



University Hospitals

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

AGE WELL. **BE WELL.** EVENTS MAY 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

TRIPPOINT MEDICAL CENTER

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

COMMUNITY PROGRAMS

STROKE AWARENESS SCREENING & EDUCATION EVENT

May is National Stroke Awareness Month and University Hospital Ahuja Medical Center is hosting a FREE Health Screening and Stroke Education event. Come and learn from the experts at University Hospitals Ahuja Medical Center and receive FREE health screenings!

Wednesday, May 21

10 a.m. – 1 p.m.

Solon Community Center

Banquet Rooms A,B&C
35000 Portz Parkway
Solon Ohio 44139

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FRE blood pressure screenings.

Wednesday, May 7

10 a.m. - 12 p.m.

Ahuja Medical Center

3999 Richmond Road
Beachwood, Ohio 44122

Wednesday, May 14

10 - 11 a.m.

Solon Senior Center

35000 Portz Parkway
Solon, Ohio 44139

Thursday, May 15

10 - 11a.m.

Warrensville Heights YMCA

4433 Northfield Road
Warrensville Heights, Ohio 44128

Thursday, May 15

11:45 a.m. - 12:15 p.m.

Beachwood Senior Center

25325 Fairmount Blvd
Beachwood, Ohio 44122

HEALTH SCREENINGS

(Con't.)

BIOMETRIC SCREENING EVENTS

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

Sunday, May 4

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**

Wednesday, May 21

10 a.m.-1 p.m.

Stroke Awareness Day & Biometrics

Solon Community Center

Banquet Rooms A, B & C
35000 Portz Parkway
Solon Ohio 44139

Wednesday, May 28

10 a.m. - 2p.m.

Senior DARS Expo

3155 Martin Luther King Jr. Dr.
Cleveland Ohio 44104



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, May 6 & 20

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 NUTRITION AND MENOPAUSE PRESENTATION

In the United States, approximately 6,000 women reach menopause each day, totaling over 2 million annually. This presentation aims to empower women with practical strategies to navigate menopause and perimenopause through informed dietary choices and physical activity, enhancing their health and well-being during these transitions. Join Kelly Santiago MS, RD, CSSD, LD, Registered Dietitian with University Hospitals.
Thursday, May 15 5:30-6:25 p.m.

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

Wednesday, May 14
12 - 1 p.m.

ZONE BASED FITNESS TRAINING PRESENTATION

Ever wondered about how much you should exercise and for how long? Participants will gain an understanding of heart rate zones, exercise intensity and current guidelines.

Join Fitness Specialist Elissa Weisz, B.S. Exercise Science.

Friday, May 16
12-12:45 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, May 2
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, May 12
10 - 10:55 a.m.

HAVIN' A BALL

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

Saturday, May 3
11:00 a.m. -12:30 p.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, May 2
5:30 p.m.

BETTER BALANCE

A 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, May 17
11 -11:55 a.m.

COMMUNITY CHALLENGE

Sign-ups for our 10th Annual Avon vs Avon Lake Community Challenge are underway. The program will run the week of June 9 - Aug 16, cost is \$20. Participants can begin coming in for their InBody body composition assessments May 21 - June 10th. Participants get full access to the facility on Tuesdays OR Thursdays for 10 weeks. You will earn points throughout for visits and special events. The points accumulate to a 1st (\$300), 2nd (\$200), and 3rd (\$100) place winner, then the total points tally up to a community (Avon or Avon Lake) winner. **Stop into the fitness center to sign up at the front desk. Call 440-988-6801 for more information.**

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, May 31

11-11:55a.m.

GATHERING PLACE FUNDAMENTALS OF AQUATIC EXERCISE

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

Instructed by Beth Laraway, AFAA Group Exercise Instructor

Registration is with the Gathering Place for this FREE program.

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

This is for individuals who have been impacted by cancer.

Wednesday, May 7

5:30 – 6:30 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, May 1, 8, 15, 22, 29

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, May 21

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, May 19

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



UH Bedford Campus (con't.)

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.

