



University Hospitals

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

AGE WELL. BE WELL. EVENTS MARCH 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

**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

**TRIPPOINT MEDICAL
CENTER**

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

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

COMMUNITY PROGRAMS

GOLF INJURY PREVENTION PRESENTATION

Join us at the Grantwood Golf Course to learn about common golf injuries and how to prevent them from physical therapist and PGA Tour consultant Daniel Chelette. He'll share practical strategies to keep you healthy and on the course. Spots are limited so please RSVP to
emily.maxwell2@uhhospitals.org

Tuesday, March 11

6:30 – 8 p.m.

Grantwood Gold Course

38855 Aurora Road
Solon, Ohio 44139



HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing **FREE** blood pressure screenings.

Wednesday, March 12

10 – 11 a.m.

Solon Senior Center

35000 Portz Parkway
Solon, Ohio 44139

Thursday, March 20

10 - 11a.m.

Warrensville Heights YMCA

4433 Northfield Road
Warrensville Heights, Ohio 44128

Thursday, March 20

11:30 a.m. - 12:15 p.m.

Beachwood Senior Center

25325 Fairmount Blvd
Beachwood, Ohio 44122

BIOMETRIC SCREENING EVENTS

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

Sunday, March 2

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

Communion of Saints- Saint Philomena's Church

13824 Euclid Ave
East Cleveland, Ohio 44112

screenings will be located in the rectory building

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://us05web.zoom.us/j/81394268001?pwd=Aluh4o7gZKK9q0whrLnn9u8y9PpLOD.1>

Meeting ID: 813 9426 8001

Passcode: 5uzg9K



Avon Health Center

1997 Healthway Drive
Avon, OH 44011

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

EXERCISE & FITNESS

BOSU SPECIALTY WORKSHOP

Learn how to improve your stability and strengthen your core. You will complete various exercises that challenge and improve your leg, abdominal, arm, and glute strength. Challenge your fitness ability by using the BOSU (half ball) to improve your functional training and strength.

Saturday, March 22

8 - 8:55 a.m.

RACE DAY (90 MINUTES)

This advanced stationary group cycling class is a 90 minutes where you are lead through a road race course on a stationary bike, including hill training. This is a great test of mental and physical endurance.

Sunday, March 2

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

AQUA PILATES

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

Monday, March 10

10 - 10:55 a.m.

IRON YOGA

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

Friday, March 7

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

CARDIO KICKBOXING

Class will include practice and break down basic kickboxing techniques that includes the jab, cross, front kick, side kick, and roundhouse instep kick. These moves will be incorporated into routines to promote and improve the cardiovascular system, and muscular endurance. Cool down will include flexibility and stability training. The class is designed by a black belt in Karate and Jujitsu. Outcomes may include improvement in energy levels, body composition and muscle tone.

Thursday, March 13 and 27

6:15-7:00p.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, March 1

10:30-11:15 a.m.

BETTER BALANCE

Join us for this once a month specialty class for a person of any age and ability. The class will focus 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, March 22

11:00-11:55 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. *Second Wednesday of each month.*

Wednesday, March 12

12 - 1 p.m.

Avon Health Center

1997 Healthway Drive
Avon, OH 44011

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

EXERCISE & FITNESS

SIT FIT SENIORS WITH CRISSY

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

Saturday, March 29

10:30-11:15a.m.

GATHERING PLACE LINE DANCING (NEW)

Line dancing is a fun, energetic class where you'll learn choreographed routines set to popular country, pop or rock music. This class is great for all skill levels as the moves are broken down step by step. It's a fantastic way to improve coordination and boost fitness. No partner is required- just bring your enthusiasm and a pair of comfortable shoes.

Instructed by Beth Laraway, AFAA Group Exercise Instructor
Registration is with the Gathering Place for this FREE program.

Contact Gathering Place at 216.595.9546 or visit their website <https://touchedbycancer.org/>

This is for individuals who have been affected by cancer.

March 4 & 11

Location: Studio 1

5 – 6 p.m.



COMMUNITY PROGRAMS

WALKING CLUB

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

Thursdays, March 6, 13, 20, 27

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, March 19

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, March 17

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, March 7

12- 1p.m.

