



University Hospitals

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

AGE WELL. **BE WELL.** EVENTS OCTOBER 2025

If you are not a member of the AGE WELL. **BE WELL.** Club and would like to join, please visit our website <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well> to register.

UH Locations

AVON HEALTH CENTER

1997 Healthway Drive
Avon, OH 44011
440-988-6801

AHUJA MEDICAL CENTER

3999 Richmond Road
Beachwood, OH 44122
216-593-5500

**BEDFORD MEDICAL OFFICE
BUILDING**

88 Center Road
Bedford, OH 44146
440-735-2559

**BRUNNER SANDEN DEITRICK
WELLNESS CENTER
UH FITNESS CENTER IN MENTOR**

8655 Market Street
Mentor, OH 44060
440-375-8777

CONNEAUT MEDICAL CENTER

158 West Main Road
Conneaut, OH 44030
440-593-1131

ELYRIA MEDICAL CENTER

630 East River Street
Elyria, OH 44035
440-329-7500

GEAUGA MEDICAL CENTER

13207 Ravenna Road
Chardon, OH 44024
440-285-6000

GENEVA MEDICAL CENTER

870 West Main Street
Geneva, OH 44041
440-466-1141

**GLENVILLE COMMUNITY
WELLNESS CENTER**

10527 Orville Avenue
Cleveland, OH 44106
440-435-8522

LAKE WEST MEDICAL CENTER

36000 Euclid Avenue
Willoughby, OH 44094
440-553-8443

PARMA MEDICAL CENTER

7007 Powers Boulevard
Parma, OH 44129
440-743-3000

PORTAGE MEDICAL CENTER

6847 North Chestnut Street
Ravenna, OH 44266
330-297-0811

**RICHMOND MEDICAL OFFICE
BUILDING**

27100 Chardon Road Ste 100
Richmond Hts., OH 44143
440-735-2559

**ST. JOHN MEDICAL CENTER,
*A Catholic Hospital***

29000 Center Ridge Road
Westlake, OH 44145
440-835-8000

SAMARITAN MEDICAL CENTER

1025 Center Street
Ashland, OH 44805
419-289-0491

TRIPOINT MEDICAL CENTER

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

COMMUNITY PROGRAMS

UNIVERSITY HEIGHTS FIRE DEPARTMENT OPEN HOUSE

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

Sunday, October 5

12 – 3 p.m.

University Heights Fire Department

3980 Silsby Road

University Heights, OH 44118

CAMPBELL COURT APARTMENTS PHARMACY PRESENTATION

Medication can play a crucial role in maintaining one's health as they help manage and treat chronic diseases, it is important to understand the what, why and how behind taking these medications. University Hospitals Ahuja Medical Center's Pharmacy Team will share their knowledge on the importance of safe medication practices, using your pharmacist as a resource and creating a medication list.

Thursday, October 9

12 -1 p.m.

Campbell Court Apartments

16650 Van Aken Blvd

Cleveland, Ohio 44120

BIOMETRIC SCREENING EVENTS

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

Sunday, October 19

12.-5 p.m.

Hudson Library & Historical Society

96 Library Street

Hudson, OH 44236

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FREE blood pressure screenings.

Sunday, October 5

12– 3 p.m.

University Heights Fire Department

989 Silsby Road

University Heights, OH 44118

Thursday, October 16

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

Beachwood Senior Center

25325 Fairmount Blvd

Beachwood, OH 44122

COMMUNION OF SAINTS MEN'S HEALTH PRESENTATION

Join Dr. Gregory Hall, Medical Director of the UH Cutler Center for Men, for a FREE

informative talk on Men's Health. Dr. Hall will discuss the importance of preventative

care, including annual physicals, screenings, and lifestyle choices like diet and exercise.

Learn how to take an active role in your own health and wellness. *Seating is limited please call 216-593-1767 to register.*

Wednesday, October 22

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

Saint Philomena Church

13824 Euclid Ave

Cleveland, Ohio 44112

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=uZTfpaO9men7iXGOQBaxx57VD0GJf.1)

[pwd=uZTfpaO9men7iXGOQBaxx57VD0GJf.1](https://zoom.us/j/95927571647?pwd=uZTfpaO9men7iXGOQBaxx57VD0GJf.1)

[Meeting ID: 959 2757 1647](https://zoom.us/j/95927571647?pwd=uZTfpaO9men7iXGOQBaxx57VD0GJf.1)

[Passcode: 8k6C94](https://zoom.us/j/95927571647?pwd=uZTfpaO9men7iXGOQBaxx57VD0GJf.1)



Avon Health Center

1997 Healthway Drive

Avon, OH 44011

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

COMMUNITY PROGRAMS

THERAPEUTIC ART COMMUNITY GROUP

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

**Wednesday, October 8,
November 12, December 10**
12 - 1 p.m.



EXERCISE & FITNESS

IRON YOGA

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

Friday, October 10
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, October 13
10 - 10:55 a.m.

YOGA

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

Thursday, October 23
6 - 6:55p.m.

