—just bring comfortable clothing and an open mind.

Saturday, December 13

11-11:55 a.m. (Studio 2)

EXERCISE & FITNESS

CYCLING 45 mi. Pop Up

Low impact rhythmic cycling class to improve your endurance and burn calories. You set your pace and resistance.

Select Saturdays, Dec. 6, 13 20

8 - 8:45 a.m. (Spinning Studio)

BEGINNER CYCLING

Learn the proper way for bike set-up in this beginner level stationary cycling exercise class. Instructor will go through basic class formats, including hill and race training, and using watts to understand power generated from your cycling.

Saturday, December 27

10:30-11:15 a.m.

(1st Floor Cycling Room)

CARDIO KICKBOXING

Learn basic kickboxing techniques, including jabs, crosses, front kicks, sidekicks, and roundhouse kicks. The session starts with a warm-up, followed by kickboxing footwork, light dumbbell punches, and shoulder stability exercises. After a core workout, we do cardio kickboxing routines and finish with a cool-down to lower the heart rate and improve flexibility. Designed by a black belt in Karate and Jujitsu, the class is suitable for anyone aged 15 and up, with modifications for various fitness levels. Benefits may include increased energy, better body composition, and improved muscle tone.

Thursday, December 4 and 11

6:15-7p.m.



EXERCISE & FITNESS

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, December 20

11-11:45 a.m.

STRETCH MOBILITY

A full body series of stretches focusing on flexibility, mobility, and relaxation. Exercises are done standing as well as on the floor with a mat. Mats are provided if you do not own one. Saturday, December 6
8:15 - 9 a.m.

BEGINNER YOGA

This beginner yoga class includes basic poses to aid in strength, balance and flexibility. Breathing fundamentals are also included to improve overall relaxation.

Saturday, December 20

10:45-11:40 a.m.

BENEFITS OF YOGA

The potential health benefits of yoga are numerous and include stress reduction, increased fitness, management of chronic health conditions and weight loss. While not a cure, yoga can help some health conditions when combined with standard treatment, or can be an enjoyable supplement to a regular fitness routine.

EXERCISE & FITNESS

HOLIDAY LIGHTS RUN (OR WALK/JOG)

Head out into the Avon neighborhoods to see holiday light displays while you run or walk jog. Wear reflective gear and light on front and back. Participants are encouraged to have a buddy or ask the host for suggestions. There's a house at century lane off of Detroit road, which is about 1.75 miles away. We will head that way as an out and back makes a 5k. Arrive 10-15 minutes early especially if you are coming alone and need more information. You may also contact:
Renee.Barrett@uhhospitals.org
or 440-988-6822.

Tuesday, December 23

6- 6:45p.m.

WALL PILATES

Wall Pilates is a variation of the traditional Pilates only using a wall for resistance. This innovative approach helps to focus on alignment, balance, and core strength. You can use your feet, arms, back, or side to press against the wall while doing exercises. Participants are encouraged to bring their own mats, but we also have extras should you not own one.

Participants should be aware that both standing, lying, and seated poses will be included.

Saturday, December 6

10:30-11:15a.m.

UH VIRTUAL TALKS

University Hospitals provides live webinars focused on the prevention, diagnosis and treatment of a wide range of health conditions. Each session includes a presentation from experts followed by an audience Q&A session. These events are free and registration is required. Missed a live session? Don't worry, we record our talks so you can watch previous sessions. Visit the website below.

<https://www.uhhospitals.org/Health-Talks>



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, December 4, 11, 18
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, December 17

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

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!



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



THE MENOPAUSE MINDSET

Mind, Body & Soul Workshop Whether you're just entering this chapter or well into the journey, you'll leave with new tools, friendships, and a renewed sense of pride in your body and its wisdom.

Tuesday, December 2
6-7 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.

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 at 216-286-0386*

Wednesday, December 10
11 a.m. - 12 p.m.

FOOD WITH PURPOSE: HEALTHY HOLIDAY TREATS

Join Food with Purpose for a lively workshop where you'll discover healthy holiday recipes.

Monday, December 1
12 -1 p.m.

ESSELSTYN FOUNDATION WEBINAR: HOW TO GET ONES YOU LOVE OFF MEAT

A Comprehensive Guide to Encouraging Your Loved Ones to Embrace a Meat-Free Lifestyle. This webinar offers practical tips and strategies to help friends and family gradually reduce their meat consumption and discover the benefits of a plant-based diet.