Wednesday, May 7
12 - 1 p.m.

LUNCH & LEARN: NOURISH SKIN

Lunch & Learn: Discover how nutrition can transform your skin's health. This class explores the role of antioxidant-rich foods in protecting and rejuvenating your skin. By the end, you'll know how to nourish your skin from the inside out, achieving a radiant complexion that reflects your well-being.

Friday, May 2
1-2 p.m.

Monday, May 12
2 - 3 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.

TASTE & TALK THERAPY

Join us for a community discussion where we focus on the connection between food and our mental health. This session focus topics will include sleep, exercise, and stress management

Monday, May 5
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, May 19
3– 4 p.m.

NEIGHBORHOOD CONNECTIONS

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

Monday, May 12
1 -2 p.m.

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

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

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



HIKE & SNACK

Hike & Snack: Join us for a 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.

Wednesday, May 14
4-5 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



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, May 7, 21

10a.m.-1p.m.

Bedford Heights Community Center

5615 Perkins Road

Bedford Heights, OH 44146

(Bedford Heights 60 community members only)

Wednesday, May 14, 28

11 a.m. - 1 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue

Bedford, OH 44146

Thursday, May 8

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, May 3

9 - 11 a.m.

Tuesday, May 13

2 - 3 p.m.

Thursday, May 29

12- 1:30p.m.

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

UH Bedford Campus (con't.)

EXERCISE & FITNESS

CHAIR YOGA

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

Wednesday, May 14

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, May 9

12- 1 p

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

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

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

LINE DANCING

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

Wednesday, May 7, 21

6 pm-7 pm

TAI CHI

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

Monday, May 12

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.

Friday, May 2

11:30 a.m. -12:30 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



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

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 MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)

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

FREE WALK-IN BLOOD PRESSURE SCREENINGS

Monday – Friday

9 a.m. - 9 p.m.

Saturday - Sunday

9 a.m. - 5 p.m.

Urgent Care

UH Ashtabula Health Center

3315 N. Ridge Road, E

Suite 700A

Ashtabula, OH 44004

Call 440-992-0759 for information



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

May is Stroke Awareness Month

F Facial drooping
A Arm weakness
S Speech difficulties
T Time to call emergency services



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, May 20

12:30 – 2 p.m.

Avon Lake Senior Center

Old Firehouse Community Center

100 Avon Belden Road

Avon Lake, OH 44012

Thursday, May 15

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, May 7

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

FREE SCREENINGS FOR STROKE AWARENESS MONTH

Free cholesterol, glucose, blood pressure and stroke risk assessment provided. No fasting required

Tuesday, May 6

7:30-10 a.m.

Elyria Medical Center Lobby

630 East River St

Elyria OH 44035

STROKE 101 TALK - WHAT TO LOOK FOR!

Come learn about stroke symptoms and treatments. Free stroke risk assessments offered.

Thursday, May 15

6-7 p.m.

Elyria Library West River Branch

1194 W River Rd North

Elyria OH 44035



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, May 1

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.

Friday, May 9

12 - 1 p.m.

Bainbridge Senior Center

17751 Chillicothe Road

Chagrin Falls, OH 44023

Monday May 19

12 - 1 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland OH 44026

GARDENING FOR LIFELONG HEALTH: ROCK YOUR GARDEN

Wednesday, May 14

3 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, May 5

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street

West Farmington OH 44491

Monday, May 12

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.

May 1

The West Woods

9465 Kinsman Road

Novelty, OH 44072

May 8

Welton's Gorge

13973 Hayes Road

Burton, OH 44021

May 15

Big Creek Park

9160 Robinson Road

Chardon, OH 44024

May 22

Eldon Russell Park

16315 Rapids Road

Buron OH 44021

May 29

Thompson Ledges

16755 Thompson Road

Thompson, OH 44086



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, May 5, 12, 19, 26

Wednesdays, May 7, 14, 21, 28

Fridays, May 2, 9, 16, 23, 30

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, May 5

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, May 20

12:30-1:30 p.m.