LUNCH & LEARN: YOUR KIDNEY'S & YOU

The kidneys are vital organs that are crucial in maintaining overall health by filtering waste products and excess substances from the blood, regulating blood pressure, and balancing electrolytes. Proper nutrition is essential for kidney health, as what we eat can directly impact the kidneys' ability to function effectively. A well-balanced diet that includes a variety of fruits, vegetables, whole grains, and lean proteins supports kidney function. Foods rich in antioxidants and omega-3 fatty acids can help reduce inflammation and protect kidney tissues. Staying adequately hydrated is also vital, as it aids in flushing out toxins and prevents dehydration, which can stress the kidneys.

Friday, March 21

10-11 a.m.



LUNCH & LEARN: Diet & Lifestyle for Colon Cancer Prevention

Colon cancer, one of the most common cancers, can be influenced significantly by our diet and lifestyle choices. Preventative measures focusing on these aspects are essential for reducing risk.

Friday, March 28

12 -1 p.m.

EmpowHER Kitchen

EmpowHER Kitchen is your gateway to mastering healthy cooking, fostering a deeper understanding of ingredients and their benefits, and encouraging a lifestyle centered around well-being and pleasure in the kitchen. Join us on this culinary journey and transform the way you approach meal preparation!

Monday, March 3

12 - 1 p.m.

WELL-BEING DIMENSIONS WORKSHOP SERIES

Mindfulness and Meditation:

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

Monday March 24

2– 3 p.m.

UH Wellness Center at Bedford

88 Center Road
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.

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, March 5 & 19

6 - 7 p.m.

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 with the Tai Chi For Health Institute and associated with the Arthritis Foundation. Please join her for an introduction to Sun Style Tai Chi. Please wear loose clothing and comfortable shoes.

Monday, March 10

12 -1 p.m.

BEGINNER YOGA

Beginner yoga classes are designed to be slower-paced than all-level courses, providing a supportive environment for new practitioners. These sessions focus on developing a strong understanding of foundational poses, ensuring students can safely achieve proper alignment. In this nurturing setting, participants learn the mechanics of each pose, allowing them to build strength, flexibility, and confidence as they progress in their practice.

Wednesday, March 5

12 - 1 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.

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, March 1

12-1 p.m.

CHAIR YOGA

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

Friday, March 21

12- 1 p.m.

ZUMBA

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

Friday, March 14

12- 1 p.m.

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

UH Wellness Center at Bedford

88 Center Road
Medical Office Building
Bedford, OH 44146

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

SAVE THE DATE:

Free Mental Health First Aid (MHFA) Training

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

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

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

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

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

Tuesday, May 6

8 a.m. - 5 p.m.

Richmond Heights Community Center

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

Registration is currently open for MHFA training

Registration link:

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

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesday, March 5 & 19

10 a.m. - 1 p.m.

Bedford Heights Community Center

5615 Perkins Road
Bedford Heights, OH 44146

(Bedford Heights 60+ community members only)

Wednesday, March 12 & 26

11 a.m. - 1 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, OH 44146

Thursday, March 13

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

Maple Heights Senior Center

15901 Libby Road
Maple Heights, Ohio 44137

BIOMETRIC SCREENINGS

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

Saturday, March 1

9 - 11 a.m.

Monday, March 10

2 - 3:30 p.m.

Friday, March 28

1 - 2 p.m.

UH Wellness Center at Bedford 88

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

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. Restaurant Kick-off Tour We invite you to explore complimentary samples showcasing the University Hospital's delicious and healthy menu choices. Discover how incorporating nutritious foods into your diet can enhance your overall well-being while indulging in satisfying and wholesome flavors. Join us for an engaging experience that nourishes your body and mind! These events are open to the public, but free samples are limited and available on a first-come, first-served basis.

Sunset Kitchen & Lounge

11311 Euclid Ave
Cleveland, OH 44106
216 400-6590

Saturday, March 1

3-7 p.m.