Online Event
Tuesday, December 9
6:30-7:30 p.m.

COOKING DEMO: HOLIDAY SIDE DISHES

Join executive chef and registered dietitian for a cooking demonstration with a healthy holiday theme and easy-to-make recipe.

Tuesday, December 22
12-1 p.m.

To register for the cooking

demonstration, visit us on Eventbrite at "UH Richmond Wellness."

THE VOLT FITNESS CHARG'D UP CLASS

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

Saturday, December 6
12-1 p.m.

Messiah International Ministries
98 Center Rd
Bedford, OH 44146

Saturday, December 20
2:30 -3:30 p.m.

UH Drusinsky Field
3999 Richmond Rd,
Beachwood, OH 44122



AGE WELL. BE WELL.

UH Bedford Campus (con't.)

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, December 3
12 - 1 p.m.



HEALTH SCREENINGS

BIOMETRIC SCREENINGS

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

Saturday, December 6
9:30- 11:30 a.m.

Tuesday, December 16
9:30 - 11 a.m.

Thursday, December 18
1- 2 p.m.

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

Our Mission
To Heal. To Teach.
To Discover.



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesday, December 3

10 a.m.-1 p.m.

Bedford Heights Community Center

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

Wednesday, December 10

11 a.m. - 1 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, OH 44146

Thursday, December 11

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

Maple Heights Senior Center 15901

Libby Road
Maple Heights, OH 44137

Tuesday, December 9

2 - 5 p.m.

Maple Heights Library

5225 Library Lane
Maple Heights, OH 44137



UH Bedford Campus (con't.)

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.

Wednesday, December 10
3 - 4 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!

Friday, December 12
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, December 3, 17
6 -7 pm

Messiah International Ministries

98 Center Rd,
Bedford, OH 44146

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

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

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, December 8
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

NOURISH
The NEIGHBORHOOD



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.

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 Ann Vencill, RN, M.Ed., CDCES for 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

FREEDOM FROM SMOKING GROUP QUIT PROGRAM

Join the American Lung Association's seven-week quit smoking program. Overseen by a certified facilitator, you will learn: how to know if you are ready to quit, medications that can increase your success, lifestyle changes to make quitting easier, how to prepare for your quit day, coping strategies for managing stress and avoiding weight gain, and how to stay smoke free for good. **NO COST QUIT PROGRAM** Open to everyone.
Thursdays (5:30pm – 7:00pm)
Call 440-593-0372 or email christina.houghton@uhhospitals.org to RSVP.

Deadline to RSVP is Dec. 31, 2025
Minimum of 3 participants required for class to be held.
Our first session starts on Thursday, January 8th 2026, at 5:30pm

UH Geneva Medical Center
870 W. Main St.
Geneva, OH 44041

HEALTH SCREENINGS

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

FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)

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

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, December 17

5-6 p.m.

Becker's

3315 N. Ridge E
Ashtabula, OH 44004

For more information and to RSVP, call 440-593-0206

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 SCREENINGS

Tuesday, December 16
12:30 – 2 p.m.

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

Thursday, December 18
9:30-11:30am

Avon Senior Center
36786 Detroit Rd
Avon OH 44011

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



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, December 4

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

MATTER OF BALANCE WORKSHOP

Join us for FREE Matter of Balance Classes! By attending a Matter of Balance Class you will learn to manage concerns about falls, as well as set realistic goals for staying active, learn how to stay safe at home and complete exercises to increase strength and balance.

Every Tuesday & Thursday

January 6 - 30th

1-3 p.m.

4 week session - 2 classes per week. *To register please call Melissa Wheeler at 440-279-2167*

Chardon Senior Center

470 Center Street Building 8

Chardon, OH 44024

COMMUNITY PROGRAMS

MATTER OF BALANCE WORKSHOP

Join us for FREE Matter of Balance Classes! By attending a Matter of Balance Class you will learn to manage concerns about falls, as well as set realistic goals for staying active, learn how to stay safe at home and complete exercises to increase strength and balance.

Every Wednesday & Friday

February 4-27th

1-3 p.m.