SEASONAL QIGONG

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

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

Saturday, October 11
11-11:55 a.m. (Studio 2)

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, October 17
5:30 p.m.

BEGINNER CYCLING

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

Saturday, October 11
10:30-11:15 a.m. (1st Floor Cycling Room)

CARDIO KICKBOXING

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

Thursday, October 2 and 16
6:15-7p.m.



EXERCISE & FITNESS

SIT FIT SENIORS

This fun, social 55-minute chair workout is designed for active older adults to build strength, improve flexibility, and boost cardiovascular health—all from a chair! Perfect for those with limited mobility or balance concerns, the class combines seated strength, low-impact cardio, stretching, and breathing exercises. Use your body weight or light resistance at your own pace, with modifications to suit all levels.

Saturday, October 25
11-11:55a.m.

WATER WALKING 101

A beginner-friendly workshop designed to introduce new strategies for pool-based exercise and walking techniques. Perfect for those looking to stay active without stressing the joints, this class is ideal for anyone recovering from injury or surgery (with medical clearance), or simply seeking a gentler form of fitness. You'll learn to walk on your own in water depths starting at 4 feet, with options to progress to deeper areas at your own comfort level. Equipment such as water walking belts and hand weights will be introduced to enhance resistance, and overall effectiveness. No swimming experience is required, and all fitness levels are welcome.

**Monday, October 27 and
November 24**
10 -10:55 a.m.



New: S. W.E.T. with Jackie

This Structured Water Exercise Training program is specially designed for deep water fitness. Using buoyancy belts and water's natural resistance, you'll challenge your strength, endurance, balance, and core—without the impact on your joints. Expect a full-body workout that combines cardio, strength training, and functional movements, all while floating in deep water. Swimming skills are not required, but participants should be comfortable in deep water (6 feet). Bring a water bottle as this is a moderate to vigorous class.

Sunday, October 12
8:15 - 9:10a.m.



YIN YOGA AND SOUND BATH (Fee Based)

Join Us for a Relaxing Saturday Morning! Incorporate the deep recovery of Yin Yoga into your routine. Class will include floor postures as well as the chair as a prop. Postures are held for extended time to relieve tension, release tight muscles and allow yourself to completely relax in the healing frequencies of a sound bath. Bring a firm pillow and blanket. Yoga mats provided if you do not own one. **Pre Registration open now call 440-988-6801. \$10 for Fitness Center UH Avon Members; \$20 Non-Member Fee**
Saturday, October 18
11a.m.-12 p.m.

SUPPORT GROUP

PARKINSON'S SUPPORT GROUP

The Group Is A FREE Parkinson's Disease Support & Discussion Community. Join us for meaningful conversations, shared experiences, and unwavering support. Whether you're living with Parkinson's or caring for someone who is. Join us every other week following the Delay the Disease Class. We start at 12:10p.m. and continue to 1p.m. The Group Meets in the First Floor Conference Room. *There's no registration required. Just show up.*

Thursday, October 9 and 23
12:10.-1 p.m.

Our Mission
To Heal. To Teach.
To Discover.

COMMUNITY PROGRAMS

WALKING CLUB

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

Thursdays, October 2, 9, 16, 30

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, October 15

2-4 p.m.

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

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

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

How It Works:

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

Current offerings include:

Exercise classes:

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

Cooking Demonstrations and Nutrition Education

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

Social Needs Screenings & Resource Connection

Art and Music Therapy

Wellness Dimensions Education Series

Master Classes and more!



THE NEW UH COMMUNITY WELLNESS CENTER

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

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

Preventive Services:

- Health education classes
- Health screenings
- Community programming

Enhanced Access to Care:

- Telehealth services
- Community health worker on site

Healthy Food:

- Teaching Kitchen

HOURS OF SERVICE:

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

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

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

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

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

UHhospitals.org/Bedford



MY CHART

Join us for the MyChart Workshop, where you will discover how to effectively navigate the MyChart platform. This hands-on session will guide you through its features, help you manage your health information, and show you how to schedule appointments, communicate with your healthcare provider, and access important medical records. Don't miss this opportunity to enhance your experience with MyChart!

Tuesday, October 7

11 a.m. - 12 p.m.

UH Wellness Center at Bedford

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

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

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

FOOD WITH PURPOSE: THE PINK APRON

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

Monday, October 6

12 -1 p.m.

UH Wellness Center at Bedford

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

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

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

RESISTANCE TRAINING

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

Tuesday, October 21

9-10 a.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.



AGE WELL. BE WELL.

UH Bedford Campus (con't.)

MOBILE HEALTH UNIT

University Hospitals Mobile Health Unit for 3-D mammogram screenings in the parking lot on this date with extended times.

Mammogram appointments are available from 8:30 am -3 pm on the below dates. Accepting appointments now. Insurance information required. **To schedule an appointment, call Nicole, UH Mobile Coordinator, at 216-896-1768. Registration required.**

Wednesday, October 1
8:30 a.m.-3 p.m.