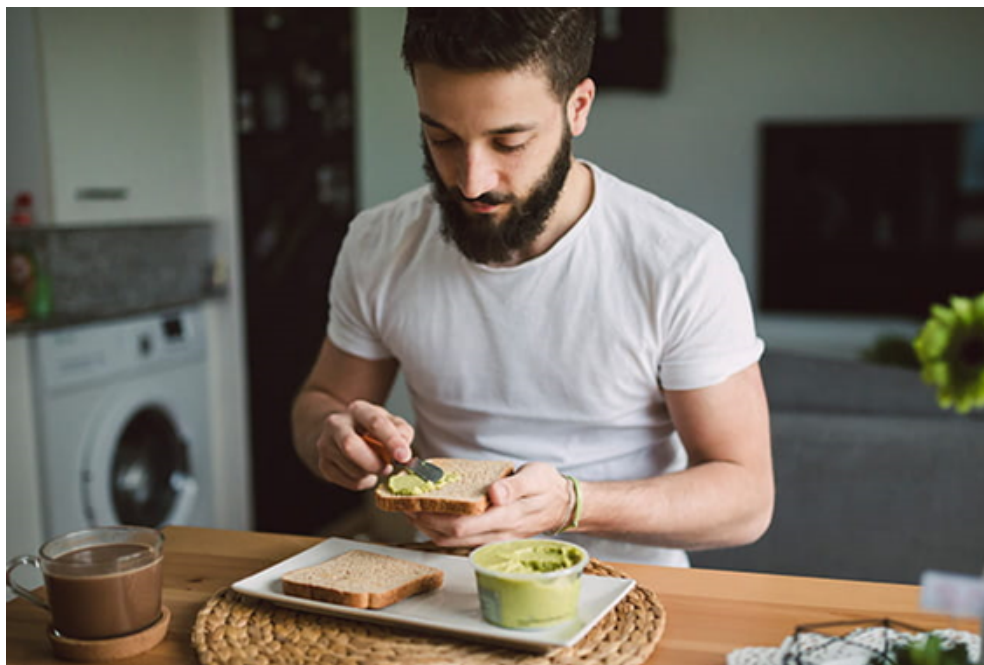
*Current locations for
UH healthy menu options*

4eleven Lounge

411 Northfield Road
Bedford OH 44146
440-945-6002

Grille 55

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



NOURISH
The **NEIGHBORHOOD**

COMMUNITY PROGRAMS

UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY

Monday - Friday

9 a.m. – 5:30 p.m.

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

MEDICATION THERAPY MANAGEMENT CLINIC

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

Monday – Friday

8 a.m. – 4:30 p.m.

UH Geneva Outpatient Pharmacy

870 West Main Street

Geneva, OH 44041

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



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 Slimmer, RN,
M.Ed., CDCES for information.*



HEALTH SCREENINGS

FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)

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

FREE WALK-IN BLOOD PRESSURE SCREENINGS

Monday – Friday

9 a.m. - 9 p.m.

Saturday - Sunday

9 a.m. - 5 p.m.

Urgent Care

UH Ashtabula Health Center

3315 N. Ridge Road, E
Suite 700A

Ashtabula, OH 44004

Call 440-992-0759 for information

SUPPORT GROUPS

BETTER BREATHERS CLUB

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

First Wednesday of every month

4 – 5:30 p.m.

UH Geneva Medical Center

1st Floor Pulmonary Rehab Dept.

870 West Main Street

Geneva, OH 44041

Call 440-415-0243 for information

CANCER SUPPORT GROUP

Wednesday, February 19

5-6 p.m.

Casa De Frida

3315 N. Ridge Rd. E

Ashtabula, OH 44004

Call 440-593-0364 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.

Monday through Thursday
(Late afternoon and evenings on Tuesdays and Wednesdays)
Call **440-284-5709**

BLOOD PRESSURE SCREENING

Tuesday, March 18
12:30 – 2 p.m.

Avon Lake Senior Center

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

DEMENTIA FRIENDLY LIFE CAFE

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

Wednesday, March 5
11:15 a.m. - 12:45 p.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

SUCCESSFUL AGING FOR WOMEN TALK

Stay on track to remain healthy as you navigate growing older with a look into what's normal and what's not for women as they age. This presentation provided by Community Outreach Coordinators from University Hospitals Elyria and St John Medical Center.

Tuesday, March 4
6-7 p.m.