4 week session - 2 classes per week. To register please call Hannah Heinz at 440-279-2167

Middlefield Senior Center

15820 Ridgewood Drive

Middlefield, OH 44062

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, December 1

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street

West Farmington OH 44491

Monday, December 8

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 | 3 p.m.

December 3

Headwaters Park (322 entrance)

15055 Mayfield Road

Huntsburg, OH 44046

December 10

Hidden Lake

7024 Kniffen Road

Leroy, OH 44077

December 17

Big Creek Spur (Maple Highlands Trail)

9280 Ravenna Road (across from

Tupelo Pond entrance)

Chardon, OH 44023



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>

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, December 1, 8, 15, 22, 29

Wednesdays, December 3, 10, 17

Fridays, December 5, 12, 19, 26

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

10 - 11 a.m.

Ohman Family Living at Holly

10190 Fairmount Road

Newbury, OH 44065

Call 440-632-3653 for Information

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, December 1

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, December 16

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call 440-279-2137 to register

CARDIAC SUPPORT GROUP

No Meeting in December

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, December 16

2- 3 p.m.

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call 440-279-2137 for 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*

SMOKING CESSATION

*Call 440-285-6015 for more
information*

RISK ASSESSMENTS

*Call Wellness Coordinator at
440-214-3330*

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

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

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*



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 December
10-11 a.m.

Every Tuesday in December
6 - 7 p.m.

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

Every Thursday in December
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 December
11 a.m. – 12 p.m.

Every Thursday in December
1 - 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 / Intermediate
Every Monday in December
5 - 7 p.m.

Beginner / Intermediate / Advanced
Every Friday in December
12- 2 p.m.

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 First and Third Saturday
10 - 11 a.m.

STEP AEROBICS WITH SHANAE

Steps Provided for 10 participants. Please register if you want to reserve steps or bring your own that you are comfortable with using already.

Every Thursday in December
5 – 6 p.m.



COMMUNITY PROGRAMS

THE MIRACLE on ERIE STREET 5K MIRACLE MILE WALK

Make this your new holiday tradition! Your participation in this event will help brighten up countless Christmas mornings for deserving families. Come to walk, run, and or be merry with us! We will have blood pressure screenings, health information and more! For more information about the Erie Street Miracles Call **440-650-7884** or to register: www.eriestreetmiracles.com

Saturday, December 6
11a.m. - 1 p.m.

Downtown Willoughby
4148 Erie Street
Willoughby, Ohio 44094

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 speakers, music therapy, fun contests, helpful tips, connection with others, support through your journey, cooking demonstrations. **To register or for questions:** Alecia.Crognale@UHhospitals.org | **Phone: 440-759-5114**

Tuesday, December 9
6 – 8 p.m.

**UH Brunner Sanden Dietrick
Wellness Center / Conference 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, December 6
9 a.m.– 12 p.m.

Tripoint Medical Center
7590 Auburn Road
Painesville, OH 44077

Saturday, December 20
9 a.m.– 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**

MEET SHAWN COOPER, RD, LD - YOUR PARTNER IN HEALTH

Struggling with weight changes, blood sugar issues, digestive discomfort, low energy, or cholesterol concerns? Nutrition can make a powerful difference. Shawn Cooper, Registered Dietitian, offers a supportive group weight loss program and personalized 1:1 counseling to help you feel better and take control of your health.

Insurance coverage may apply.

Call **440-710-7537** or email

Shawn.Cooper@uhhospitals.org to learn more or schedule your first session.

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 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, December 16
12 p.m.

Topic: Beyond the Scale: Decoding your Body Composition Report (Inbody Scan) The InBody goes beyond traditional body composition analysis, measuring body fat mass, skeletal muscle mass and total body water, as well as what the measurements mean to you. With these values, you can identify and track inflammation, swelling and even injuries while monitoring changes over time.



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

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

UH PARMA RETAIL PHARMACY

Monday-Friday - 8:30 a.m.-5:00 p.m.
Have UH Parma Retail meet your pharmacy needs- fill/transfer prescriptions today.

Use the QR code or call **440-743-1140**. Choose UH Parma Retail as your preferred pharmacy. **Free home delivery!**



BECOME A VOLUNTEER AT UH PARMA MEDICAL CENTER

Volunteers play a vital role in helping UH Parma Medical Center deliver exceptional, personalized care. Our volunteer program supports community wellness and raises funds to enhance the hospital's healing environment.

