



University Hospitals

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

AGE WELL. **BE WELL.** EVENTS JULY 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

SOUTH EUCLID WALKING CLUB

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

Tuesdays, July 1, 15, 29
12 -1 p.m.

Oakwood Green Nature Preserve
3761 East Antisdale Road
South Euclid, OH 44118

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.

Tuesdays, July 1, 15, 29

10-11 a.m

Southerly Park

15404 S. Woodland Rd
Shaker Heights, OH 4412

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FREE blood pressure screenings.

Wednesday, July 9

10 – 11 a.m.

Solon Senior Center

35000 Portz Parkway
Solon, Ohio 44139

Thursday, July 17

10 - 11a.m.

Warrensville Heights YMCA

4433 Northfield Road
Warrensville Heights, OH 44128

Thursday, July 17

12:30 - 1 p.m.

Beachwood Senior Center

25325 Fairmount Blvd
Beachwood, Ohio 44122

Thursday, July 31

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

Walton Hills Event Center

14660 Alexander Rd
Walton Hills, Ohio 44146

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?pwd=uZTfpaO9men7iXGOQBaxx57VD0GJf.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 SILVER STRETCH PRESENTATION

Grab a free coffee or tea from our café and join Fitness Instructor and Personal Trainer Rae Lynn Moore for this presentation where you will practice seated and standing stretches. She'll review the benefits, types of stretching and provide a regimen that you can do at home or on travel.

Thursday, July 17

10:30 a.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, July 9

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, July 11

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, July 14

10 - 10:55 a.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 sitting poses will be done.

Saturday, July 12

10:30 - 11:15 a.m.



EXERCISE & FITNESS

DOG WALK

Join our Fitness Specialist and Dog Lover for this fun and free outside event! We walk the adjacent neighborhood Clifton Way/Lake Pointe Dr. loop. Guests are welcome, but please register.

Friday, July 18

5:30 p.m.

BETTER BALANCE

This is for a person of any age and ability. The focus is on improving one's strength, flexibility, stamina, and sensory concentration. Exercises can be done seated or standing (mat needed). Modifications will be given. The overall goal of the class is to improve these life-long skills to enhance the value of one's longevity.

Saturday, July 19

11:00 - 11:45 a.m.

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, July 17

6:15-7p.m.

EXERCISE & FITNESS

SIT FIT SENIORS

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, July 26

11-11:55a.m.



KEY HEALTH BENEFITS OF CHAIR EXERCISE

Physical Health Benefits

- Improves Circulation – Helps keep blood flowing properly, reducing the risk of blood clots.
- Increases Flexibility & Range of Motion – Regular movement of joints can reduce stiffness.
- Strengthens Muscles – Builds muscle strength in the legs, arms, and core using seated movements.
- Enhances Balance & Coordination – Helps prevent falls, especially in seniors.
- Supports Heart Health – Low-impact cardio chair exercises can boost heart rate safely.
- Reduces Joint Pain – Gentle movement can ease arthritis symptoms and reduce inflammation.
- Improves Posture – Strengthening core and back muscles helps with alignment and back support.

Mental & Emotional Benefits

- Boosts Mood – Physical activity releases endorphins, which can reduce stress and depression.
- Improves Cognitive Function – Movement supports brain health and memory.
- Builds Confidence – Regular activity can increase independence and self-esteem.

GROUP RUN (or Run/Walk)

Join us for a 1 mile, 2 mile or 3.1 mile run as an opportunity to meet other runners in the area. We run into the adjacent neighborhoods using Clifton Way and Garden Street. All paces are welcome including those who use a run/walk method. 1 mile, 2 mile and 3.1 mile (5k) route. Be sure to sign in prior to the run and check in when you done.

Wednesday, July 9

6 p.m.

MOBILITY AND STRETCH

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, July 19

8:15-9:00 a.m.

SUPPORT GROUP

PARKINSON'S SUPPORT GROUP

The Group Is A FREE Parkinson's Disease Support & Discussion Community. Join us for meaningful conversations, shared experiences, and unwavering support.