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call **440-279-2137** to register

CARDIAC SUPPORT GROUP

Monday, May 19

Meetings held quarterly

12 -1:30 p.m.

Lunch Provided

UH Geauga (Conference Center)

13207 Ravenna Road

Chardon, OH 44024

Call **440-285-6824** to register

DIABETES SUPPORT GROUP

Tuesday, May 20

2 -3 p.m.

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call **440-279-2137** for information

OSTOMY SUPPORT GROUP

(Meetings held every other month)

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

Call **440-285-6210** for information

BETTER BREATHERS CLUB

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

Second Tuesday of the month

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

Call **440-285-6355** for information

CAREGIVER SUPPORT GROUP

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

Maplewood at Chardon

12350 Bass Lake Road

Chardon, OH 44024

Call **440-285-3300** or

chardonrsvp@maplewoodsl.com for more information

LYMPHEDEMA SUPPORT GROUP

Topic and location to be determined

Call 440-214-3101 for information

or Email:

Cathy.Jewell@uhhospitals.org or

Patricia.schroeder@uhhospitals.org



Our Mission

To Heal. To Teach.

To Discover.

UH Geauga Medical Center, (con't).

RISK ASSESSMENTS

Call Wellness Coordinator at
440-214-3330

SMOKING CESSATION

Call 440-285-6015 for more
information

DIABETES SELF- MANAGEMENT CLINIC

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

SENIOR ASSESSMENTS

Memory Loss and Aging – When to
seek help?

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

Call 440-285-6408 to schedule an
Assessment



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

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

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

MEDICATION MANAGEMENT CLINIC

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

DIABETES SELF- MANAGEMENT CLASS

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

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

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

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

REGISTER TO BECOME A MEMBER TODAY

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

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

Glenville Community Wellness Center

COMMUNITY PROGRAMS

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

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

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

Hours of Service:

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

EXERCISE PROGRAMS

YOGA WITH STEPHANIE

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

Every Monday in May
10-11 a.m.

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

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

**Every Thursday in
May**
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 May
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 May
5 - 7 p.m.

Beginner / Intermediate / Advanced
Every Friday in May
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, May 1
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 May
5 – 6 p.m.



COMMUNITY PROGRAMS

MOTHERS DAY TEA

This event is an annual tradition for area seniors. Check your blood pressure and gain information about women's health! To sign up for this event: 440-639-4650

Wednesday, May 7

1 - 2 p.m.

Concord Community Center

7671 Auburn Rd
Painesville, Ohio 44077

INTERNATIONAL FIREFIGHTERS DAY

Join us for a celebration of International Firefighters Day with Willoughby Fire Department. The day is linked to the feast of Saint Florian, patron saint of firefighters and has been celebrated as a day of fire service for more than 150 years. There will be a procession of fire apparatus from Willoughby Station 1 (37000 Euclid Ave) to Firehouse Subs at 11 am. At noon there will be a "sound off" of fire sirens for 30 seconds, followed by a minute of silence in memory of firefighters lost in the line of duty or passed on before. Find us at Firehouse Subs! We will have blood pressure screenings, health and safety information and more! For more information visit: www.firefightersday.org

Sunday, May 4

11 a.m. - 2 p.m.

Firehouse Subs

36161 Euclid Avenue
Willoughby, Ohio 44090

FAMILY HEALTH & SAFETY DAY

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

Saturday, May 10

9 a.m. - 1 p.m.

UH Lake West Medical Center

36000 Euclid Ave
Willoughby, Ohio 44094



SUPPORT GROUP

STROKE SUPPORT GROUP

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

Alecia.Crognale@UHhospitals.org |

Tuesday, May 13

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, May 3

9 a.m. - 12 p.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

Saturday, May 17

9 a.m. - 12 p.m.

UH Lake West Medical Center

36000 Euclid Avenue
Willoughby, OH 44094

COMMUNITY PROGRAMS

CENTRAL YMCA HEALTH SCREENINGS

Stop by to see us and check your blood pressure, cholesterol and glucose!

Monday, May 12

8 a.m. - 1 p.m.