Just like our professional staff, our volunteers are committed to providing the highest standard of compassionate care and service with purpose and dedication.

If you're interested in making a meaningful impact, we'd love to welcome you to our team.

To Get Started:

Download and complete the volunteer application. click [here](#) to print, after completed mail it to:

Parma Hospital Volunteer Services

7007 Powers Boulevard
Parma, Ohio 44129-5495

Or fax to 216-474-0670

For more information or questions, contact us at 440-663-1975 or email

geralyn.novicky@uhhospitals.org

JOIN OUR TEAM AS A SPIRITUAL CARE VOLUNTEERS

The Parma Pastoral Care Department is looking for compassionate individuals interested in serving as Spiritual Care Volunteers. Under the guidance of our hospital chaplain, volunteers offer emotional and spiritual support to patients and their families during their time in the hospital. Comprehensive training and orientation are provided.

If you feel called to make a meaningful difference, please contact Chaplain Marian Mihas at marian.mihhas@uhhospitals.org or call 440-743-4295 for more information.

COLONOSCOPY SCREENING AND PREP MEDICATION OPTIONS EXPLAINED

Getting a colonoscopy doesn't have to be confusing or stressful. Join us for a friendly, informative session led by Megan Braund, PharmD, RPh clinical outpatient pharmacy specialist that specializes in gastroenterology care from UH Meds. She'll walk you through the current screening recommendations for colorectal cancer, explain when and how often you should be screening, and break down the different prep medication options available – including tips to make the process easier and more affordable. Whether it's your first time or you just want to better understand your choices, this session is designed to help you feel confident and prepared. *To register click the link <https://attend.cuyahogalibrary.org/event/14544588> or call 440-885-5362*

Wednesday, December 3
11- 12 p.m.

Cuyahoga County Public Library
Parma Powers Branch
6996 Powers Blvd.
Parma OH 44129

Our Mission
To Heal. To Teach.
To Discover.

COMMUNITY PROGRAMS (con't).

WHEN YOUR WORLD CHANGES: INSIGHTS ON GRIEF, LOSS AND THE ROLE OF A SUPPORT GROUP

Explore insights on the topic of grief and loss and their impact on individuals, families and friends. Reverend Marian Mihas, Chaplain at UH Parma Medical Center will discuss different types of grief, including the unique and challenge of holiday grief, and introduce a variety of healthy coping strategies. Special emphasis will be placed on the role and value of support groups in the healing process. Attendees will gain the practical insights, resources and a deeper understanding of grief and loss – equipping them to better care for themselves and others, while maintaining and improving their quality of life. *To register click on the like below <https://attend.cuyahogalibrary.org/event/14545860> or call 440-885-5362*
Thursday, December 4
1 – 2 p.m.

Cuyahoga County Public Library
Parma Powers Branch
6996 Powers Blvd.
Parma OH 44129

EXERCISE PROGRAMS

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 improve balance and build strength. Classes are taught by professionals trained in the Delay the Disease Program. No registration required. Join anytime. *For more information, call*

440-743-4932

Wednesdays, December 3, 10, 17

12:30 – 2 p.m.

UH Parma Health Education Center
7300 State Road
Parma, OH 44134

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

Free Blood Pressure Screenings at these locations (walk in).
Call 440-743-4932 for information

Wednesday, December 3

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

(Glucose Screening Included)

UH Parma Health Education Ctr.
7300 State Road
Parma, OH 44134

Wednesday, December 3

9-10:30 a.m.

North Royalton Office on Aging

13220 Ridge Road
North Royalton, OH 44133

Tuesday, December 9

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road
Broadview Hts., OH 44147

Wednesday, December 10

8 – 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive
Seven Hills, OH 44131

Thursday, December 11

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue
Brooklyn, OH

CANCELLED FOR DECEMBER

Independence Senior Center

6363 Selig Dr.
Independence, OH 44131

Friday, December 12

10 - 11:30 a.m.

Donna Smallwood Activities Ctr.

7010 Powers Blvd.
Parma, OH 4419

COMMUNITY BLOOD PRESSURE SCREENINGS (con't).

CANCELLED FOR DECEMBER

North Royalton Y.M.C.A.

