



University Hospitals

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

AGE WELL. **BE WELL.** EVENTS JUNE 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

NORTHFIELD VILLAGE FIRE DEPARTMENT OPEN HOUSE

The Northfield Fire Department will be hosting an Open House. This FREE community event will feature family-friendly activities, education and fun! Ahuja Medical Center will be present to provide education, giveaways and blood pressure screenings!

Saturday, June 14

10 a.m. - 2 p.m.

Northfield Village Fire Department

10721 Northfield Rd

Northfield, OH 44067

CHAGRIN FALLS LIBRARY HEART HEALTH PRESENTATION

Matthew Nichols, Ahuja Medical Center's Chest Pain Coordinator, will share his knowledge on heart attack symptom awareness and the importance of heart health. In the United States, someone has a heart attack about every forty seconds. He will discuss the risk factors associated with heart attack, how to recognize signs and symptoms of a heart attack and what you can do to stay healthy.

Wednesday, June 4

10 - 11 a.m.

Chagrin Falls Library

100 East Orange Street

Chagrin Falls, Ohio 44022

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FREE blood pressure screenings.

Saturday, June 14

10 a.m. - 2 p.m.

Northfield Village Fire Department

10721 Northfield Road

Northfield, Ohio 44067

Thursday, June 19

10 - 11 a.m.

Warrensville Heights YMCA

4433 Northfield Road

Warrensville Heights,

Thursday, June 19

12:30 - 1 p.m.

Beachwood Senior Center

25325 Fairmount Blvd

Beachwood, Ohio 44122

Thursday, June 19

4 - 7 p.m.

Beachwood Juneteenth &

Biometrics

Beachwood High School

25100 Fairmount Blvd.

Beachwood, OH 44122

BIOMETRIC SCREENING EVENTS

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

Saturday, June 7

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

Bethany Baptist Church -

Kingdom Korner Resource Fair

12111 East 105th Street

Cleveland, Ohio 44108

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.

Tuesday, June 17

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.

Tuesday, June 3 and 17

10-11 a.m.

Southerly Park

15404 S. Woodland Rd

Shaker Heights, OH 44120

SUPPORT GROUPS

STROKE SURVIVOR SUPPORT GROUP

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

Second Tuesday of each Month

1-2 p.m.

UH Rehabilitation Hospital

23333 Harvard Road

Beachwood, OH 44122

BRAIN INJURY CAREGIVER SUPPORT GROUP

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

ZOOM MEETING

Fourth Wednesday of each Month

12 p.m.

Join Zoom Meeting

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

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

Meeting ID: 959 2757 1647 Passcode: 8k6C94

Avon Health Center
1997 Healthway Drive
Avon, OH 44011

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

COMMUNITY EDUCATIONAL **AVON VS. AVON LAKE CHALLENGE**

Kick off your summer with a little Community Camaraderie. In our 10th year, we have the cities of Avon and Avon Lake go head-to-head and open our doors to residents (or those who work there) to come in to enjoy our award-winning facility, to try out our programs and to have a little accountability for the summer. Registration is open now through June 12, but pre-program wellness assessments are May 19 to June 12. Stop by to get a tour and to enroll. Just \$25 gives access all summer on Tuesday OR Thursday as well as select other days for specialty classes should you be interested. 15 and older. **Program is: June 10 to August 14| Registration is open through June 12.**

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, June 11
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, June 6
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, June 16
10 - 10:55 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, June 6
5:30 p.m.

HAVIN' A BALL

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

Saturday, June 14
11 a.m. - 12:30 p.m.

YOGALATES

Yogalates is an exercise inspired by Yoga and Pilates. It harnesses the physical and mental benefits of both practices and is a comprehensive exercise practice. It is done using a yoga mat, on the floor, as well as standing poses to develop strength, flexibility, balance, and posture. Modifications will be offered.

Saturday, June 21
11-11:55 a.m.

GLOBAL RUNNING DAY

Join us for a 1 mile, 2 mile or 3.1 mile run in celebration of Global Running Day. We will be running 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. There's a chance to earn some door prizes as well. Be sure to sign in prior to the run and check in when you done.

Wednesday, June 4
6 p.m.



EXERCISE & FITNESS **SIT FIT SENIORS WITH CRISSY**

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

Saturday, June 7 and 28
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.

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.

June 12 and 26,

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, June 5, 12, 19, 26

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, June 18

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, June 16

1 -2 p.m.