Lake County YMCA Central Branch

933 Mentor Ave
Painesville, Ohio 44077

STROKE AWARENESS DAY

Learn more about your risk for stroke. Stop by to see us and check your blood pressure, cholesterol and glucose!

Friday, May 16

11 a.m. - 2 p.m.

UH Brunner Sanden Dietrick Wellness Center

8655 Market Street
Mentor, OH 44060

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!

Thursday, May 29

6 - 10 p.m.

Friday, May 30

6 - 10 p.m.

Saturday, May 31

2 - 10 p.m.

Sunday, June 1

12. - 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, 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 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, May 20

6-7 p.m.

Fitness: Staying Fit on Vacation
Nutrition: Understanding Food Labels



REGISTER TO BECOME A MEMBER TODAY

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

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

COMMUNITY PROGRAMS

DIABETES AND NUTRITIONAL COUNSELING

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

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

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

For more information, call 866-844-2273.

JOIN THE VOLUNTEERS AT UH PARMA MEDICAL CENTER

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

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

Parma Hospital Volunteer Services

7007 Powers Boulevard
Parma, OH 44129-5495

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

kimberly.tomblin@UHhospitals.org.

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

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

SPIRITUAL CARE VOLUNTEERS

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



COMMUNITY PROGRAMS

SOWING SAFELY: GARDENING AND PROPER BODY MECHANICS

Wednesday, May 7

2 – 3 p.m.

Join an Occupational Therapist from UH Parma Medical Center for a session on safe and healthy gardening practices. This program will help you:

- Discover the health benefits of gardening and yardwork
- Learn essential techniques for safe and healthy gardening

- Understand joint protection and energy conservation strategies
- Recognize and prevent common injuries while working around your home

To register, call Parma-Powers Library at 440-885-5362 or click [here](#)

Program location:

Cuyahoga County Public Library
Parma-Powers Branch
6996 Powers Blvd
Parma, OH 44129

MAY IS STROKE AWARENESS MONTH!

Monday – Friday

May 12 - 15

9 a.m. – 9 p.m.

Visit our informational display at the Cuyahoga County Public Library – Parma-Snow Branch, 2121 Snow Road, Parma to learn more about:

- Stroke awareness and prevention
- Diabetes management
- Smoking cessation
- Acute rehabilitation
- Nutrition for better health

Free blood pressure screenings will be available on May 12 from 10 AM– 12 PM. Stop by and take a step toward BETTER HEALTH!

Our Mission

*To Heal. To Teach.
To Discover.*

NORTH ROYALTON SAFETY DAY

Annual Safety Fair & Open House
Free blood pressure screening and family activities.

Saturday, May 17

10 a.m. - 2 p.m.

North Royalton Fire Department

7000 Royalton Rd.

North Royalton, OH 44133

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!**



SLEEP MEDICINE

May is better sleep awareness month and time to focus on the importance of sleep. Parma's sleep lab has detailed adult sleep studies that 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 Parma's Sleep Lab call **440-743-8177**

STROKE PREVENTION AND HEALTHY DIET

Thursday, May 1

2 p.m. – 5 p.m.

Join us at the Cuyahoga County Library - Parma-Powers branch for a special event in recognition of Stroke Awareness Month!

Enjoy a live cooking demonstration with taste testing of a healthy recipe and hear from a dietitian about the connection between nutrition and stroke prevention. In addition to the presentation, explore valuable information on stroke recovery, diabetes education, balance and exercise, nutrition, smoking cessation, and more. Health screenings will be available after the presentation, including carotid artery, sleep apnea, balance, blood pressure, glucose, non-fasting cholesterol, and stroke risk assessment. **Registration opens April 1.** Space is limited.

• **To register for the carotid screening, call 440-743-4027 and press option #2.**

• To register for the event, call Parma-Powers Library at

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

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

Program location:

Cuyahoga County Public Library
Parma-Powers Branch
6996 Powers Blvd
Parma, OH 44129

UH Parma Medical Center, (con't).