Whether you're living with Parkinson's or caring for someone who is. Join us every other week following the Delay the Disease Class. We start at 12:10p.m. and continue to 1p.m. The Group Meets in the First Floor Conference Room.

There's no registration required.

Just show up.

July 10, August 14 and 28.

12:10.-1 p.m.

Our Mission
To Heal. To Teach.
To Discover.

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, July 3, 17, 24, 31

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, July 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, July 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



LUNCH & LEARN: SMART EATING 101

Join us for a nutrition education class packed with practical tips for healthier eating. Discover how to read food labels, modify recipes to enhance nutrition, master portion control, and more! This class will equip you with the tools and knowledge to make smarter, healthier food choices in your daily life. Participants can sign up and attend one of the class sessions.

Wednesday, July 14

2 -3 p.m.

Monday, July 21

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

Friday, July 26

12 - 1 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.



FOOD WITH PURPOSE: HEALTHY BBQ SIDES

Join Food with Purpose for a lively workshop where you'll discover healthy holiday recipes. Enjoy a live cooking demonstration and learn tips to create delicious, nutritious dishes that will elevate your seasonal celebrations.

Monday, July 7

12 -1 p.m.

ESSELSTYN FOUNDATION: COMMON HURDLES TO HEALTHIER EATING VIA ZOOM

40% of Americans are considered to be obese. Heart disease kills over 600,000 people a year. Master educator Brian Hart leads this session which explores why it is so hard for us to change eating habits. Special consideration is given to "how we got here" as a species and culture, the "pleasure trap" we all get caught in, as well as how to overcome common hurdles and challenges to healthier eating.

Tuesday, July 1

6 - 7 p.m.

FOOD STRONG CULINARY & GARDEN WORKSHOP

Join Food Strong in this series of interactive wellness workshops as we explore the connections of growing your own and eating healthy fresh foods with our individual and community health. Be prepared for hands-on participation as we cook, grow, and heal together!

Wednesdays, July 2, 9, 16, 23, 30

12 -1 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.

MASTERCLASS: SKIN HEALTH

Your skin does way more than you think and dermatologist are breaking it down for you in this Masterclass. From shielding your body to showing signs of your health, understanding your skin is the first step to keeping it strong. Let's learn together and take care of our skin as a community. *If you have any question contact Susan Packard at 216-286-0385*

Friday, July 18

12 - 1 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.



HIKE & SNACK

Hike & Snack: Join us for a scenic hike followed by tasty snacks! Explore beautiful trails, enjoy fresh air, and connect with nature. This event is perfect for seasoned hikers and newcomers alike. *Details on the location will be found on the Eventbrite registration page.*

Monday, July 7
3 - 4 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

NEIGHBORHOOD CONNECTIONS

Drop in for coffee, conversation, and neighborhood community connections! This is a time to build new friendships, create a welcoming space to share ideas, celebrate cultural differences, similarities, and support one another. We invite you to join us and be part of this special opportunity for community connections., SIOH Screenings, and Health and Wellness Education. You are welcome to bring your own lunch. *Contact Susan Packard at 216-286-0385, if you have any question.*

Monday, July 21
12 -1 p.m.

RESISTANCE TRAINING

Resistance training, also known as strength training, involves performing exercises that engage various muscle groups, leading to enhanced muscle tone and increased strength. By using weights, resistance bands, or even body weight, this training method not only sculpts and defines the muscles but also improves overall physical performance and endurance. Regular participation in resistance training can significantly boost your confidence and contribute to better health and fitness.

Tuesday, July 15
9-10 a.m.

POSTURE, PAIN & MOVEMENT WITH CLEVELAND BIOMECHANICS

Feel Better. Move Easier. Stay Strong. Join Chad Gourley, Human Biomechanics Specialist and co-owner of Cleveland Biomechanics, for a class designed to help you move with greater ease, reduce everyday aches and pains, and build the strength and mobility needed for an active lifestyle. No experience is needed, and all movements can be adapted to meet your individual needs. Come as you are, and leave feeling better in your body.

Wednesday, July 30
1:30 -2:30 p.m.

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesday, July 2 and 16
10 a.m.-1 p.m.