UH Wellness Center at Bedford

88 Center Road

Medical Office Building

Bedford, OH 44146

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

How It Works:

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

Current offerings include:

Exercise classes:

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

Cooking Demonstrations and Nutrition Education

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

Social Needs Screenings & Resource Connection

Art and Music Therapy

Wellness Dimensions Education Series

Master Classes and more!



THE NEW UH COMMUNITY WELLNESS CENTER

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

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

Preventive Services:

- Health education classes
- Health screenings
- Community programming

Enhanced Access to Care:

- Telehealth services
- Community health worker on site

Healthy Food:

- Teaching Kitchen

HOURS OF SERVICE:

Monday: 9 a.m. - 6 p.m.

Wednesday: 9 a.m. - 7 p.m.

Friday: 9 a.m. - 5 p.m.

Saturday (1st Saturday of each month): 9 a.m. - 1 p.m.

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

UHhospitals.org/Bedford



COOKING DEMONSTRATION

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

Friday, June 6

12 - 1 p.m.

Registration required

Ellenwood Center

124 Ellenwood Avenue (under the pavilion in the back)
Bedford, OH 441146

LUNCH & LEARN: NUTRITION FOR BRAIN HEALTH

Lunch & Learn: Discover how nutrition can transform your brain health. This class explores how good nutrition plays a vital role in maintaining brain health and cognitive function. By the end, you'll know how to nourish your brain through a healthy diet.

Wednesday, June 18

11 a.m. - 12 p.m.

Monday, June 23

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

UH Wellness Center at Bedford

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

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

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

LIVE LOVE: COOKING YOUR WAY TO BETTER LIVER HEALTH

Join Food with Purpose for a culinary inspiration workshop and demo. Discover how food can support your liver and overall well-being!

Monday, June 9

1:30 - 2:30 p.m.

WELL-BEING DIMENSIONS WORKSHOP SERIES

Mindfulness and Meditation:

Explore the Masterclass Series Mindfulness and Meditation, featuring the renowned Jon Kabat-Zinn. Discover powerful techniques and insights that will enhance your well-being and empower you to cultivate a more profound sense of awareness daily. Light refreshments will be provided. *Call 440-735-4270 for more information*

Monday, June 30

2 - 3 p.m.

LUNCH & LEARN: Your Kidney's & You

The kidneys are vital organs that filter waste from the blood, regulate blood pressure, and balance electrolytes. Good nutrition is essential for kidney health, as it directly affects their function. A balanced diet with a variety of fruits, vegetables, whole grains, and lean proteins supports kidney health. Foods high in antioxidants and omega-3 fatty acids can reduce inflammation and protect kidney tissues. Staying hydrated is also crucial, as it helps flush out toxins and prevents dehydration that can stress the kidneys.

Wednesday, June 25

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.

PARKING LOT PARTY AT 4 ELEVEN LOUNGE

Join us for a delightful experience featuring a variety of healthy food samples that promote nutritious eating. In addition to these tasty options, we will provide valuable health and wellness information, including free screenings to assess your needs. Explore informative resources on nutrition and connect with experts who can guide you on your journey to a healthier lifestyle. Discover community resources and a range of services dedicated to enhancing your health and well-being - all at this welcoming event.

Saturday, June 7

3 - 7 p.m.

4 Eleven Lounge

411 Northfield Road
Bedford, OH 441146



UH Bedford Campus (con't.)

HIKE & SNACK

Hike & Snack: Join us for a delightful outdoor adventure combining a scenic hike with tasty treats! We'll explore beautiful trails, enjoy the fresh air, and connect with nature. After the hike, we'll gather for a delicious snack, perfect for refueling and socializing. Whether you're a seasoned hiker or just looking for a fun way to spend the day, this event is a great opportunity to enjoy the outdoors and meet new friends. Location will be listed on the Eventbrite registration page.

Monday, June 30

3:30 - 4:30 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



FOOD IS MEDICINE GATHERING GARDEN

Tuesday, June 3

10 - 11 a.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

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, June 14

12-1 p.m.

Messiah International Ministries

98 Center Rd
Bedford, OH 44146

To register or for more information, Visit Eventbrite, or call 440-735-4270, visit UHhospitals.org/Bedford

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesday, June 4 and 18

10 a.m.-1 p.m.

Bedford Heights Community Center

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

Wednesday, June 11 and 25

11 a.m. - 1 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, OH 44146

Thursday, June 12

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

Maple Heights Senior Center

15901 Libby Road Maple Heights, Ohio 44137

June 17 and 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. **Saturday, June 7**

9 - 11 a.m.

