



University Hospitals

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

AGE WELL. **BE WELL.** EVENTS SEPTEMBER 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

CHAGRIN FALLS LIBRARY WALKING

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

Tuesdays, Sept. 2, 9, 16, 23, 30
10 - 11 a.m.

Chagrin Falls Library
100 East Orange Street
Chagrin Falls, OH 44023

BIOMETRIC SCREENING EVENTS

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

Wednesday, September 17

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

Solon Senior Ctr. Fall Wellness Expo
Solon Senior Center
35000 Portz Parkway
Solon, OH 441139

Saturday, September 20

12.-3 p.m.

Beautiful Peace 3rd Annual Retreat
4100 Orange Place
Orange OH 44122

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FREE blood pressure screenings.

Wednesday, September 10

10 – 11 a.m.

Solon Senior Center

35000 Portz Parkway
Solon, OH 44139

Wednesday, September 10

12.-1 p.m.

Campbell Court Apartments

16650 Van Aken Blvd
Cleveland, OH 44120

Thursday, September 18

10-11 a.m.

Warrensville Heights YMCA

4433 Northfield Road
Warrensville Heights, OH 44122

Thursday, September 18

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

Beachwood Senior Center

25325 Fairmount Blvd
Beachwood, OH 44122

Tuesday, September 30

4 - 6:30 p.m.

Mayfield Village Community Ctr.

6621 Wilson Mills Road
N, OH 44067

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=uZTfpaO9men7iXGOQBaxx57 VD0GJf.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, September 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, September 5
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, September 8
10 - 10:55 a.m.

HAVIN' A BALL CLASS

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, September 20
11 - 11:45 a.m.



EXERCISE & FITNESS

DOG WALK

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

Friday, September 5
5:30 p.m.

YOGA FLOW

A Vinyasa Yoga flow of poses communicating the mind/body connection with emphasis on effective movement and safety. Some experience with yoga is suggested but not required.

Thursday, September 25
6 - 6:55 p.m.

CARDIO KICKBOXING

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

Thursday, September 4 and 18
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, September 27
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, September 22
10 -10:55 a.m.

KEY HEALTH BENEFITS OF CHAIR EXERCISE

Physical Health Benefits

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

Mental & Emotional Benefits

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



GROUP RUN (or Run/Walk)

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

Wednesday, September 3
5:30 p.m.

MOBILITY AND STRETCH

A full body series of stretches focusing on flexibility, mobility, and relaxation. Exercises are done standing as well as on the floor with a mat. Mats are provided if you do not own one.

Saturday, September 13
8:15-9:00 a.m.

SUPPORT GROUP

PARKINSON'S SUPPORT GROUP

The Group Is A FREE Parkinson's Disease Support & Discussion Community. Join us for meaningful conversations, shared experiences, and unwavering support. Whether you're living with Parkinson's or caring for someone who is. Join us every other week following the Delay the Disease Class. We start at 12:10p.m. and continue to 1p.m. The Group Meets in the First Floor Conference Room.

There's no registration required. Just show up.

Thursday, September 11 and 25
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, Sept. 4, 11, 18, 25

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, September 17

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



LUNCH & LEARN: AN INTRODUCTION TO MINDFUL EATING

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

Wednesday, September 10
12 - 1 p.m.

Wednesday, September 17
10:30 - 11:30 a.m.

TACO TUESDAY & SALSA DANCING CHAIR EXERCISE

You are invited to join the UH CINEMA team for a free educational event including lunch, cooking demonstration, and chair exercise class. Learn tips and tools for quick, easy meal planning to support blood glucose control and heart health. Recipes will be shared. Their Certified team dietitian and nurse will also be available to answer audience questions. Seating is limited. If you have any questions, contact Susan Packard 216-286-0385

Tuesday, September 16
12-2 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.

FOOD WITH PURPOSE: PCOS COOKING TIPS

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

Monday, September 8
1:30 -2:30 p.m.