Bedford Heights Community Center

5615 Perkins Road
Bedford Heights, OH 44146

(Bedford Heights 60 community members only)

Wednesday, July 23
11 a.m. - 1 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, OH 44146

Thursday, July 31
10:45 a.m.-12:30 p.m.

Maple Heights Senior Center

15901 Libby Road
Maple Heights, Ohio 44137

Tuesday, July 1
6:30 - 8:30 p.m.

Maple Hts. Music in the Parks Series

Stafford Park
Maple Heights, OH 44137

BIOMETRIC SCREENINGS

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

Tuesday, July 15, 22
2 - 3p.m.

UH Wellness Center at Bedford

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

AGE WELL. BE WELL.

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, July 23

10:30 - 11:30 a.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, July 11

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, July 2, 16

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, July 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, July 9

10:30 -11:30 a.m.

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, July 5

12 -1 p.m.

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."

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



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*

LIVING WELL WITH DIABETES

Discover practical strategies and innovative approaches to managing diabetes effectively in the presentation “Living Well with Diabetes.” This session will explore how lifestyle changes and medical advancements can empower individuals to improve their health and quality of life.

Provider Spotlight:

**Linda Karas, MD, FACS – Bariatric
and Minimally Invasive General
Surgery**
**Lori Ann Vencill, RN, M.Ed.,
CDCES – Community Educator**

*Seating is limited. Please RSVP by
July 18th to Denise Brown at
440-593-0206.*

Wednesday, July 23

12-1 p.m.

Villa at the Lake

48 Parish Rd.
Conneaut, OH 44004

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 @
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



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, July 15

12:30 – 2 p.m.

Avon Lake Senior Center

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

BLOOD PRESSURE SCREENING

Thursday, July 17

9:30 – 11 a.m.

Avon Senior Center

36784 Detroit Road
Avon, OH 44011

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, July 2

10:30 - 11:30 a.m. *(New Time)*

Faith Baptist Church

400 North Lake Street
Amherst, OH 44001

UH GOLDEN WALKING CHALLENGE

We would like to invite you to join us for a senior walking challenge. We will have a quick talk on different topics and then walk the track. Walkers will earn one raffle ticket for each walk that they attend. Additional opportunities to earn tickets will also be provided. There will be prizes awarded at the end of the challenge! Call your local Senior Center to participate. Avon, Avon Lake, Bay Village, Fairview, Lakewood, North Olmsted, North Ridgeville, Rocky River or Westlake.

Tuesdays (July 4-August 28)

7:30 am

**UH St John Medical Center
Walking Track (by the pond)**

29000 Center Ridge Rd
Westlake OH 44145

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



AGE WELL. BE WELL.

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, July 3

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

SIMPLE COOKING WITH HEART

Join us for a healthy, hands-on cooking demonstration presented by our very own registered dietitian, Stephanie and Executive Chef Joe. Enjoy a free healthy and appetizing meal. *Space is limited, registration required. Call 440-214-3180.*

Wednesday, July 16

3 - 4:30 p.m.

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

13207 Ravenna Road

Middlefield, OH 44026

GARDENING FOR LIFELONG HEALTH: CONTAINER GARDENING

Wednesday, July 9

3 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

PORTION DISTORTION: UNDERSTANDING STANDARD VS LARGE PORTIONS

Over the past few decades, portion sizes have dramatically increased, a phenomenon known as "portion distortion." Understanding the difference between standard serving sizes and today's oversized portions is key to making healthier food choices.

Monday, July 14

2 - 3 p.m.

Ohman Family Living at Holly

10190 Fairmount Road

Newbury, OH 44065

Monday, July 21

2 - 3 p.m.

Ohman Family Living at

BriarCliff

14807 N. State Avenue

Middlefield, OH 44062

Monday, July 28

2:30 - 3:30 p.m.

Ohman Family Living at

Blossom

12496 Princeton Road

Huntsburg, OH 44046

Call 440-632-3653 to register

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, July 7

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street

West Farmington OH 44491

Monday, July 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)

Thursdays | 9 a.m.