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

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

Call 440-743-4932 for information

Wednesday, May 7

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Wednesday, May 7

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road

North Royalton, OH 44133

Thursday, May 8

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue

Brooklyn, OH 44144

Friday, May 9

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

Independence Senior Center

6363 Selig Drive

Independence, OH 44131

Friday, May 9

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard

Parma, OH 44129

Monday, May 12

10 a.m. - 12 p.m.

**Cuyahoga County Library Parma-
Snow Branch**

2121 Snow Road

Parma 44134

Tuesday, May 13

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road

Broadview Hts., OH 44147

Wednesday, May 14

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

Tuesday, May 27

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road

North Royalton, OH 44133

Tuesday, May 27

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

**Cuyahoga County Library Parma-
Powers Branch**

6996 Power Boulevard

Parma, OH 44129

Non-Fasting Cholesterol Screening

Wednesday, May 21

9 a.m. - 11 a.m.

Free. Includes total cholesterol, HDL, and blood sugar.

Appointment required

Call 440-743-4932

SUPPORT GROUPS

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

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, May 2, 9, 16, 23, 30

4:30 p.m.

STROKE & ARTHRITIS SUPPORT GROUP

This month's meeting will be joining the Parkinson's Disease support group for a Papa's Path presentation. See Parkinson's Disease support group below for details. RSVP to

440-743-4932. *For more information and / or questions, call 440-743-4127*

Tuesday, May 13

1 - 2:30 p.m.

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. Join us for a support group visit with Papa's Path. They will discuss how to stay prepared and equipped and ready for outings of all kinds. They will share practical tools and aids to make everyday mobility easier, from home comforts to safe traveling tips.

For more information and/or

questions and to RSVP call

440-743-4932

Tuesday, May 13

1 - 2:30 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, May 8

1 - 2 p.m.

UH Parma Medical Center

7007 Powers Boulevard

Parma, OH 44134

Conference Room E (third floor)

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, May 19

11 a.m.-5 p.m.

UH Portage Medical Arts Building,
Atrium

Ravenna, Ohio 44266

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



SAIL FALLS PREVENTION CLASS

SAIL – Stay Active & Independent for Life

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

Streetsboro Senior Center

9307 State Route 43

Streetsboro, OH 44241

INFO/RSVP: 330-626-2398

Portage County Senior Center

705 Oakwood Street,

Ravenna, OH 44266

INFO/RSVP: 330-297-345

TOBACCO TREATMENT COUNSELING PROGRAM

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

UH Portage Harrington Heart & Vascular Institute

UH Portage Professional Ctr Ste. 125

6847 N. Chestnut Street

Ravenna, OH 44266

For more information call

216-896-1810 or email

tobacco.treatment@uhhospitals.org

VIRTUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

UH PORTAGE WOUND CARE & HYPERBARIC MEDICINE CENTER

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

UH Streetsboro Health Center

9318 State Route 14,

Streetsboro, OH 44241

FREE FITNESS CLASSES

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

DANCE FITNESS (no experience needed)

Tuesday, May 6, 13

11:30 a.m. – 12 p.m.

SAIL (Stay Active Independent Lifestyle)

Tuesday, May 13

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

Registration is required for each class.

Please call 330-297-2576 to schedule.

YOGA FOR EVERYONE

Tuesday, May 27

11:30 a.m.– 12 p.m.



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, May 1

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:

Tuesday, May 13

11 a.m. – 1 p.m.

Renaissance Family Center

9005 Wil Verne Drive
Windham, OH 44288

Tuesday, May 20

11 a.m. - 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street
Ravenna, OH 44266

Thursday, May 29

11 a.m. – 1 p.m.

UH Portage Professional Center - Lobby

6847 N. Chestnut Street
Ravenna, OH 44266

Wednesday, May 28

10:30 – 11:30 a.m.

Portage Senior Center

705 Oakwood Street
Ravenna OH 44266

FREE HEARING SCREENINGS

Register now for a free hearing screening in our Audiology department

Monday, May 5

8 – 11 a.m.