11409 State Road
North Royalton, OH 44133

CANCELLED FOR DECEMBER

Cuyahoga County Library

Parma-Powers Branch

6996 Power Boulevard
Parma, OH 44129

BLOOD DRIVE

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](#)

Friday, December 19

11 a.m. – 5 p.m.

UH Parma Medical Center

7007 Powers Boulevard
Parma OH 44129



SUPPORT GROUPS

Held at UH Parma Health

Education Ctr. 7300 State Road
Parma, OH 44134

unless otherwise noted.

Call 440-743-4932 for information

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#.or in person at UH Parma Health Center, Room 2

Fridays, December 5, 12, 19, 26
4:30 p.m.



Our Mission
*To Heal. To Teach.
To Discover.*

NEW! EHLERS-DANLOS SYNDROME (EDS) SUPPORT GROUP

The University Hospitals Ehlers-Danlos Syndrome (EDS) Support Group provides a welcoming and compassionate environment for individuals living with EDS, their families, and caregivers. Facilitated by knowledgeable healthcare professionals and peer leaders, this group offers a safe space to share experiences, ask questions, and gain valuable insight into managing life with EDS. Meetings focus on education, emotional support, and community-building. We meet the second Monday of every month. Topics often include symptom management, navigating healthcare systems, coping strategies, and the latest research and treatments. Guest speakers such as geneticists, physical

therapists, and pain specialists may be invited to provide expert perspectives. Whether newly diagnosed or living with EDS for years, participants find encouragement, understanding, and practical tools to enhance their quality of life. The group is open to all EDS subtypes and strives to foster a sense of empowerment and resilience within the EDS community. There is no cost to attend. *For more information or to register, please contact Lauren Napoli, senior PTA at 440-877-9120 or via email at*

lauren.napoli@uhhospitals.org.

Monday, December 8

6:45 – 8:45 p.m.

North Royalton Library

5071 Wallings Road
North Royalton, OH

Room 123

STROKE & ARTHRITIS SUPPORT GROUP

This group is on pause until further notice

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. *Second Tuesday of each month. For more information and/or questions call 440-743-4932*

Tuesday, December 9

1 - 2:30 p.m.

BEREAVEMENT SUPPORT GROUP

You are invited to join our new Bereavement Support Group - a safe, confidential, and welcoming space to share experiences, find comfort, and explore healthy ways to cope with grief and loss. For questions or more information, please contact Chaplain Marian Mihas at

marian.mihhas@uhhospitals.org or call the Parma Pastoral Care Department at 440-743-4295

Thursday, December 11

1 – 2 p.m.

UH Parma Medical Center

7007 Powers Boulevard
Parma, OH 44134

Conference Room E (third floor)



COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, December 22

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

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

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

AMPUTEE WALKING CLINIC

Friday, December 5

3-5 p.m.

Yanke Bionics

303 W. Exchange Street

Akron, OH 44302



UH VIRTUAL TALKS

University Hospitals provides live webinars focused on the prevention, diagnosis and treatment of a wide range of health conditions. Each session includes a presentation from experts followed by an audience Q&A session. These events are free and registration is required. Missed a live session? Don't worry, we record our talks so you can watch previous sessions. Visit the website below.

<https://www.uhhospitals.org/Health-Talks>

UH Portage Medical Center, (con't).

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, December 2

11 a.m.- 1 p.m.

UH Portage Medical Arts Building,
Atrium
6847 N. Chestnut Street
Ravenna, OH 44266

Tuesday, December 9

11 a.m. – 1 p.m.

Renaissance Family Center, Lobby
9005 Wil Verne Drive
Windham, OH 44288

Thursday, December 18

11 a.m. – 1 p.m.

**UH Portage Professional Center
Lobby**
6847 N. Chestnut Street
Ravenna, OH 44266

HEALTH EDUCATION

HEALTHY HOLIDAYS INFORMATION TABLE

Gather information and nutritious festive recipes to keep your holidays healthy.

Wednesday, December 3

11 a.m. – 1 p.m.

**UH Portage Medical Center,
Cafeteria**

6847 N. Chestnut Street
Ravenna, OH 44266

DANCE FITNESS CLASS

Join us for these fun, introductory classes. No dance experience needed! *RSVP by calling*
330-297-2576

Monday, December 8

Monday, December 15

10 – 10:45 a.m.