Thursday, June 12 1:30 - 2:30 p.m.

Tuesday, June 17

2 - 3p.m.

UH Wellness Center at Bedford

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



EXERCISE & FITNESS

CHAIR YOGA

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

Wednesday, June 25

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, June 13

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

RESISTANCE TRAINING WITH T3 PERFORMANCE

Tuesday, June 24

9 - 10 a.m.

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, June 4, 18

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, June 9

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, June 11

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



COMMUNITY PROGRAMS

UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY

Monday - Friday
9 a.m. – 5:30 p.m.

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

MEDICATION THERAPY MANAGEMENT CLINIC

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

Monday – Friday
8 a.m. – 4:30 p.m.

UH Geneva Outpatient Pharmacy

870 West Main Street
Geneva, OH 44041

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



SLEEP MEDICINE

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

University Hospitals - Center for Advanced Sleep Medicine

810-A West Main Street
Geneva, OH 44041

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

HEALTH EDUCATION

DIABETES EDUCATION

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

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



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.*



UH Conneaut and Geneva Medical Centers

COMMUNITY PROGRAMS

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 – 6:30cp.m.)

*Call 440-593-0372 or email
christina.houghton@uhhospitals.org
to RSVP.*

Deadline to RSVP is July 3, 2025.

*Minimum of 3 participants required
for class to be held.*

Our first session starts on Thursday,
July 10th 2025 at 5 p.m.

UH Geneva Medical Center

870 West Main St.
Geneva, OH 44041

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, June 17

12:30 – 2 p.m.

Avon Lake Senior Center

Old Firehouse Community Center

100 Avon Belden Road

Avon Lake, OH 44012

Thursday, June 19

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, June 4

10 - 11:30 a.m.

Faith Baptist Church

400 North Lake Street

Amherst, OH 44001

SLEEP MEDICINE

Detailed adult sleep studies are conducted by an experienced team of UH board certified providers and registered sleep technologists to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia

(Sleep walking/night terrors), excessive daytime sleepiness, Pulmonary related sleep issues, Snoring, and Insomnia.

Nighttime, daytime, and home sleep studies available.

For a sleep provider consult, call

216-844-REST

To schedule a sleep study at Elyria

or Avon sleep lab, call 440-326-

5464



DIABETES EDUCATION

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



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, June 5

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

OVER THE COUNTER MEDICATION SAFETY

Over-the-counter (OTC) medications, also known as nonprescription drugs, are commonly used by Americans to treat various health issues. Join UH Geauga's Clinical Pharmacy Specialists to learn about the importance, proper use, and safety of both OTC and prescription medications.

Tuesday, June 24

12:30 - 1:30 p.m.

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Thursday, June 26

11 a.m. - 12 p.m.

Middlefield Senior Center

15820 Ridgewood Drive

Middlefield, OH 44026

GARDENING FOR LIFELONG HEALTH: PLANTING DAY

Wednesday, June 11

3 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, June 2

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street

West Farmington OH 44491

Monday, June 9

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.

June 5

Scenic River Retreat

10900 Mayfield Road

Munson, OH 44024

June 12

Holbrook Hollows

7250 Country Lane Road

Bainbridge OH 44023

June 19

Veteran's Legacy Woods

14085 Ravenna Road

Newbury, OH 44065

June 26

Special Walk at 10 am

Headlands Dunes State Nature Preserve

9601 Headlands Road

Mentor, OH 44060

Afterwards Lunch at Scooters'

Famous Dawg House

(9600 Blackbrook Road,

Mentor 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, June 2, 9, 16, 23, 30

Wednesdays, June 4, 11, 18, 25

Fridays, June 6, 13, 20, 27

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, June 2

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, June 17

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, June 17

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

LIVE WELL FESTIVAL

Come together for an engaging event
filled with educational sessions,
valuable resources, health screenings,
and more. Enjoy a variety of
activities, games, live music, and
entertainment throughout the day.
Don't miss out on free raffle prizes
and exciting giveaways!

Event Highlights:

- 11 AM – Guest speaker
presentation on scams targeting
seniors.
- 12–2 PM – Complimentary lunch
and refreshments.
- Live Entertainment – The Chardon
Polka Band
- 2 – 3 PM Raffle basket drawings to
follow *Registration not required!*
For more information call
440-285-2282

Wednesday, June 4
11 a.m. - 3 p.m.