Ellenwood Recreation Center
124 Ellenwood Avenue
Bedford, OH 44146
For more information or to register, call 440-735-4270



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

HEALTH SCREENINGS

BIOMETRIC SCREENINGS

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

Wednesday, October 1
10 a.m.- 1 p.m.
Ellenwood Center Senior Health Fair
124 Ellenwood Center
Bedford, OH 44146

Saturday, October 4
9 - 11 a.m.

Monday, October 13
9:30. - 10:30 a.m.

Tuesday, October 21
2- 3 p.m.

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

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesday, October 15
10 a.m.-1 p.m.

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

Wednesday, October 8
11 a.m. - 1 p.m.
Ellenwood Recreation Center
124 Ellenwood Avenue
Bedford, OH 44146

Thursday, October 9
10:45 a.m.-12:30 p.m.
Maple Heights Senior Center
15901 Libby Road
Maple Heights, OH 44137

Tuesday, October 14
2 - 5 p.m.
Maple Heights Library
5225 Library Lane
Maple Heights, OH 44137



AGE WELL. BE WELL.

UH Bedford Campus (con't.)

EXERCISE & FITNESS

CHAIR YOGA

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

Wednesday, October 22

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, October 10

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, October 1 and 15

6 -7 pm

Messiah International Ministries

98 Center Rd,
Bedford, OH 44146

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

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

TAI CHI

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

Monday, October 6

10:30 -11:30 a.m.



NOURISH THE NEIGHBOR

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

Current locations for UH healthy menu options

4eleven Lounge

411 Northfield Road
Bedford OH 44146
440-945-6002

Grille 55

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

Sunset Kitchen & Lounge

11311 Euclid Ave
Cleveland, OH 44106
216 400-6590



COMMUNITY PROGRAMS

UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY

Monday - Friday
9 a.m. – 5:30 p.m.

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

MEDICATION THERAPY MANAGEMENT CLINIC

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

Monday – Friday
8 a.m. – 4:30 p.m.

UH Geneva Outpatient Pharmacy

870 West Main Street
Geneva, OH 44041
Call 440-415-9548 Rachel Norris, Pharmacist, for more information.

SLEEP MEDICINE

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

University Hospitals - Center for Advanced Sleep Medicine

810-A West Main Street
Geneva, OH 44041

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

HEALTH EDUCATION

DIABETES EDUCATION

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

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



HEALTH SCREENINGS

FREE WALK-IN BLOOD PRESSURE SCREENINGS

Monday – Friday
9 a.m. – 9 p.m.

Saturday - Sunday
9 a.m. – 5 p.m.

Urgent Care

UH Ashtabula Health Center

3315 N. Ridge Road, E
Suite 700A

Ashtabula, OH 44004

Call 440-992-0759 for information

FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)

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

SUPPORT GROUPS

BETTER BREATHERS CLUB

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

First Wednesday of every month
4 – 5:30 p.m.

UH Geneva Medical Center

1st Floor Pulmonary Rehab Dept.
870 West Main Street

Geneva, OH 44041

Call 440-415-0243 for information

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 any of our programs, contact the UH Elyria Medical Center Outreach Department at 440-827-5440. Closed on all holidays or in inclement weather.

BLOOD PRESSURE SCREENINGS

Thursday, October 16
9:30-11:30am

Avon Senior Center
36786 Detroit Rd
Avon OH 44011

Tuesday, October 21
12:30 – 2 p.m.

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

SAFETY AND HEALTH FAIR DAYS

Join us for free healthy and safety exhibits, food, giveaways, crafts and fun for all ages.

Saturday, October 4
10 a.m. - 2 p.m.
Sheffield Lake Fire/Police Dept
609 Harris Rd
Sheffield OH 44054

Saturday October 23
9 - 11 a.m.
North Ridgeville Senior Center
7327 Avon Belden Rd
North Ridgeville OH 44039

AGING WELL SENIOR EXPO

The Aging Well Senior Expo is the place to learn about local agencies, products and services to help seniors age successfully in the place they choose to call home. Free blood pressure screenings and giveaways.

Thursday October 8
10 a.m.-2 p.m.

Lorain County Office on Aging Senior Expo
German's Villa
3330 Liberty Ave
Vermillion OH 44089



SLEEP MEDICINE

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

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

Nighttime, daytime, and home sleep studies available.

For a sleep provider consult, call 216-844-REST

To schedule a sleep study at Elyria or Avon sleep lab, call 440-326-5464



DIABETES EDUCATION

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

AGE WELL. BE WELL.

COMMUNITY PROGRAMS

Call **440-214-3180** to register

LUNCH AND A MOVIE

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

Thursday, October 2

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, OH 44026

GARDENING FOR LIFELONG HEALTH

Wednesday, October 8

3 p.m.

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024

YMCA HEALTH & WELLNESS FAIR

Join us at the Geauga YMCA Health Fair! University Hospitals will be offering free health screenings, educational materials and valuable health resources. You'll also have the chance to connect with many other vendors providing helpful information and services.

Monday, October 6

11 a.m.- 2 p.m.

Gauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

BREAST CANCER AWARENESS EVENT

Come join us in the lobby for breast cancer awareness, education and resources. Mammograms and self breast exams can save lives.

Wednesday, October 8

11 a.m. - 1 p.m.

UH Geauga Medical Center

13207 Ravenna Road
Chardon, OH 44024

SAVE THE DATE

CLEVELAND ORCHESTRA - HOLIDAY CONCERT

Join the Geauga County Dept. on Aging and UH Geauga Medical Center for lunch at the Jolly Scholar on Case Western's campus, followed by the Cleveland Orchestra Holiday Concert at Severance Hall. The Cleveland Orchestra will present its annual holiday concert at the Severance Music Center. *For more information on lunch menu choices and Departure, please call Melissa at 440-279-2167. Space is limited! Registration is required, COST \$140*

Sunday, December 14

11:30 a.m. - 7 p.m.

Depart from: The Geauga County Office Building or West Geauga Senior Center

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, October 6

8:30 -10 a.m.

West Farmington Senior Center

150 College Street
West Farmington OH 44491

Monday, October 13

10 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake Road
Chardon, OH 44024



EXERCISE FITNESS

GEAUGA CYCLISTS

Tuesdays | 9 a.m.

October 7, 14, 21, 28

Maple Highland Trail
Park and meet at Eagles Baseball Field on Park Avenue (Chardon)
Must have your own bike and transportation to park. Helmets are required Call 440-279-2137 for information

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.

October 9

Bedford Reservation

Gorge Parkway, Walton Hills 44146
- Park at Bridal Veil Falls Parking lot (Afterwards Breakfast at Bedford Falls Cafe (720 Broadway Avenue, Bedford, 44146)

October 16

Swine Creek Reservation

16004 Hayes Road
Middlefield, OH 44062

October 23

Whitlam Woods

12500 Pearl Road
Hambden OH 44024

October 30

Sunnybrook Preserve

12474 Heath Road
Chesterland, OH 44026



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, Oct. 6, 13, 20, 27
Wednesdays, Oct. 1, 8, 15, 22, 29
Fridays, Oct. 3, 10, 17, 24, 31

Chardon Senior Center
470 Center Street Bldg. 8
Chardon, OH 44024
Call 440-279-2137 for Information

PEDALING FOR PARKINSON'S

Pedaling for Parkinson's is where
participants ride Pelton bikes
indoors. Pedaling for Parkinson's
provides an opportunity for people
with Parkinson's to make positive
improvements in their quality
of life. *(A collaboration with
the Geauga County*

*Department on Aging and Ohman
Family Living)*

M / W / F Class

1:30-2:30 p.m.

T / TH Class

10 - 11 a.m.

Ohman Family Living at Holly
10190 Fairmount Road
Newbury, OH 44065
Call 440-632-3653 for Information

SUPPORT GROUPS STROKE SUPPORT GROUP

Monday, October 6
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

No October Meeting
Chardon Senior Center
470 Center Street Bldg. 8 Chardon,
OH 44024
Call 440-279-2137 to register

CARDIAC SUPPORT GROUP

Monday, November 17
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

No October Meeting
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
chardonrsyp@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*



UH Geauga Medical Center, (con't).

DIABETES SELF MANAGEMENT CLASS

Take charge of your health. If you or someone has diabetes, join our six week workshop (2 1/2 hour weekly sessions). You'll get support, find practical ways to deal with pain and fatigue, sugar control and discover better nutrition and exercise choices. Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life with Chronic Conditions, 4th Edition*, which is available for purchase at the end of class. *Classes held for 6 weeks Thursdays, Oct 9, 16, 23, 30 & November 6, 13.*

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

Call the Geauga County Department on Aging at 440-279-2137 to register

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

SAVE THE DATE

CLEVELAND BOTANICAL GARDENS - FROST EXHIBIT

Join The Department on Aging and UH Geauga Medical Center for a trip to Cleveland Botanical Garden for their winter spectacular FROST exhibit. The indoor and outdoor gardens transform with dazzling light installations, a tunnel of flowers, larger than life animals, and much more. Must be able to climb on and off bus steps and walk substantial distance. *Registration is required, COST \$40, which includes transportation and admission, cost of lunch at the Garden Cafe is on your own. For more information or to register, please contact Melissa at 440-279-2167 Space is limited!*

Tuesday, November 25

9:30 a.m. - 3:30p.m.

Depart from: The Geauga County Office Building or West Geauga Senior Center

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

RISK ASSESSMENTS

Call Wellness Coordinator at 440-214-3330

SMOKING CESSATION

Call 440-285-6015 for more information

UH VIRTUAL TALKS

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

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



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 October
10-11 a.m.

Every Tuesday in October
6 - 7 p.m.

DANCE FOR CHANGE LINE DANCE INSTRUCTION WITH LADY Q

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

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

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

Every Thursday in October
1 - 2 p.m.

URBAN BALLROOM CLASSES

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

Beginner / Intermediate
Every Monday in October
5 - 7 p.m.