July 3

Welton's Gorge

13973 Hale Road

Burton, OH 44021

July 10

Frohring Meadows

16780 Savage Road

Bainbridge OH 44023

July 17

Headwaters Park

13365 Old State Road

Huntsburg, OH 44065

July 24

Skok Meadow

12415 Concord-Hambden Road

Concord, OH 44077

July 31 (Walk & Breakfast)

South Russell Village Park

1000 Bell Road

Chagrin Falls, OH 44022

Afterwards breakfast at

The Sleepy Rooster

5210 Chillicothe Road,

Chagrin Falls, OH 44022 44060)



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, July 7, 14, 21, 28

Wednesdays, July 2, 9, 16, 23, 30

Fridays, July 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, July 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, July 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, August 18

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, July 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

MAPLE SPLASH 2025

Come together for an engaging event filled with fun, food, entertainment and prizes! Stop by UH table for valuable resources, health screenings, and more.

Saturday, July 12

2 - 9 p.m.

Burton Century Village

14653 Park St.

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*



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 July

10-11 a.m.

Every Tuesday in July

6 - 7 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.

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 July

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

Every Thursday in July

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 July

11 a.m. - 12 p.m.

Every Thursday in July

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 July

5 - 7 p.m.

Beginner / Intermediate / Advanced

Every Friday in July

12- 2 p.m.

FREE SKIN AND HAIR SCREENING WITH DERMATOLOGIST

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, July 3

5:30 - 7:30 p.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

5 - 6 p.m.

COMMUNITY PROGRAMS

34th ANNUAL WILLOUGHBY ARTSFEST

Located in the heart of downtown Willoughby, boutiques and shops line downtown Willoughby's streets. We will be there with health information, screenings and blood pressure checks.

Saturday, July 19

10 a.m. - 5 p.m.

Downtown Willoughby

28 E Spaulding St
Willoughby, Ohio 44094

CONCORD SUMMER CONCERTS

Concord summer concerts have become a well-loved local tradition! Enjoy a summer concert and check your blood pressure! <https://concordtwp.com/community/activities/summer-concerts/>

Thursday, July 3
6:30 p.m. - 8:30 p.m.

Thursday, July 10

6:30 p.m. - 8:30 p.m.

Thursday, July 17

6:30 p.m. - 8:30 p.m.

Thursday, July 31

6:30 p.m. - 8:30 p.m.

Thursday, July 31

6:30 p.m. - 8:30 p.m.

The Gazebo at Town Hall

7229 Ravenna Rd
Concord, OH 44077

LAKE COUNTY FAIR

Stop by our tent throughout this year's Lake County Fair. Friday is Seniors Day at the fair with those over 60 years old admitted free until 3 pm. Blood pressures will be taken at this event. *Any fair questions can be directed to the fair office: 440-354-3339*

Tuesday, July 22

9 a.m. - 9 p.m.

Wednesday, July 23

9 a.m. - 9 p.m.

Thursday, July 24

9 a.m. - 9 p.m.

Friday, July 25

9 a.m. - 9 p.m.

Saturday, July 26

9 a.m. - 9 p.m.

Sunday, July 27

9 a.m. - 9 p.m.

Lake County Fairgrounds

1301 Mentor Avenue
Painesville, Ohio 44077

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, July 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, July 5

9 a.m. - 12 p.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

Saturday, July 19

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 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, July 17

6-7 p.m.

Fitness: Water Work: Pool

Activities, Benefits and Risks

Nutrition: Plant Based Diet Made Easy



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

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, then mail it to:

Parma Hospital Volunteer Services

7007 Powers Boulevard
Parma, Ohio 44129-5495

For more information or questions, contact us at **440-743-4287** or email kimberly.tomblin@UHhospitals.org

UNDERSTANDING ALZHEIMER'S DISEASE: INSIGHTS, TREATMENT OPTIONS AND THE ROLE OF PHARMACY IN CARE

Join Kyle Duale, PharmD, Clinical Specialist Neuromuscular & Memory Care Clinical Outpatient Pharmacist, UH Meds for a presentation that will provide an overview of Alzheimer's disease, including its symptoms, stages and impact on individuals and families and the critical role pharmacists play in the management of Alzheimer's disease. The pharmacist will discuss current treatment options, including medications aimed at managing symptoms and slowing progression, as well as emerging therapies. Attendees will gain a deeper understanding of the vital role pharmacists play in supporting patients with Alzheimer's, from medication management to providing guidance on caregiving and maintaining quality of life. To register click [here](#) for the link or call **440-885-5362**.