Elyria Library West River Branch

1194 W River Rd North
100 Avon Belden Road
Elyria OH 44035

HEALTHY@UH PODCASTS

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

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

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

UH Geauga Medical Center

COMMUNITY PROGRAMS

Call 440-214-3180 to register

LUNCH AND A MOVIE

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

Thursday, March 6

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

SAVE THE DATE:

EMPOWERING YOUR BRAIN HEALTH

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

Friday, April 25

11 a.m. - 2 p.m.

Munson Township Hall

12210 Auburn Road

Chardon, OH 44024

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

GARDENING FOR LIFELONG HEALTH

Wednesday, March 12

3 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

SAVE THE DATE: MAMMA MIA

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

Friday, April 11

8:30 a.m. Coffee & Donuts

9 a.m. Performance

Berkshire High School

14155 Claridon-Troy Road

Burton, OH 44021

CUISINE & CULTURE -MEXICO

Come and enjoy a Mexican meal and learn about the beautiful mix of tradition culture, and cuisine in Mexico. Megaly Rios, from Western Reserve on Agency, will present on her native country, and answer questions about Mexico. UH resources and education will be provided. *Lunch is on your own, order directly from El Patron's menu. Space is limited. Must be registered with the Geauga Dept. on Aging. Registration required, call Melissa Wheeler at 440-279-2167*

Thursday, March 27

12 - 1:30 p.m.

El Patron Mexican Grill & Cantina

301 Center Street

Chardon, OH 44024

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, March 3

8:30 -10 a.m.

West Farmington Senior Center 150

College Street

West Farmington OH 44491

Monday, March 10

10 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

EXERCISE & FITNESS

WALKING FOR WELLNESS

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

Wednesdays | 1 p.m.

March 5

Sunnybrook Preserve

12474 Heath Road

Chesterland OH 44026

March 12

Claridon Woodlands

11383 Claridon-Troy Road

Chardon, OH 44024

March 19

Chickagami Park

17957 Tavern Road

Burton, OH 44021

March 26

Blue Herron Preserve

14747 Ravenna Road

Burton, OH 44021



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, Mar. 3, 10, 17, 24, 31

Wednesdays, Mar. 5, 12, 19, 26

Fridays, Mar. 7, 14, 21, 28

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, March 3

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: UH DRIVING SIMULATOR PROGRAM

Tuesday, March 18

12:30 -1:30 p.m.

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call 440-279-2137 to register

CARDIAC SUPPORT GROUP

Monday, May 19

Meetings held quarterly

12 -1:30 p.m.

Lunch Provided

UH Geauga (Conference Center)

13207 Ravenna Road

Chardon, OH 44024

Call 440-285-6824 to register

DIABETES SUPPORT GROUP: DINNER MEAL PREP

Tuesday, March 18

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).

A MATTER OF BALANCE, MANAGING CONCERNS ABOUT FALLS

Monday, March 3, 10, 17, 24
Fridays, March 7, 14, 21, 28
1-3 p.m.

Chardon Senior Center
470 Center Street
Chardon Ohio 44024
Call 440-279-2167 to register

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

NAVIGATING THE HEALTHCARE SYSTEM

Thursday, March 13
1-2 p.m.
Bainbridge Senior Center
17751 Chillicothe Road
Bainbridge, OH 44023

Monday, March 24
12 - 1 p.m.
West Geauga Senior Center
8090 Cedar Road
Chesterland, OH 44026

Tuesday, March 25
11 a.m.-12 p.m.
Middlefield Senior Center
15820 Ridgewood Drive
Middlefield, OH 44062

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*

ELDERBERRIES PROGRAM

Join Geauga Park District to explore
woods through an illustrated
presentation that introduces our
common owls by sight and sound.
We will see how pellets, feathers
and other owl material reveals much
about predatory nature of these
birds. UH Resource table provided
with health education Information,
upcoming programs & Blood
Pressure Screenings Provided.

*Refreshments provided **Registration
required, Call 440-214-3180 to
register***

Thursday, March 20
1 – 2:30 p.m.

The West Woods
9465 Kinsman Road
Novelty, OH 44072



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*

CELEBRATING WOMEN'S HISTORY MONTH WITH BARI STITH, PhD.