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

DANCE FITNESS WITH SHANAE

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

Every First and Third Saturday
10 - 11 a.m.

STEP AEROBICS WITH SHANAE

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

Every Thursday in October
5 – 6 p.m.



COMMUNITY PROGRAMS

UH TRIPPOINT WELLNESS WALK

Try out the University Hospitals Tripoint Wellness Walk and enjoy the crisp autumn air! This 1.5 mile trail winds through our beautiful 45 acre campus, designed to enhance physical and mental wellbeing. There are exercise stations, meditation areas and more. This event is weather permitting. We will offer blood pressure checks as well. Follow the signs for the Physician's Pavilion, you will see our UH table outside, opposite from the physician's pavilion area. The guided walk will begin at 10:30 am.

Monday, October 13

10 a.m. - 12 p.m.

UH Tripoint Medical Center

7590 Auburn Road

Painesville, Ohio 44077

WILLOWICK ANNUAL HEALTH AND WELLNESS DAY

Stop in to learn about numerous resources in the area! UH community outreach will offer glucose, cholesterol and blood pressure screenings at this event.

Wednesday, October 8

9 a.m. - 12 p.m.

Willowick Senior Center

321 E 314th St

Willowick, Ohio 44095

TRUNK OR TREAT CRAFT & HEALTH EVENT

Come for free health screenings and so much more! We will offer blood pressure, cholesterol, and glucose screenings in the main lobby area at this fun-filled event. Inside UH Tripoint's main lobby area there will be more than 30 talented craft vendors, raffles to support Lake County's United Way, and fun activities from 12 noon to 5 p.m. Trunk or treat will be taking place outside, in the front parking lot near the playground (near Auburn Road in the front parking lot area of our main entrance) from 1:00 p.m. - 3:00 p.m. There will be food trucks, food stands, touch a truck, and even an antique 1954 ambulance for the outdoor trunk or treat portion.

Saturday, October 18

12: - 5 p.m.

UH Tripoint Medical Center

7590 Auburn Road

Painesville, OH 44077

STROKE SUPPORT GROUP

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

To register or for questions:

Alecia.Crognale@UHhospitals.org |

Phone: 440-759-5114

Tuesday, October 14

6 – 8 p.m.

UH Brunner Sanden Dietrick

Wellness Center / Conference Room A

8655 Market Street

Mentor, OH 44060

MENTOR ON THE LAKE FIRE DEPARTMENT OPEN HOUSE

Join us at Mentor on the Lake Fire Department for a fun open house event. Visit with local safety forces and learn invaluable safety information! U.H. community outreach will perform glucose, cholesterol, and blood pressure screenings.

Saturday, October 11

12 - 4 p.m.

Mentor on the Lake Fire Department

5890 Andrews Rd

Mentor on the Lake, 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, October 4

9 a.m.– 12 p.m.

Tripoint Medical Center

7590 Auburn Road

Painesville, OH 44077

Saturday, October 18

9 a.m.– 12 p.m.

UH Lake West Medical Center 36000

Euclid Avenue

Willoughby, OH 44094



UH FITNESS CENTER IN MENTOR

BRUNNER SANDEN DEITRICK WELLNESS CENTER

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

COMMUNITY EVENT

MEDICALLY BASED FITNESS - UH MENTOR FITNESS CLASS

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

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

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

Insurance coverage may apply.

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

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

UNIVERSITY HOSPITALS WEIGH LOSS PROGRAM

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

NUFIT SERIES

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

Wednesday, October 22
12 p.m.

Fitness: Hack Your Brain for Fat Loss



REGISTER TO BECOME A MEMBER TODAY

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

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

COMMUNITY PROGRAMS

DIABETES AND NUTRITIONAL COUNSELING

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

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

Most major insurance plans, including Medicare, are accepted. **A physician referral is required by University Hospitals and may also be required by your insurance provider.** Be sure to check with your insurance in advance regarding coverage. *For more information, call 866-844-2273*

UH PARMA RETAIL PHARMACY

Monday-Friday - 8:30 a.m.-5:00 p.m.
Have UH Parma Retail meet your pharmacy needs- fill/transfer prescriptions today.
Use the QR code or call **440-743-1140**. Choose UH Parma Retail as your preferred pharmacy. **Free home delivery!**



BECOME A VOLUNTEER AT UH PARMA MEDICAL CENTER

Volunteers play a vital role in helping UH Parma Medical Center deliver exceptional, personalized care. Our volunteer program supports community wellness and raises funds to enhance the hospital's healing environment. Just like our professional staff, our volunteers are committed to providing the highest standard of compassionate care and service with purpose and dedication. If you're interested in making a meaningful impact, we'd love to welcome you to our team.