FOOD IS MEDICINE GATHERING GARDEN

You are invited to join UH Connor Whole Health Pharmacist Amy Sapola for an engaging session on nutritional supplements. Amy will simplify popular options like fish oil, creatine, protein powder, vitamin D, zinc, magnesium, and multivitamins, sharing practical insights to support your wellness journey. Bring your questions or submit them in advance to Susan so we can cover even more ground during the discussion. *If you have any questions contact Susan Packard 216-286-0385.*

Tuesday, September 2
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.

POSTURE, PAIN & MOVEMENT WITH CLEVELAND BIOMECHANICS

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

Wednesday, September 3
12 - 1 p.m.

BRIDGES TO WELLNESS

Join us this morning to discover how Community Health Workers are transforming health outcomes and strengthening communities. This class focuses on the understanding of Community Health Workers. This class highlights the powerful role Certified Community Health Workers (C-CHW's) play in closing the health care gaps. As trusted connectors, C-CHWs improve outcomes by linking individuals to care, promoting health and wellness education, and advocating for communities' needs. Often overlooked, they are the frontline force driving equity and resilience in public health. If you have any questions contact Susan Packard at 216-286-0385

Monday, September 29
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.

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.**

Tuesday, September 30
8:30 a.m.-3 p.m.

UH Wellness Center at Bedford
88 Center Road
Medical Office Building
Bedford, OH 44146
For more information or to register, call 440-735-4270



Our Mission
To Heal. To Teach.
To Discover.

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, September 16
9-10 a.m.

HEALTH SCREENINGS BIOMETRIC SCREENINGS

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

Saturday, September 6
4 - 7 p.m.

Family Fun Day
Grille 55

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

Thursday, September 11
2 - 3 p.m.

Thursday, September 25
11 a.m. - 12 p.m.

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

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesday, September 3, 17
10 a.m.-1 p.m.

Bedford Heights Community Center

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

Wednesday, September 10, 24
11 a.m. - 1 p.m.

Ellenwood Recreation Center
124 Ellenwood Avenue
Bedford, OH 44146

Thursday, September 11
10:45 a.m.-12:30 p.m.

Maple Heights Senior Center
15901 Libby Road
Maple Heights, Ohio 44137

Tuesday, September 2
6:30 - 8:30 p.m.

Maple Hts. Music in the Parks Series
Stafford Park
Maple Heights, OH 44137

Tuesday, September 9
2 - 6 p.m.

Maple Heights Library
5225 Library Lane
Maple Heights, OH 44137

Saturday, September 20
12 -4 p.m.

Maple Heights Fall Fest
Stafford Park
5400 Mayville Avenue
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, September 24
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, September 12
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, September 3, 17
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, September 15
11 a.m. -12 p.m.



YOGA IN THE PARK

Yoga class's focus on foundational poses and proper alignment, helping students build strength, flexibility, and confidence as they progress in their practice.

Wednesday, September 3, 10
5:30 -6:30 p.m.

Monday, September 15
5:30 -6:30 p.m.

Egbert Picnic Area

Bedford Reservation
Bedford, OH 44146

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

NOURISH THE NEIGHBOR

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

Current locations for UH healthy menu options

4eleven Lounge

411 Northfield Road
Bedford OH 44146
440-945-6002

Grille 55

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

Sunset Kitchen & Lounge

11311 Euclid Ave
Cleveland, OH 44106
216 400-6590



NOURISH
The NEIGHBORHOOD

COMMUNITY PROGRAMS

UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY

Monday - Friday
9 a.m. – 5:30 p.m.

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

MEDICATION THERAPY MANAGEMENT CLINIC

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

Monday – Friday
8 a.m. – 4:30 p.m.

UH Geneva Outpatient Pharmacy

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

HEALTH EDUCATION

DIABETES EDUCATION

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

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



SLEEP MEDICINE

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

University Hospitals - Center for Advanced Sleep Medicine

810-A West Main Street
Geneva, OH 44041

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

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 - 6:30 p.m.)