Dr. Bari Stith will present on
“Remember the Ladies”: Woman’s
Place in Old Geauga. We hear so
much about Geauga’s great fire,
great snow, great Yankee migration,
and the tales of our menfolk as they
wrestled a county from the forest and
developed the communities we know
and love today. But what about the
ladies? What were their adventures
and how did they define “woman’s
place” in Geauga County’s heritage?
Where can we find the visual
remnants of their stories to remind us
of their contributions today? And
what can WE do (and are doing) to
ensure that future Geaugans
“remember the ladies.”

Tuesday, March 11
2 p.m.

**Jennings Building Notre Dame
Village (Dining Room)**
10950 Pine Grove Trail
Chardon, OH 44024

Call 440-279-2137 to register.

REGISTER TO BECOME A MEMBER TODAY

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

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

Glenville Community Wellness Center

COMMUNITY PROGRAMS

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

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

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

Hours of Service:

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

EXERCISE PROGRAMS

YOGA WITH STEPHANIE

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

Every Monday in March
10-11 a.m.

Every Tuesday in March
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 March
11:15 a.m. -12 p.m.

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



HEALTHY@UH PODCASTS

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

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

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



Glenville Community Wellness Center

COMMUNITY PROGRAMS

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

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

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

Hours of Service:

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

COOKING EXPLORATION AND DEMONSTRATION WITH VERONICA

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

Every Tuesday in March
12 – 2 p.m.

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



DANCE FITNESS WITH SHANAE

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

Every Tuesday & Thursday
6 p.m.

KITCHEN CONVERSATIONS

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

Every Wednesday in March
12- 2 p.m.

URBAN BALLROOM CLASSES

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

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

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

FREE SKIN AND HAIR SCREENING

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

Thursday, March 6
5 - 7 p.m.

SPRING INTO FITNESS DAY: FREE SCREENINGS AND BIOMETRICS

Spring Into Fitness Day is a community wellness event designed to help you take charge of your health and fitness. Enjoy free health screenings, biometric assessments, and expert guidance to support your wellness journey—all in a fun and engaging atmosphere! This event is open to everyone—whether you're starting your fitness journey, maintaining an active lifestyle, or looking for guidance on improving your health. No registration required—just show up and take a step toward better well-being!

Thursday, March 20
12 - 4 p.m.



COMMUNITY PROGRAMS

MARCH TOWARDS BETTER HEALTH

You cannot manage what you do not measure and knowing your risk starts with knowing your numbers. Learn more about blood pressure, cholesterol and blood sugar and check your numbers with University Hospitals Community Outreach, performing blood pressure checks, cholesterol and glucose screenings.

Monday, March 10
8 a.m. - 1p.m.

Lake County Central YMCA Branch

933 Mentor Ave
Painesville, Ohio 44077

MARCH 4 MEALS

March 4 Meals is a fun and exciting morning! This great cause raises funds for senior nutrition programs in Lake County! Last year, the Lake County Council on Aging delivered close to 220,000 meals to seniors in Lake County, and support from March 4 Meals helped make that possible. University Hospitals Community Outreach will be offering blood pressure screenings as well as give aways at this inspiring event! For more information on ways to join this event, how to purchase raffle basket tickets and more call: call 440-205-8111 x 223. March4meals.org.

Saturday, March 29
8:30 - 10:30 a.m.

Great Lakes Mall
7850 Mentor Ave
Mentor, Ohio 44060

TRY YOUR LUCK, CHECK YOUR HEALTH

Try your luck to win a prize and prioritize your health! Learn more about the health benefits of going green! Check your blood pressure, cholesterol and glucose when you stop by the lobby.

Monday, March 17
9 a.m. - 1p.m.

UH Tripoint Medical Center
7590 Auburn Road
Painesville, Ohio 44077

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, March 1
9 – 10 a.m.

Tripoint Medical Center
7590 Auburn Road
Painesville, OH 44077

Saturday, March 15
9 – 12 p.m.

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

SUPPORT GROUP

STROKE SUPPORT GROUP

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

Alecia.Crognale@UHhospitals.org |

Tuesday, March 11
6 – 8 p.m.

UH Brunner Sanden Dietrick
Wellness Center (Conf. Room A)
8655 Market Street
Mentor, OH 44060



UH FITNESS CENTER IN MENTOR

BRUNNER SANDEN DEITRICK WELLNESS CENTER

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

COMMUNITY EVENT

MEDICALLY BASED FITNESS - UH MENTOR FITNESS CLASS

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

UNIVERSITY HOSPITALS WEIGH LOSS PROGRAM

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

NUFIT SERIES

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

Tuesday, March 18

6-7 p.m.