To Get Started:

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

Parma Hospital Volunteer Services

7007 Powers Boulevard
Parma, Ohio 44129-5495
Or fax to 216-474-0670

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

geralyn.novicky@uhhospitals.org

JOIN OUR TEAM AS A SPIRITUAL CARE VOLUNTEERS

The Parma Pastoral Care Department is looking for compassionate individuals interested in serving as Spiritual Care Volunteers. Under the guidance of our hospital chaplain, volunteers offer emotional and spiritual support to patients and their families during their time in the hospital. Comprehensive training and orientation are provided. If you feel called to make a meaningful difference, please contact Chaplain Marian Mihas at marian.mihhas@uhhospitals.org or call 440-743-4295 for more information.

EXERCISE

PARKINSON'S DISEASE EXERCISE CLASS - DELAY THE DISEASE

For those diagnosed with Parkinson's with their spouse, support person or caregiver. Learn simple exercises that can help make daily life easier and improve balance and build strength. Classes are taught by professionals trained in the Delay the Disease Program. *No registration required. Join anytime. For more information, call 440-743-4932*

Wednesdays, October 1, 8, 15, 22, 29
12:30 – 2 p.m.

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



HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

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

Call 440-743-4932 for information

Wednesday, October 1

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Wednesday, October 1

9-10:30 a.m.

North Royalton Office on Aging

13220 Ridge Road

North Royalton, OH 44133

Tuesday, October 14

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road

Broadview Hts., OH 44147

Wednesday, October 8

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

Thursday, October 9

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue

Brooklyn, OH 44144

COMMUNITY BLOOD PRESSURE SCREENINGS (con't).

Friday, October 10

9 a.m. - 12 p.m.

Community Health Fair

Independence Senior Center

6363 Selig Drive

Independence, OH 44131

Friday, October 24

10-11:30 a.m.

Donna Smallwood Activity Ctr.

7010 Powers Boulevard

Parma, OH 44129

Tuesday, October 28

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road

North Royalton, OH 44133

Tuesday, October 28

9:30 - 11:30 a.m.

Cuyahoga County Library

Parma-Powers Branch

6996 Power Boulevard

Parma, OH 44129

SAVE THE DATE NORTH ROYALTON COMMUNITY HEALTH FAIR & FAMILY EXPO

All are welcome! Visit the UH Parma tables for resources and education information. UH Parma will be performing health screenings. Blood pressures; non-fasting cholesterol; Glucose; and stroke assessments.

Community Blood Drive by Vitalant, complimentary pancake breakfast, raffles and so much more.

Saturday, November 1

8 a.m. - 12 p.m.

North Royalton High School

14713 Ridge Road

North Royalton OH 44133

MINIMIZING AGE RELATED COGNITIVE CHANGES

As we age our brain functions change. Learn what those changes are and how to manage and reduce the risk of having changes in your brain function for daily tasks. This talk will focus on learning what changes to be on the lookout for as well as how to prevent and manage brain changes. A healthy and active brain is a healthy you! *Must RSVP to the Parma Donna Smallwood Activity Center at 440-885-8800.*

Monday, October 6

1 p.m.

Parma Donna Smallwood Activity Center

7010 Powers Blvd

Parma, OH 44129

CITY OF INDEPENDENCE COMMUNITY HEALTH FAIR

All are welcome! Visit the UH Parma tables for resources and education information. UH Parma will be performing health screenings. Blood pressures; non-fasting cholesterol; Glucose; and stroke assessments.

Friday, October 10

9 a.m. - 12 p.m.

Independence Civic Center

6363 Selig Drive

Independence, OH 44131



SUPPORT GROUPS

Held at UH Parma Health

Education Ctr. 7300 State Road
Parma, OH 44134

unless otherwise noted.

Call 440-743-4932 for information

FOOD ADDICTS ANONYMOUS

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

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

<https://join.freeconferencecall.com/edataintegration> Pin code: 741776

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

Fridays, October 3, 10, 17, 24, 31
4:30 p.m.



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

NEW! EHLERS-DANLOS SYNDROME (EDS) SUPPORT GROUP

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

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

lauren.napoli@uhhospitals.org.

Monday, October 13

6:45 – 8:45 p.m.

North Royalton Library

5071 Wallings Road
North Royalton, OH

Room 123

STROKE & ARTHRITIS SUPPORT GROUP

This group is on pause until further notice

PARKINSON'S DISEASE

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

Tuesday, October 14

1 - 2:30 p.m.

BEREAVEMENT SUPPORT GROUP

You are invited to join our new Bereavement Support Group - a safe, confidential, and welcoming space to share experiences, find comfort, and explore healthy ways to cope with grief and loss. For questions or more information, please reach contact Chaplain Marian Mihas at marian.mihhas@uhhospitals.org or call the Parma Pastoral Care Department at 440-743-4295

Thursday, October 9

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, October 13

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

HAYMAKER FARMER'S MARKET

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

Saturday October 25

9 a.m. – 1 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 FOR GRIEVING ADULTS

The Grief Place

INFO: www.thegriefcareplace.org

330-686-1750

Kelly's Grief Center

INFO: ww.kellysgriefcenter.com Call

330-593-5959 for Information

AMPUTEE WALKING CLINIC

Friday, October 3

3-5 p.m.

UH Portage Medical Arts Bldg. g.