Claridon Woodlands Lodge
11383 Claridon-Troy Road
Burton, OH 44021

MEDICATION MANAGEMENT CLINIC

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

FAMILY HEALTH & SAFETY DAY

Join us for this family-friendly,
community event to celebrate
wellness with free health screenings,
educational activities and
demonstration. **Walk-up
Screenings;** Balance & Grip, Blood
Pressure, Bone Density, Carpal
Tunnel, Depression, Non-fasting
Cholesterol / Glucose and Wellness.
Pre-registered Health Screenings:
Carotid Artery Ultrasound, Memory,
PSA, Pulmonary Function Test, Skin
Cancer and Mammograms.
Mammogram screening us a pre-
scheduled screening and an
appointment is needed.

Saturday, June 14

9 a.m. - 12 p.m.

UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH

*To register for pre-registered
screenings, call 440-848-8653*



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 June
10-11 a.m.

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

EXERCISE PROGRAMS

DANCE FOR CHANGE LINE DANCE INSTRUCTION WITH LADY Q

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

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

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

Every Thursday in June
1 - 2 p.m.



HEALTHY@UH PODCASTS

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

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

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



Glenville Community Wellness Center

COMMUNITY PROGRAMS

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

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

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

Hours of Service:

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

COOKING EXPLORATION AND DEMONSTRATION WITH VERONICA

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

Every Tuesday in June
12 – 2 p.m.

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



DANCE FITNESS WITH SHANAE

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

Every Tuesday & Thursday
5 - 6 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 June
5 - 7 p.m.

Beginner / Intermediate / Advanced
Every Friday in June
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, June 5
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 in June
5 – 6 p.m.



COMMUNITY PROGRAMS

BREAKING THE STIGMA CAR SHOW

Join us to raise awareness about mental health and suicide prevention. Blood pressures will also be taken at this event. All proceeds benefit NAMI Lake County Ohio. <https://www.breakingthestigmacarshow.com/>

Saturday, June 7
10 a.m. - 3 p.m.

Lake County Fairgrounds
1301 Mentor Avenue
Painesville, Ohio 44077

ST. GABRIEL SUMMER FESTIVAL

Stop to see us at this family friendly fun event! Health information and blood pressure checks will be available. For more about the festival: <https://www.st-gabriel.org/summer-festival.html>

Thursday, June 5
6 p.m. - 11 p.m.

Friday, June 6
6 p.m. - 11 p.m.

Saturday, June 7
1 p.m. - 11 p.m.

Sunday, June 8
1 p.m. - 9 p.m.

St. Gabriel Catholic Church
9925 Johnnycake Ridge Rd
Concord, Ohio 44077

KIRTLAND STRAWBERRY FESTIVAL

Come by to see us at one of the year's most delicious festivals! Blood pressure screenings, health information, and more will be available. <https://kirtlandkiwanis.org/strawberry-festival>

Thursday, June 12
5 p.m. - 10 p.m.

Friday, June 13
3 p.m. - 11 p.m.

Saturday, June 14
12 p.m. - 11 p.m.

Kirtland Schools
9252 Chillicothe Rd
Kirtland, Ohio 44094

LEROY SUMMER CONCERT

Stop by to see us, gain health information and check your blood pressure! This concert featuring InCahhootz will take place behind the fire station. <https://leroyohio.com/calendar/summer-concert/>

Saturday, June 14
5 p.m. - 9 p.m.

Park Behind the Fire Station
13028 Leroy Center Rd
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, June 10
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, June 7
9 a.m. - 12 p.m.

Tripoint Medical Center
7590 Auburn Road
Painesville, OH 44077

Saturday, June 21
9 a.m. - 12 p.m.

UH Lake West Medical Center
36000 Euclid Avenue
Willoughby, OH 44094

COMMUNITY PROGRAMS

CONCORD SUMMER CONCERTS

Enjoy a summer concert and check your blood pressure!
<https://concordtwp.com/community/activities/summer-concerts/>

Thursday, June 12
6:30 p.m. - 8:30 p.m.

Thursday, June 19
6:30 p.m. - 8:30 p.m.

Thursday, June 26
6:30 p.m. - 8:30 p.m.

The Gazebo at Town Hall
7229 Ravenna Rd
Concord, OH 44077

LAKE COUNTY PRIDE

Check your blood pressure, cholesterol and glucose! <https://lgbtlakecounty.org/pridevendors/>

Sunday, June 15
11 a.m. - 5 p.m.