Fitness: Group Fitness vs. Solo Workouts: Compare Benefits of group classes with individual training including motivation and accountability

Nutrition: Stress and The Immune System



COMMUNITY PROGRAMS

DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This program is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage. *Call 866-844-2273 for more information*



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 Chaplin Marian Mihas at marian.mih@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.

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

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

Call 440-743-4932 for information

Wednesday, March 5

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Wednesday, March 5

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road

North Royalton, OH 44133

Tuesday, March 11

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road

Broadview Hts., OH 44147

Wednesday, March 12

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

Thursday, March 13

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue

Brooklyn, OH 44144

Friday, March 14

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

Independence Senior Center

6363 Selig Drive

Independence, OH 44131

Friday, March 14

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard

Parma, OH 44129

Tuesday, March 25

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road

North Royalton, OH 44133

NON-FASTING CHOLESTEROL SCREENING

Free. Includes total cholesterol,

HDL, and blood sugar.

Wednesday, March 19

9 - 11 a.m.

Appointment required

Screenings may be canceled due to weather. Call 440-743-4932 to verify

EXERCISE & FITNESS

PARKINSON'S DISEASE

EXERCISE CLASS - DELAY THE DISEASE

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

March 5, 12, 19, 26

12:30 - 2 p.m.

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information

SUPPORT GROUPS

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. Must R.S.V.P. for this meeting. To register or for more information and/or questions call

440-743-4932

Wednesday, March 12

12:45 - 2:30 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, March 10

12:30 - 2 p.m.

FOOD ADDICTS ANONYMOUS

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

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

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

Fridays, March 7, 14, 21, 28

4:30 p.m.

BEREAVEMENT SUPPORT GROUP

Join our new bereavement support group as we share our experiences and receive support for loss, grief and coping with change, in a confidential and informal environment. If you have questions, reach out to Chaplain Marian Mihas at

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

Thursday, March 13

1 - 2 p.m.

UH Parma Medical Center

7007 Powers Boulevard

Parma, OH 44134

Conference Room E (third floor)

Our Mission

To Heal. To Teach.

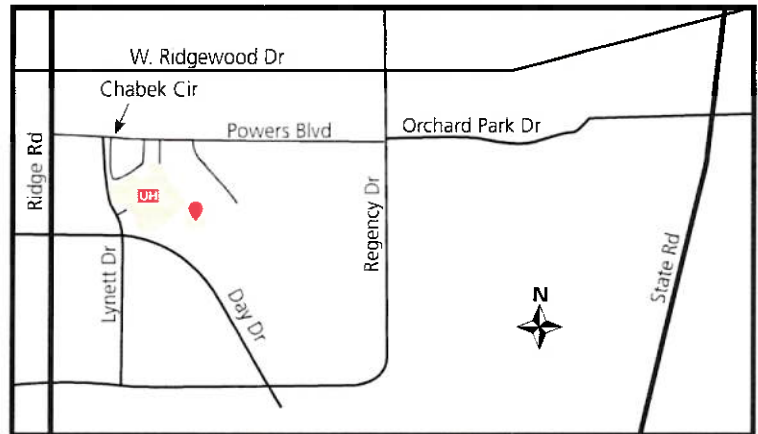
To Discover.

We are growing!

We are currently in suite 100 and expanding to the suite next to us in 102. Suite 102 will be our new reception area.

6707 Powers Blvd, MAC 2 Suite 102
Parma, OH 44129

Continue to call **216-844-EYES (3937)** to schedule an appointment.