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

*Deadline to RSVP is Sept. 25th
Minimum of 3 participants required for
class to be held. Our first session starts
on Thursday, October 2nd at 5 p.m.*

UH Geneva Medical Center

870 West Main Street
Geneva, OH 44041

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

GRAPE JAMBOREE

Stop by our UH booth - Come and have a "Grape" Time. Family-Friendly activities. Fun for all ages!

**Saturday, September 27 and
Sunday September 28**

Center of Town
Geneva, OH 44041

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



COMMUNITY PROGRAMS

WALK FOR THE CURE™ BREAST CANCER WALK – SURVIVOR CEREMONY – CELEBRATION OF LIFE

Sunday, September 21

11 a.m. – 2:30 p.m.

Geneva High School

1301 South Ridge Rd. E.

Geneva, OH 44041

*For more information or to register,
call Lori Ann Vencill at 440-593-0373*

SENIOR CARE

Please join us for lunch and a comprehensive overview of key aspects in senior health, from maintaining independence to understanding common age-related challenges. Empower yourself with the information needed to support holistic health.

*Seating is limited. Please RSVP by
September 5th to Denise Brown at
440-593-0206.*

Provider Spotlight

Samantha Nichole Kiefer, DO

Kristina Renee Roesch, CNP

Wednesday, September 10

12 -1 p.m.

UH Conneaut Medical Center

158 W. Main Rd.

Conneaut, OH 44030

POPPING UP IN YOUR NEIGHBORHOOD SHARING COMMUNITY RESOURCES FOR YOU AND YOUR FAMILY

GLUCOSE/CHOLESTEROL/ BLOOD PRESSURE

Wednesday, September 3

9 -11 a.m.

Eagleville Bible Church

1981 Ohio-45

Rock Creek, OH 44084

*Call 440-593-0206 for more
information.*



COMMUNITY PROGRAMS

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

BLOOD PRESSURE SCREENINGS

Tuesday, September 16
12:30 – 2 p.m.

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

Thursday, September 18
9:30-11:30am

Avon Senior Center
36786 Detroit Rd
Avon OH 44011

SAFETY AND HEALTH FAIR DAYS

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

Saturday, September 6
10 a.m. - 2 p.m.

Avon Aquatic Facility
36265 Detroit Road
Avon, OH 44011

Saturday September 13
10 a.m. - 2p.m.

Elyria Home Depot
150 Market Drive
Elyria, OH 44035

Saturday, September 20
10 a.m. - 2 p.m.

Avon Lake Fire Department
32811 Walker Road
Avon Lake, OH 44012

DEMENTIA FRIENDLY LIFE CAFE

The Memory Cafe is open to all individuals from 10am-2pm. Blood Pressures will be provided from 10:30 -11: 30 a.m. 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, September 3
10:30 - 11:30 a.m.

Faith Baptist Church
400 North Lake Street
Amherst, OH 44001

SLEEP MEDICINE

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

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

Nighttime, daytime, and home sleep studies available.

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

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



DIABETES EDUCATION

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

AGE WELL. BE WELL.

COMMUNITY PROGRAMS

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

LUNCH AND A MOVIE

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

Thursday, September 4
12 - 2:30 p.m.

West Geauga Senior Center
8090 Cedar Road
Chesterland, OH 44026

GARDENING FOR LIFELONG HEALTH

Wednesday, September 10
3 p.m.

UH Geauga Medical Center
Conference Center
13207 Ravenna Road
Chardon, OH 44024

BAINBRIDGE HEALTH FAIR

Join us at the Bainbridge 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.

Tuesday, September 9
11 a.m.- 2 p.m.

Bainbridge Senior Center
17751 Chillicothe Road
Chagrin Falls, OH 44023

HEALTHY AGING EVENT

Come join us in the lobby for healthy living education, community resources, blood pressure screenings, and much more! Plus, don't miss your chance to enter our basket raffle.

Thursday, September 24
11 a.m. - 1:30 p.m.

UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH 44024

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, September 8
8:30 -10 a.m.

West Farmington Senior Center
150 College Street
West Farmington OH 44491

Monday, September 15
10 a.m. - 12 p.m.