Room 150

6847 North Chestnut

Ravenna, OH 44266

ALZHEIMER'S & DEMENTIA SUPPORT GROUP

Explore the various stages of the disease in a compassionate, easy-to-understand way. The session is open to caregivers, family members and friends looking for information, support, and connection. Call 330-297-4545 to RSVP.

Tuesday, October 21

6 p.m.

Vista Veranda

141 Chestnut Avenue

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, October 7

11 a.m. – 1 p.m.

Renaissance Family Center, Lobby

9005 Wil Verne Drive

Windham, OH 44288

Thursday, October 16

11 a.m. – 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street

Ravenna, OH 44266

Thursday, October 23

11 a.m. – 1 p.m.

UH Portage Professional Center

Lobby

6847 N. Chestnut Street

Ravenna, OH 44266



HEALTH EDUCATION

NATIONAL AUDIOLOGY AWARENESS TABLE

Audiologist, Karen Burkey will offer insight and information.

Wednesday, October 8

11 a.m. – 1 p.m.

UH Portage Medical Center, Cafeteria

6847 North Chestnut Street

Ravenna, OH 44266

PORTAGE PARKS DISTRICT PRESENTS: HIKE WITH A UH EXPERT

Marc Stroom, RN with University Hospitals Portage Medical Center will discuss men's health and the heart.

To reserve a spot, RSVP to

330-297-7728

Tuesday, October 7

5 – 6 p.m.

Morgan Park

8828 OH-44

Ravenna, OH 44266

MONSTER DASH 5K TRUNK OR TREAT

Saturday, October 18

UH Portage Medical Center

6847 North Chestnut Street

Ravenna, OH 44266

8:30 a.m. Kids Fun Run

9:00 a.m. 5K Run/Walk

50% of proceeds will support Raven Packs

Click the QR Code to register



MY CHART FOR MY LIFE

Join University Hospitals Portage Medical Center for an informative session on MyChart, your personalized online health tool. You will learn how to:

- Access your health records
- Communicate with providers
- Schedule appointments
- View test results and more!

Tuesday, October 28

10 am – 11 am

UH Portage Medical Arts

Building, Room 150

6847 North Chestnut Street,

Ravenna, OH

RSVP by calling 330-297-2576

FLU, SHINGLES & PNEUMONIA VACCINE CLINIC

Vaccinations available include:

- Flu
- Flu high dose (ages 65 & older))
- Pneumonia ((ages 50 & older)
- Shingles (ages 50 & older)

Your insurance card for billing is required. No cash payment accepted.

Wednesday, October 29

10 a.m. – 2 pm .m.

UH Portage Medical Arts

Building, Room 150

6847 North Chestnut Street

Ravenna OH 44266

Registration Required, Call 330-297-2576 please indicate which vaccine(s) you want to receive. You are able to receive 2 different vaccines at the same time.

UH Portage Medical Center, (con't).

DANCE FITNESS CLASS

Join us for these fun, introductory classes. No dance experience needed!

Tuesday, October 7
Thursday, October 30
10 – 10:45 a.m.

**UH Portage Medical Center -
Mangin Fitness Room**
6847 North Chestnut Street
Ravenna, OH 44266
RSVP by calling 330-297-2576

BREAST CANCER AWARENESS INFORMATION TABLE

Gather information about breast health and awareness.

Wednesday, October 22
11 a.m. – 1 p.m.

**UH Portage Medical Center,
Cafeteria**
6847 North Chestnut Street
Ravenna, OH 44266

HEALTH EDUCATION

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, October 17
8:30 a.m. – 3 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](https://www.uhhospitals.org/BeWell) Email: WellnessTeam@UHHospitals.org
Space is limited.*

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>



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, October 7, 21, 28

12 – 1 p.m.

Weather permitting

Richmond Heights City Hall

26789 Highland Road

Richmond Heights, OH 44143

Call 440-735-2559 to register

BEGINNER YOGA MAT

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

Tuesday, October 14

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, October 18

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

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

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

Tuesday, October 14

12 - 1 p.m.

Richmond Heights Community Center

27285 Highland Road

Richmond Heights, OH 44143

For more information, call

440-735-4270

COMMUNITY RESOURCES

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

Tuesday, October 14

10 a.m.- 1 p.m.

Richmond Heights Community Center

27285 Highland Road

Richmond Heights, OH 44143

For more information, call

440-735-4270

Other community vendors will have tables with valuable information.



UH VIRTUAL TALKS

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

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



UH Richmond Campus, (con't).

FREE ART EXPERIENCE

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

Tuesday, October 14

10 a.m. - 1 p.m.



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, October 20

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, October 14

10 a.m. - 1 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Hts., OH 44143

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

How It Works:

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

Current offerings include:

Exercise classes:

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



NOURISH THE NEIGHBOR

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

Current locations for UH healthy menu options

4eleven Lounge

411 Northfield Road
Bedford OH 44146
440-945-6002

Grille 55

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

Sunset Kitchen & Lounge

11311 Euclid Ave
Cleveland, OH 44106
216 400-6590



NOURISH
The NEIGHBORHOOD

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Friday, October 3

11 a.m. - 5 p.m.