Lake County History Center
415 Riverside Dr
Painesville, OH 44077

LAKE COUNTY'S JUNETEENTH 2025

Join us to commemorate Juneteenth with Lake County's NAACP, for health information and to check your blood pressure, cholesterol and glucose! <https://lakecountynaacpohio.org/juneteenth/>

Saturday, June 21
9 a.m. - 5 p.m.

Park Behind the Fire Station
13028 Leroy Center Rd Painesville,
Ohio 44077

SAINT MARY MAGDALENE HOMECOMING FESTIVAL

Check your blood pressure and so much more. The festival runs from Thursday, May 29th through Sunday, June 1st. Stop by to see us!

Sunday, June 1
12 p.m. - 9 p.m.

Saint Mary Magdalene
32114 Vine Street
Willowick, OH 44095

HEALTHY@UH PODCASTS

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

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

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



UH 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, June 17

6-7 p.m.

Fitness: Outdoor Activities

Nutrition: Dining Out



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!**



JOIN THE VOLUNTEERS AT UH PARMA MEDICAL CENTER

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

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

Parma Hospital Volunteer Services
7007 Powers Boulevard
Parma, OH 44129-5495
For questions and additional information about the volunteer services available at UH Parma Medical Center, please call 440-743-4287 or email kimberly.tomblin@UHhospitals.org.

SPIRITUAL CARE VOLUNTEERS

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

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

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

UH Parma Medical Center, (con't).

COMMUNITY PROGRAMS

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.

Wednesday, June 11

11 a.m. – 5 p.m.

UH Parma Medical Center

7007 Powers Boulevard
Parma, OH 44129



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, June 4, 11, 18, 25

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, June 4

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road
Parma, OH 44134

Wednesday, June 4

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road
North Royalton, OH 44133

Tuesday, June 10

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road
Broadview Hts., OH 44147

Wednesday, June 11

8 – 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive
Seven Hills, OH 44131

Thursday, June 12

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue
Brooklyn, OH 44144

Friday, June 13

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

Independence Senior Center

6363 Selig Drive
Independence, OH 44131

Friday, June 13

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard
Parma, OH 44129

COMMUNITY BLOOD PRESSURE SCREENINGS (con't).

Monday, June 16

10 a.m. – 12 p.m.

Cuyahoga County Library Parma-Snow Branch

2121 Snow Road
Parma, OH 44134

Tuesday, June 24

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road
North Royalton, OH 44133

Tuesday, June 24

10:30 a.m.– 12:30 p.m.

**Cuyahoga County Library
Parma-Powers Branch**

6996 Power 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/edataintegration> Pin code: 741776

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

Fridays, June 6, 13, 20, 27

4:30 p.m.



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, June 9
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, June 10

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

Thursday, June 12

1 – 2 p.m.

UH Parma Medical Center

7007 Powers Boulevard

Parma, OH 44134

Conference Room E (third floor)

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

RED CROSS BLOOD DRIVE

Monday, June 23

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

FAMILY HEALTH & SAFETY DAY

Join UH Portage Medical Center and our community partners for this free family-friendly event to celebrate wellness with free health screenings, educational activities, demonstrations, a chance to meet CHOMPS from the Cleveland Browns, and so much more! **Walk-up**

Screenings include; A1C, Blood Glucose, Total Cholesterol, Blood pressure, Bone Density, Grip & Strength, pre-Diabetes, Sleep Apnea, Stroke Risk Assessment,

Pre-registered Screenings by Appointment- Call 330-297-2576 to schedule; Hearing, Pulmonary

Function Test, **Health Education & Resources;** Blood clot awareness & Venous Disease education, Pharmacy education, Stop the Bleed, Women's Health & OBGYN, American Heart Association CPR Training, Medical Guardian, Sexual Assault prevention & awareness and therapy dogs

Saturday, June 21

9 a.m. - 1p.m.

UH Portage Medical Arts Building

6847 North Chestnut Street

Ravenna, OH 44266

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: www.kellysgriefcenter.com Call

330-593-5959 for Information

AMPUTEE WALKING CLINIC

Thursday, June 5 *(no clinic in July)*

3 – 5 p.m.

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:

Thursday, June 5

11 a.m. – 1 p.m.

Portage County Health Department - Parking Lot
999 E. Main Street
Ravenna OH 44266

Tuesday, June 10

11 a.m. – 1 p.m.

Renaissance Family Center
9005 Wil Verne Drive
Windham, OH 44288

HEALTH SCREENINGS

FREE BLOOD PRESSURE SCREENINGS (Con't.)