Thursday, July 24
6- 7 p.m.

Parma- Powers Library
6996 Powers Blvd.
Parma, OH 44134

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!**



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.mihas@uhhospitals.org or call **440-743-4295** for more information.

SAVE THE DATE CITY OF PARMA FAMILY SAFETY DAY

Saturday, August 9

11 a.m. – 2 p.m.

Fun activities for everyone!

Bike helmet giveaway for children

And so much more!

Parma Justice Center
5555 Powers Boulevard
Parma, OH 44129

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, July 2

NEW TIME:

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road
Parma, OH 44134

Wednesday, July 23

GRAND OPENING

NEW North Royalton Senior Center

13220 Ridge Road
North Royalton, OH 44133
Ribbon Cutting ceremony at 10 a.m. followed by an open house with tours of the newly renovated facility. The band "The Bill and Nancy Show" will perform at 11:30 a.m. Free blood pressure screenings and other activities are planned.

Tuesday, July 8

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road
Broadview Hts., OH 44147

Wednesday, July 9

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive
Seven Hills, OH 44131

Thursday, July 10

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue
Brooklyn, OH 44144

COMMUNITY BLOOD PRESSURE SCREENINGS (con't).

Friday, July 11

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

Independence Senior Center

6363 Selig Drive
Independence, OH 44131

Friday, July 11

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard
Parma, OH 44129

Monday, July 14

10 a.m. - 12 p.m.

Cuyahoga County Library Parma-Snow Branch

2121 Snow Road
Parma, OH 44134

Tuesday, July 22

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road
North Royalton, OH 44133

Tuesday, July 28

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

Cuyahoga County Library Parma-Powers Branch

6996 Power Boulevard
Parma, OH 44129

Non-Fasting Cholesterol Screening

Wednesday, July 16

9 a.m. - 11 a.m.

Free. Includes total cholesterol, HDL, and blood sugar. **Appointment required**

Call 440-743-4932

EXERCISE

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, July 2, 9, 16, 23, 30

12:30 - 2 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134



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/edataintegration> Pin code: 741776

or call 518-263-8271 pin: 741776#.

Fridays, July 11, 18, 25

4:30 p.m.



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, July 14

6:45 – 8:45 p.m.

North Royalton Library

5071 Wallings Road
North Royalton, OH

Room 123

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, July 14
12:30 – 2:p.m.

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, July 8

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 reach contact Chaplain Marian Mihas at marian.mihas@uhhospitals.org or call the Parma Pastoral Care Department at **440-743-4295**

Thursday, July 10

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, July 21

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

MYCHART FOR MY 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!

Wednesday, July 30

10 – 11 a.m.

UH Portage Medical Arts Building, Room #150

6847 North Chestnut Street

Ravenna, OH

RSVP by calling 330-297-2576

Our Mission
To Heal. To Teach.
To Discover.

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 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: ww.kellysgriefcenter.com Call

330-593-5959 for Information

AMPUTEE WALKING CLINIC *(no clinic in July)*

UH Portage Medical Arts Building, Room 150

6847 North Chestnut Street,

Ravenna, OH 44266

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, July 8

11 a.m. – 1 p.m.

Renaissance Family Center

9005 Wil Verne Drive

Windham, OH 44288

Thursday, July 17

11 a.m. – 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street

Ravenna, OH 44266

Wednesday, July 23

11 a.m. - 1 p.m.

UH Streetsboro Health Center

5318 OH-14

Streetsboro OH 44241

Thursday, July 31

11 a.m. – 1 p.m.