UH Portage Medical Center -

Mangin Fitness Room
6847 North Chestnut Street
Ravenna, OH 44266

SELF CARE DURING THE HOLIDAYS

Holidays Tips

- Don't over-commit yourself
- Let go of unrealistic expectations
- Exercise
- Enjoy nature
- Limit alcohol
- Avoid isolation
- Listen to music or audiobook
- Maintain healthy eating habits
- Love on a pet
- Limit social media
- Meditate
- Seek support if needed



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, December 2, 16

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

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

Tuesday, December 9

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, December 20

2:30 - 3:30 p.m.

UH Ahuja Drusinsky Field

39999 Richmond Rd

Richmond Heights, OH 44143

UNIVERSITY HOSPITALS RICHMOND HEIGHTS: HEALTH & WELLNESS DAY

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.”

Tuesday, December 9

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.

Tuesday, December 9

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.



UH VIRTUAL TALKS

University Hospitals provides live webinars focused on the prevention, diagnosis and treatment of a wide range of health conditions. Each session includes a presentation from experts followed by an audience Q&A session. These events are free and registration is required. Missed a live session? Don't worry, we record our talks so you can watch previous sessions. Visit the website below.

<https://www.uhhospitals.org/Health-Talks>



UH Richmond Campus, (con't).

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.

Tuesday, December 9

10 a.m. - 1 p.m.



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, December 8

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

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

BIOMETRIC SCREENINGS

Free blood pressure, non-fasting cholesterol & non-fasting glucose screenings, and education.

Tuesday, December 9

10 a.m. - 1 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Hts., 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, December 5

11 a.m. - 5 p.m.

Thursday, December 18

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*

AMERICAN HEART ASSOCIATION HEART SAVER CPR FOR THE COMMUNITY

Thursday, December 11

2 - 4 p.m.

Samaritan Auditorium

663 East Main Street

Ashland, OH 44805

*Call 419-207-7856 for more
information or to register*

AMERICAN HEART BASIC LIFE SUPPORT CPR FOR THE COMMUNITY

Friday, December 19

2-4 p.m.

Samaritan Auditorium

663 East Main Street

Ashland, OH 44805

*Call 419-207-7856 for more
information or to register*

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

UH SAMARITAN RETAIL PHARMACY

Monday-Friday 8 a.m.-5:30 p.m.

Weekends/Holidays 8 a.m.-4 p.m.

Have UH Samaritan Retail meet
your pharmacy needs-fill/transfer
prescriptions today. Use the QR
code or call 419-289-9636.

Choose UH Samaritan Retail as
your preferred pharmacy. Free
home delivery!



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.



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 Visit: Before or after attending the above classes, participants schedule a one on one appointment with their diabetes educator. This visit will include an assessment of participant's unique life circumstances, needs and get assistance setting health goals that are important to them.

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

DIABETES EDUCATION CLASSES (con't.)

Individualized Diabetes Education

Visits: This is a great option for people needing more personalized guidance. Since everyone has their own unique situation related to eating habits, physical activity patterns, blood sugar patterns, medication plans and stress management, we partner with you to find a healthy yet realistic plan for living. **A physician referral is required.**

UH St John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145

For scheduling or questions, call **216-844-1499 option 1**

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition counseling experience throughout each person's life cycle, Matthew Bennett, RDN, LD, offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. Participants must obtain a physician's referral prior to their visit.

UH St John Health Center 26908 Detroit Road, Suite 100 Westlake, OH 44145

For scheduling or questions, call 440-835-4426



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, December 4

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

Westlake Center for Community Services

Community Meeting Room

28975 Hillard Blvd

Westlake, OH 44145

Monday, December 8

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road

Fairview Park OH 44126

Wednesday, December 10

9:00 – 10:30 a.m.

Cove Community Center

12525 Lake Avenue (enter off Clifton)

Lakewood, OH 44107

Thursday, December 11

10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room

28114 Lorain Road

North Olmsted, OH 44070

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.*

SUPPORT GROUPS

HOPE SUPPORT GROUP

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

Wednesday, December 3

5:30 – 7:30 p.m.

**UH St. John Medical Center
Community Outreach**

Department Suite R

29160 Center Ridge Road

Westlake, OH 44145

For information call

440-827-5440

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



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**