Our expanded location will continue to provide services for:



Sara Hitchman, OD
Optometry



Jesal Haribhakti, OD
Optometry



Haitham Sahawneh, MD
Ophthalmology – Cornea Specialist



Mohamed Soliman, MD
Ophthalmology – Retina



Ankur Mehra, MD
Ophthalmology – Retina



Ahmed Ahmed, MD
Ophthalmology –
Comprehensive and Glaucoma

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, March 17

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

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition experience throughout each person's life cycle, David Yakunich, MS, RDN, LD offers individual outpatient nutrition counseling to help improve your health and wellbeing. A physician referral is required prior to your visit. *Call 216-844-1499 to schedule*

UH Portage Medical Center – Portage Professional Center Suite #200

Portage Professional Center

6847 North Chestnut Street

Ravenna, OH 44266

VIRTUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

UH PORTAGE WOUND CARE & HYPERBARIC MEDICINE CENTER

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

UH Streetsboro Health Center

9318 State Route 14,

Streetsboro, OH 44241

FREE FITNESS CLASSES

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

YOGA FOR EVERYONE

Tuesday, March 11, 25

11:30 a.m.– 12 p.m.

DANCE FITNESS (no experience needed)

Tuesday, March 4, 18

11:30 a.m. – 12 p.m.

SAIL (Stay Active Independent Lifestyle)

Thursday, March 20

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

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

NO COST CORONARY ARTERY CALCIUM SCORE TEST

University Hospitals Harrington Heart & Vascular Institute offers a screening test called cardiac CT imaging for coronary artery calcium scoring. This test has been shown by many studies in medical literature to predict future risk of heart attack. While coronary artery calcium scoring is costly at other health systems and generally not covered by insurance, UH offers this test at no cost. To receive a no-cost calcium score test you must have an order from your physician. Yes, I have an order: Call 216-452-8082 to schedule an appointment with Radiology. No, I do not have an order: Contact your Primary Care Provider to discuss if this test is right for you and request an order.



UH Portage Medical Center, (con't).

HAYMAKER FARMER'S MARKET

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

Saturday, March 8

10 a.m. – 1 p.m.

Unitarian Universalist Church of Kent, Hobbs Hall

217 N. Mantua Street

Kent, Ohio 44240

HEALTH SCREENINGS

FREE BLOOD PRESSURE SCREENINGS

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

Wednesday, March 5

11 a.m. - 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street

Ravenna, OH 44266

Tuesday, March 11

11 a.m. – 1 p.m.

Renaissance Family Center

9005 Wil Verne Drive

Windham, OH 44288

Wednesday, March 19

11 a.m. – 1 p.m.

UH Portage Professional Center - Lobby

6847 N. Chestnut Street

Ravenna, OH 44266

Wednesday, March 26

11 a.m. – 1 p.m.

UH Streetsboro Health Center

9318 OH-14

Streetsboro, OH 44241

HEARING TESTING

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

For more information call

330-297-2427

CHOLESTEROL AND GLUCOSE TESTING

Free walk-up non-fasting glucose and cholesterol testing – no appointment needed.

Thursday, March 13

10 a.m. – 12 p.m.

UH Portage Professional Center, Lobby

6847 N. Chestnut Street,

Ravenna OH 44266



LUNCH & LEARN: COLON CANCER AWARENESS

Join Dr. Bennie Upchurch, MD from UH Portage Gastroenterology for this free educational event to learn more about colon cancer awareness and prevention. Lunch is included.

Wednesday, March 20

11:30 a.m. – 1 p.m.

UH Portage Medical Arts Building, Room 150

6847 Chestnut Street

Ravenna, OH 44266

RSVP to 330-297-2576, Space is limited.



SUPPORT GROUPS

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

BEYOND STROKE SUPPORT GROUP (Virtual quarterly meetings)

SUPPORT FOR GRIEVING ADULTS

The Grief Place

INFO: www.thegriefcareplace.org

330-686-1750

Kelly's Grief Center

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

DIABETES SUPPORT GROUP

Tuesday, April 1

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

UH Portage Medical Arts Building, Room 150

6847 N. Chestnut Street

Ravenna, OH 44266

AMPUTEE WALKING CLINIC

Thursday, March 6

3 – 5pm

UH Portage Medical Arts Building, Room 150

6847 North Chestnut Street,

Ravenna, OH 44266



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, March 4, 11, 18, 25
12 – 1 p.m.

Weather permitting

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

BEGINNER YOGA MAT

Come and experience the rejuvenating benefits of a beginner mat yoga class led by a certified instructor from In The Now Yoga Meditation Wellness.
Thursday, March 20
4-5 p.m.

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

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, March 10
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.