UH Portage Medical Center, Audiology

6847 N. Chestnut Street,
Ravenna, OH 44266

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

TOWNHALL 11 EDUCATION TABLE

Townhall II promotes a holistic approach to health, wellness and recovery by providing individuals, families and communities with prevention, education, advocacy, intervention and treatment services in Portage County. Stop by to learn more!

Tuesday, May 6

10 a.m. – 12 p.m.

UH Portage Medical Center Cafeteria

6847 Chestnut Street
Ravenna, OH 44266

HEALTHY HEART LUNCH & LEARN: "STROKE AWARENESS"

Join us for this free lunch event. University Hospitals' Amanda Palmer, Clinical Nurse Navigator, CHF will speak about Stroke Awareness.

Wednesday, May 7

11:30 a.m. – 1 p.m.

Aurora Senior Center, Walker Building

129 W. Pioneer Trail,
Aurora, OH 44202

Pre-registration is required. Call 330-562-4333.

STROKE SCREENING & EDUCATIONAL EVENT

Please join us at the market and receive FREE health screenings including: Stroke Assessment, Blood Pressure, BMI, Glucose/Cholesterol, Nutrition, and more.

Saturday, May 10

9 a.m. – 1 p.m.

Haymaker Farmer's Market

Franklin Avenue in Downtown Kent

(Outdoor market under the Haymaker overpass between Main St. & Summit St.)

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:

- Food and nutrition demos
- Physical activity and exercise classes
- Mindfulness and yoga activities
- Diabetes education
- Healthy meals and snacks
- Wellness tools and resources
- Access to free health monitoring devices. Dress in comfortable clothing and shoes

Friday, May 30

8:30 a.m. – 2 p.m.

Streetsboro Community Center

8970 Kirby Lane
Streetsboro, OH

Register by May 26 via one of the following options:

Text: "Portage" to 216-777-4700

Visit: UHhospitals.org/BeWell

Email:

WellnessTeam@UHhospitals.org

Space is limited.



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, May 6, 20, 27

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, May 13

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, May 17

12-1 p.m.

Richmond Heights Elementary

447 Richmond Rd
Richmond Heights, OH 44143

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

UNIVERSITY HOSPITALS RICHMOND HEIGHTS: HEALTH & WELLNESS DAY

Dinner on a Budget: A Cooking

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

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

Thursday, May 13

12-1 p.m.

Richmond Heights Community Center

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

COMMUNITY RESOURCES

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

Thursday, May 13

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.

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, May 13

10 a.m. - 1 p.m.



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, May 12

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, May 13

10 a.m.-1 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

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

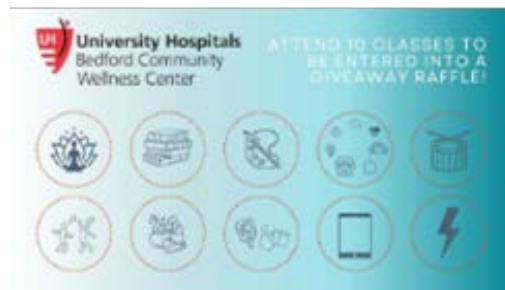
How It Works:

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

Current offerings include:

Exercise classes:

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



NOURISH THE NEIGHBOR

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

Current locations for UH healthy menu options

4eleven Lounge

411 Northfield Road
Bedford OH 44146
440-945-6002

Grille 55

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

Sunset Kitchen & Lounge

11311 Euclid Ave
Cleveland, OH 44106
216 400-6590



NOURISH
The NEIGHBORHOOD

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Friday, May 2

11 a.m. – 5 p.m.

Thursday, May 15

9:30 a.m. – 3:30 p.m.

**UH Samaritan Medical
Center Auditorium**

663 East Main Street
Ashland, OH 44805

BIOMETRIC SCREENINGS

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

9- 10:30 a.m.

Ashland YMCA
207 Miller Street
Ashland, OH 44805

SMOKING CESSATION

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



PARKINSON'S DISEASE RESOURCES:

Support Group

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

**Ashland Wellness and
Community Center**
2130 Center Street
Ashland, OH 44805



EXERCISE & FITNESS

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

Walking support group for COPD
patients

Tuesdays and Thursdays
9 a.m.