Thursday, October 23

9:30 a.m. - 3:30 p.m.

**UH Samaritan Medical Center
Auditorium**

663 East Main Street

Ashland, OH 44805



MID-WEEK FARMER'S MARKET

Every Wednesday starting

June 4th through October 8th

4- 6 p.m.

**Samaritan on East Main Street
Parking Lot**

663 East Main Street Ashland,
OH 44805

BIOMETRIC SCREENINGS

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

9- 10:30 a.m.

Ashland YMCA

207 Miller Street

Ashland, OH 44805

SMOKING CESSATION

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



AMERICAN HEART ASSOCIATION HEART SAVER CPR FOR THE COMMUNITY

Thursday, October 9

2 - 4 p.m.

Samaritan Auditorium

663 East Main Street

Ashland, OH 44805

AMERICAN HEART BASIC LIFE SUPPORT CPR FOR THE COMMUNITY

Friday, October 24

2-4 p.m.

Samaritan Auditorium

663 East Main Street

Ashland, OH 44805

PARKINSON'S DISEASE RESOURCES:

Support Group

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

Ashland Wellness and

Community Center

2130 Center Street

Ashland, OH 44805



EXERCISE & FITNESS

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

Walking support group for COPD
patients

Tuesdays and Thursdays

9 a.m.

The Keith Field House

Ashland High School

Ashland, OH 44805



MOBILITY AND BALANCE YOGA

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

**Ashland Wellness and
Community Center**

2130 Center Street

Ashland, OH 44805

UH SAMARITAN RETAIL PHARMACY

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

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

Have UH Samaritan Retail meet
your pharmacy needs-fill/transfer
prescriptions today. Use the QR
code or call 419-289-9636.
Choose UH Samaritan Retail as
your preferred pharmacy. Free
home delivery!



COMMUNITY PROGRAMS

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

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

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

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

This is a free class, but you must register at www.uhems.org.

Call 440-735-3513 for information

SENIOR SUPPER CLUB

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

EVERYDAY 4 – 5:30 p.m.

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



DIABETES EDUCATION CLASSES

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

Diabetes Self -Management Classes:

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

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

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

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

DIABETES EDUCATION CLASSES (con't.)

Individualized Diabetes Education

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

UH St John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145

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

OUTPATIENT NUTRITION COUNSELING

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

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

For scheduling or questions, call 440-835-4426



EXERCISE & FITNESS

STROKE SURVIVORS EXERCISE PROGRAM

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

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

Westlake Center for Community Services

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

HEALTH SCREENINGS

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

BLOOD PRESSURE SCREENINGS

Thursday, October 2

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

Westlake Center for Community Services

Community Meeting Room
28975 Hillard Blvd
Westlake, OH 44145

Wednesday, October 8

9:00 – 10:30 a.m.

Cove Community Center

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

Thursday, October 9

10:45 -11:45 am

North Olmsted Senior Center Community Meeting Room

28114 Lorain Road
North Olmsted, OH 44070

Monday, October 13

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road
Fairview Park OH 44126

HEALTH AND WELLNESS EXPO

Join us for free blood pressure checks and other vendors at this expo sponsored by The Western Reserve Area Agency on Aging.

Thursday, October 23

9 a.m. - 1 p.m.

Great Northern Mall 4954

Great Northern Blvd
North Olmstead, OH 44070

HEALTHY UH TALK

Did you know that laughter is one of the quickest ways to de-stress Or that laughing can improve the health of your heart and lungs Learn about and experience many of the mental, emotional and physical health benefits of laughing. Learn some laughter trivia and share ways that you bring laughter into your life! **For UH employees and spouses, you can earn 25 healthy UH points if you sign in and stay for the entire presentation.**

Thursday, October 30

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

“Laugh for the Health of It”-

Speaker: Christine Smith,
Certified Laughter Yoga Trainer
and Leader

UH St John Medical Center Auditorium B) Building 2(by the pond)

29000 Center Ridge Road
Westlake OH 44145

*To Register, please call
440-827-5440*

REGISTER TO BECOME A MEMBER TODAY

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

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

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

SUPPORT GROUPS

LEARN, LATCH, LOVE ~ BREASTFEEDING SUPPORT GROUP

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

Wednesdays

11 a.m.-1 p.m.

UH St John Medical Center

Community Outreach Department

SUITE R

29160 Center Ridge Road

Westlake OH 44145

For more information, call

440-827-5093

Wednesdays

5:30-7:30 p.m.

UH St John Medical Center

(Auditorium B)

29000 Center Ridge Road

Westlake OH 44145

For more information, call

440-827-5093

HOPE SUPPORT GROUP

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

Wednesday, October 1

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

HEARING TESTING

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

Please call 440-835-6160.



REGISTER TO BECOME A MEMBER TODAY

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

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

Car Seat Installations for Caregivers and Grandparents

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