Thursday, March 20
3:30 - 6:30 p.m.

Richmond Heights Community Center
27285 Highland Road
Richmond Heights, OH 44143

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 holiday theme, tasty, nutritious and easy-to-make a recipe.

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

Thursday, March 20
5:30-6:30 p.m.

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

COMMUNITY RESOURCES

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

Thursday, March 20
3:30 - 6:30 p.m.

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

Other community vendors will have tables with valuable information.

SAVE THE DATE:

Free Mental Health First Aid (MHFA) Training

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

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

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

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

Richmond Heights Community Center

27285 Highland Road,
Richmond Heights, Ohio 44143
For more information or to register, call 440-735-4270 **Registration is currently open for MHFA training**
Registration link: <https://form.jotform.com/MHFACollaborative/5624-richmond-heights-community-cen>

FREE ART EXPERIENCE

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

Thursday, March 20

3:30 - 6:30 p.m.



DIGITAL HEALTH

Work with our Digital Health coordinator to get access to MyChart navigation and low-cost internet and learn how to use your technology devices.

Thursday, March 20

3:30 - 6:30 p.m.

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. Restaurant Kick-off Tour We invite you to explore complimentary samples showcasing the University Hospital's delicious and healthy menu choices. Discover how incorporating nutritious foods into your diet can enhance your overall well-being while indulging in satisfying and wholesome flavors. Join us for an engaging experience that nourishes your body and mind! These events are open to the public, but free samples are limited and available on a first-come, first-served basis.

Sunset Kitchen & Lounge

11311 Euclid Ave
Cleveland, OH 44106
216 400-6590

Saturday, March 1

3-7 p.m.

*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



COMMUNITY PROGRAMS

AMERICAN HEART ASSOC. BASIC LIFE SUPPORT CPR TRAINING FOR THE COMMUNITY

Wednesday, March 26
2 - 4 p.m.

UH Samaritan Medical Center Clinical Lab

663 East Main Street
Ashland, OH 44805

*Call 419-207-7856 to register Class
limited to 10*

AMERICAN HEART ASSOC. HEARTSAVER CPR TRAINING FOR THE COMMUNITY

Wednesday, March 12
2 - 4 p.m.

UH Samaritan Medical Center Clinical Lab

663 East Main Street
Ashland, OH 44805

*Call 419-207-7856 to register Class
limited to 10*

ASHLAND COUNTY HEALTH DEPARTMENT & UH SAMARITAN COLON CANCER COMMUNITY DISCUSSION PANEL

UH Samaritan Providers discuss
ACHD Survey results and
importance of colon cancer
screenings, and answer the
community's questions.

Tuesday, March 18
6pm

Samaritan Auditorium

663 East Main Street
Ashland, OH 44851

RED CROSS BLOOD DRIVE

Friday, March 7

11 a.m. – 5 p.m.

Thursday, March 20

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*

EXERCISE & FITNESS

COPD & CARDIAC RESOURCES: S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)

Walking support group for COPD
patients

Tuesdays and Thursdays
10 a.m.

The Keith Field House

Ashland High School
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



MOBILITY AND BALANCE YOGA

**Second, Third & Fourth Tuesday
of the Month | 10 a.m.**
**Ashland Wellness and
Community Center**
2130 Center Street
Ashland, OH 44805



UH St. John Medical Center, a Catholic Hospital

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

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.

SUPPORT GROUPS

HOPE GROUP

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

Wednesday, March 5

5:30 – 7:30 p.m.

UH St. John Medical Center

Community Outreach Department
Suite R

29160 Center Ridge Road
Westlake, OH 44145

Call 440-827-5440 for information

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, March 6
11:30 a.m.-1 p.m.
Westlake Center for Community Services
Community Meeting Room
28975 Hillard Blvd
Westlake, OH 44145

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

Wednesday, March 12
9:00 – 10:30 a.m. **Cove Community Center**
12525 Lake Avenue (enter off Clifton) Lakewood, OH 44107

Thursday, March 13
10:45 -11:45 am
North Olmsted Senior Center
Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

HEALTHY@UH PODCASTS

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

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

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

REGISTER TO BECOME A MEMBER TODAY

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

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

Car Seat Installations for Caregivers and Grandparents

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