The Keith Field House

Ashland High School
Ashland, OH 44805



MOBILITY AND BALANCE YOGA

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

**Ashland Wellness and
Community Center**
2130 Center Street
Ashland, OH 44805

REGISTER TO BECOME A MEMBER TODAY

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

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

COMMUNITY PROGRAMS

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

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

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for health care providers. A course completion card will be provided.

This is a free class, but you must register at www.uhems.org. Call 440-735-3513 for information

SENIOR SUPPER CLUB

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

EVERYDAY

4 – 5:30 p.m.

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



OUTPATIENT NUTRITION COUNSELING

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

St. John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145

Call 440-835-4426 to schedule

DIABETES EDUCATION CLASSES

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

Diabetes Self -Management

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

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

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

Diabetes Educator Follow-up:

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

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

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

UH St John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145

For scheduling or questions, call 216-844-1768

SPECIAL EVENT CAR SEAT CHECK & INSTALLATION

Thursday, May 22

2-5 p.m.

North Olmstead Fire Department

24291 Lorain Road

North Olmstead, OH 44070

You must call 440-827-5440 for an appointment. 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.

“Stroke 101”- Presented by Dr. Amanda Opaskar, Neurologist ~ UH St John Medical Center

Tuesday, May 27
12:30 p.m.

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

STROKE SCREENINGS - (Cholesterol, Glucose, Blood Pressure & Stroke Risk)

Free health screenings for Stroke Awareness Month. No fasting required.

Tuesday, May 20
8 - 10 a.m.

St. John Medical Center Lobby
29000 Center Ridge Road
Westlake OH 44145

EXERCISE & FITNESS

STROKE SURVIVORS EXERCISE PROGRAM

There are many benefits to continuing regular physical exercise after a stroke. However, stroke survivors often face many challenges when attempting to find a place to exercise. University Hospitals Outpatient Rehab has created a program at the Westlake Community Center Exercise Room to help guide participants through their exercise program and answer questions. This program is intended for people who had a stroke and have graduated to outpatient rehabilitation and those who are looking for support while creating a regular exercise routine. People must be able to get off and, on the machines, independently or with help from a caregiver. We are asking each participant to discuss this with their physician and have a medical clearance form filled out. **There is a \$50 initiation fee and then an ongoing \$25 monthly fee to participate.**

Tuesdays and Thursdays
3-4:30 p.m.

Westlake Center for Community Services
28975 Hilliard Blvd
Westlake OH 44145 *Please call UH SJMC Outpatient Rehab at 440-414-6050 with questions or to register for the program.*

HEALTH SCREENINGS

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

BLOOD PRESSURE SCREENINGS

Thursday, May 1
11:30 a.m.-1 p.m.

Westlake Center for Community Services
Community Meeting Room
28975 Hillard Blvd
Westlake, OH 44145

Thursday, May 8
10:45 -11:45 am
North Olmsted Senior Center
Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

Wednesday, May 14
9:00 – 10:30 a.m.
Cove Community Center
12525 Lake Avenue (enter off Clifton) Lakewood, OH 44107

Monday, May 12
10:45-11:45 am
Fairview Park Senior Center
20769 Lorain Road
Fairview Park OH 44126



SUPPORT GROUPS

LEARN, LATCH, LOVE ~ BREASTFEEDING SUPPORT GROUP

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

Wednesdays

11 a.m.-1 p.m.

UH St John Medical Center

Community Outreach Department

SUITE R

29160 Center Ridge Road

Westlake OH 44145

For more information, call

440-827-5093

Wednesdays

5:30-7:30 p.m.

UH St John Medical Center

(Auditorium B)

29000 Center Ridge Road

Westlake OH 44145

For more information, call

440-827-5093

HOPE GROUP

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

Wednesday, May 7

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.



May is Stroke Awareness Month

F Facial
drooping
A Arm
weakness
S Speech
difficulties
T Time
to call
emergency
services

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**