UH Portage Professional Building

6847 N. Chestnut Street

Ravenna, OH 44266

PORTAGE PARKS DISTRICT PRESENTS: HIKE WITH A UH EXPERT

Join UH Portage Medical Center's Mackenzie Ela, PA-C to learn more about the benefits of physical activity and orthopedic health.

Tuesday, July 22

5 – 6 p.m.

Morgan Park

8828 OH-44

Ravenna, OH 44266

To reserve a spot, RSVP to

330-297-7728

HAYMAKER FARMER'S MARKET

Please join us at the market and receive FREE information on summertime nutrition and wellness. *(Outdoor market under the Haymaker overpass between Main St. & summit St.)*

Saturday, July 19

9 a.m. – 1 p.m.

HEALTH & WELLNESS BENEFITS OF HIKING

Mental & Emotional Benefits

Reduces Stress & Anxiety

Boosts Mood

Improves Focus & Creativity

Fights Depression

Physical Health Benefits

Cardiovascular Fitness

Muscle Strengthening

Improves Balance & Coordination

Weight Management

Other Health Benefits

Boosts Immune System

Improves Bone Density

Supports Joint Health

Social & Lifestyle Benefits

Encourages Social Connection

Promotes Mindfulness & Gratitude



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, July 1, 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.

Tuesday, July 8

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, July 19

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.”***

Tuesday, July 8

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, July 8

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.

RICHMOND HEIGHTS SUMMER CONCERT SERIES

Come out and enjoy an evening of good music and entertainment at Richmond Heights Community Park. UH will have a table offering health and wellness information, free blood pressure screenings and health education and resources.

Wednesday, July 2, 16, 23, 30

6:30-8:30 p.m.

Richmond Heights Community

Park 27285 Highland Road

Richmond Heights, OH 44143



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, July 8

10 a.m. - 1 p.m.



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, July 21

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.

Saturday, July 30

9 a.m.-12 p.m.

Eucild Hunger Center

291 E. 222nd Street
Euclid, OH 44123

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

Thursday, July 17

9:30 a.m. – 3:30 p.m.

UH Samaritan Medical Center Auditorium

663 East Main Street Ashland, OH 44805



MID-WEEK FARMER'S MARKET

Every Wednesday starting June 4th through October 8th 4- 6 p.m.

Samaritan on East Main Street Parking Lot

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, July 10

10 a.m.- 12 p.m.

Samaritan Auditorium

663 East Main Street Ashland, OH 44805

AMERICAN HEART ASSOCIATION BLS FOR THE COMMUNITY

Thursday, July 24

10 a.m.- 12 p.m.

Samaritan Auditorium

663 East Main Street Ashland, OH 44805

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



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.*

***"Dating in A Digital World"-
presented by Michelle Kendell, RN***

Tuesday, July 22
12:30 p.m.

North Olmsted Senior Center
28114 Lorain Road
North Olmsted, OH 44070

UH GOLDEN WALKING CHALLENGE

We would like to invite you to join us for a senior walking challenge. We will have a quick talk on different topics and then walk the track. Walkers will earn one raffle ticket for each walk that they attend. Additional opportunities to earn tickets will also be provided. There will be prizes awarded at the end of the challenge! Call your local Senior Center to participate. Avon, Avon Lake, Bay Village, Fairview, Lakewood, North Olmsted, North Ridgeville, Rocky River or Westlake.

Tuesdays, (July 8 - August 26)
7:30 a.m.

UH St. John Medical Center
Walking Track (by the pond)
29000 Center Ridge Road
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, July 3
11:30 a.m.-1 p.m.
Westlake Center for Community Services
Community Meeting Room
28975 Hillard Blvd
Westlake, OH 44145

Wednesday, July 9
9:00 – 10:30 a.m.
Cove Community Center
12525 Lake Avenue (enter off Clifton) Lakewood, OH 44107

Thursday, July 10
10:45 -11:45 am
North Olmsted Senior Center
Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

Monday, July 14
10:45-11:45 am
Fairview Park Senior Center
20769 Lorain Road
Fairview Park OH 44126

UH St. John Medical Center, a Catholic Hospital, (con't)

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

HOPE GROUP

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

Wednesday, July 2

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**

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.



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**