Saturday, June 21

9 a.m. - 12 p.m.

UH Portage Medical Arts Building, Atrium - Family Health & Safety Day

6847 N. Chestnut Street
Ravenna, OH 44266

Thursday, June 26

11 a.m. – 1 p.m.

UH Portage Medical Arts Building - Atrium

6847 N. Chestnut Street
Ravenna, OH 44266

DIABETES WELLNESS RETREAT

Individuals with pre-diabetes, diabetes, obesity, or other metabolic conditions are invited to register for a free, one-day event to learn healthy living habits in Portage County

The following is included at NO COST to retreat participants:

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, June 28

9 a.m. – 1 p.m.

S P R O U T B L U E S K I E S Q R E S
Z E D A W N M C U L O F R E P A U S E
S I A P R I L H K T T L I G R A S S A
U N I V E R S I T Y H O S P I T A L S
N A S X M A Y C C O O W W I N K A E O
D A Y X N I C K J U N E E R G R E E N
A E B O W N R T Y N E R A T L A R K K
Y E A R L I N G X G Y S U N N Y F S J

JUNE

MAY

FLOWERS

RAIN

DAISY

APRIL

GREEN

DAY

BLUE SKIES

CHICK

GRASS

RAY

HONEY

PAUSE

YOUNG

IRIS

SUNNY

LEEKs

DAWN

YEARLING

SEASON

SPRING

WINK

SPROUT

SUNDAY

Did you know that Word Search puzzles provide stimulation to the brain?

They provide stimulation to the visual system, attention, memory and planning centers. A once daily Word Search, Crossword Puzzle or Sudoku help with memory loss and provide fun at the same time.

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, June 3, 10, 17, 24

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, June 10

10:30 -11:30 a.m.

Richmond Heights Community Center

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

THE VOLT FITNESS CHARG'D UP CLASS

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

Saturday, June 28

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, June 10

12-1 p.m.

Richmond Heights Community Center

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

COMMUNITY RESOURCES

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

Tuesday, June 10

10 a.m.- 1 p.m.

Richmond Heights Community Center

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

Other community vendors will have tables with valuable information.

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, June 19

6:30-8:30 p.m.

Wednesday, June 26

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, June 10

10 a.m. - 1 p.m.



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, June 9

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, June 10

10 a.m.-1 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

Saturday, June 29

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

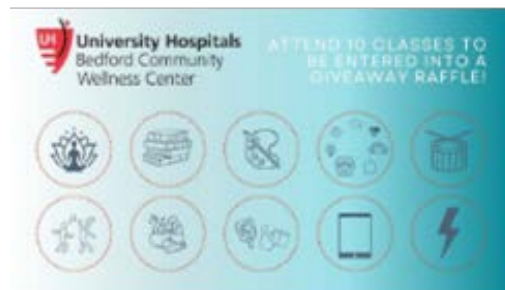
How It Works:

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

Friday, June 6
11 a.m. – 5 p.m.

Thursday, June 17
9:30 a.m. – 3:30 p.m.

UH Samaritan Medical Center Auditorium
663 East Main Street Ashland, OH 44805

BIOMETRIC SCREENINGS

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

9- 10:30 a.m.
Ashland YMCA
207 Miller Street
Ashland, OH 44805

SMOKING CESSATION

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



AMERICAN HEART ASSOCIATION HEART SAVER CPR FOR THE COMMUNITY

Wednesday, June 18
2-4 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

SPECIAL EVENT CAR SEAT CHECK & INSTALLATION

Thursday, June 19

2-5 p.m.

Bay Village Fire Department

24291 Lorain Road
North Olmstead, OH 44070

You must call 440-827-5440 for an appointment. We are unable to take unscheduled or walk-up installation.



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.*

“Bladder Q and A Talk”- Is it normal to leak a little as we get older? Is the bladder connected to balance? Come to learn more about incontinence and strategies / techniques to keep you moving and dry!

Tuesday, June 24

12:30 p.m.

North Olmsted Senior Center

28114 Lorain Road

North Olmsted, OH 44070

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, June 5

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

Westlake Center for Community Services

Community Meeting Room

28975 Hillard Blvd

Westlake, OH 44145

Monday, June 9

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road

Fairview Park OH 44126

Wednesday, June 11

9:00 – 10:30 a.m.

Cove Community Center

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

Thursday, June 12

10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room

28114 Lorain Road

North Olmsted, OH 44070



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, June 4

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

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<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**