Gauga YMCA
12460 Bass Lake Road Chardon,
OH 44024

EXERCISE & FITNESS

GAUGA CYCLISTS

Tuesdays | 9 a.m.

September 2, 9, 16, 23
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

BIKE TRIP & LUNCH: WESTERN RESERVE GREENWAY TRAIL IN ORWELL

Tuesday, September 30

Meet at Parking Lot of

Los Venados
513 E. Main Street
Orwell 44076

Our ride will begin at 10 a.m. for approximately 8 miles south and then return to the restaurant.

*Meet for lunch afterwards
around 11:30am at Los Venados
Restaurant Lunch is on your
own.*

*Please RSVP by calling Melissa
Wheeler at 440-279-2167.
(In collaboration with the
Gauga County Dept. on Aging)*

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.**

September 4

Affelder House
15139 Chillicothe Road
Novelty, OH 44072

September 11

Girdled Road Reservation (south entrance)

12926 Radcliffe Road Concord,
OH 44077

*(Afterwards Breakfast at Sunny
Street Cafe (7531 Crile Road,
Painesville, 44077))*

September 18

Orchard Hills
11340 Caves Road
Chesterland, OH 44026

September 25

Tupelo Pond
9373 Ravenna Road
Chardon, OH 44024

ULTIMATE CAR SHOW

Saturday, September 13

10 a.m.-2 p.m.

Don't miss the Ultimate Car Show at UH Geauga - a day packed with stunning vehicles, live music, exciting car judging, chinese auction, 50/50 raffle and fun for all ages! Whether you're a car enthusiast or just looking for a great time. Come out and enjoy the best in automotive excitement and community spirit! \$10 fee for each vehicle registered. **Rain date Sept. 20th**

UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH 44024

*To register a vehicle call Valerie
at 440-214-3330 or email
valerie.reed@uhhospitals.org*

UH Geauga Medical Center, (con't).

A WOMEN'S DAY

Women, come join us and “unplug” for a day of relaxation and rejuvenation in nature. A variety of activities include kayaking, hiking crafts, and more. This years lunch speaker will be talking on "Caring for Aging Skin."

Morning pastries and lunch are included. Cost \$20.00

Thursday, September 11

9:30 a.m. - 2 p.m.

Headwaters Park (Meet at the boat house)

13365 Old State Road

Huntsburg, OH 44046

Call Sandy McLeod at

440-279-2137 to register. (In collaboration with Geauga County Department on Aging and Geauga Park District)

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, Sept. 8, 15, 22, 29

Wednesdays, Sept. 3, 10, 17, 24

Fridays, Sept. 5, 12, 19, 26

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, September 8

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, September 16

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, 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

Tuesday, September 16

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

Gauga 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**

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@uhs hospitals.org or

Patricia.schroeder@uhs hospitals.org



UH Geauga Medical Center, (con't).

A MATTER OF BALANCE, MANAGING CONCERNS ABOUT FALLS

By attending a Matter of Balance Workshop you will learn to manage concerns about falls as well as set realistic goals for staying active, learn how to stay safe at home, complete exercises to increase strength and balance.

September 3rd-26th

Every Wednesday & Friday
4 week session - 2 classes per week
1 - 3p.m.

Geauga County Office Building

Room B200 Second Floor
12611 Ravenwood Drive
Chardon, OH 44024
Call Melissa Wheeler at
440-279-2167 to register

SIMPLE COOKING WITH HEART

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

Wednesday, September 17
3 - 4:30 p.m.

UH Geauga Medical Center

(Conference Center)
13207 Ravenna Road
Chardon, OH 44026

6TH ANNUAL HONEY BEE FESTIVAL

Free family fun! 80+ vendors, food trucks, music, mini-education classes, kids' area & much more. Stop by the UH booth for health education, resources and activities for all ages!

Saturday, September 20
9 a.m. - 4 p.m.

John's Country Nursery

15808 Old State Road
Middlefield, OH 44062

WALK THE PATH TO WELLNESS- "STEP INTO GOOD HEALTH"

The Geauga County Dept. on Aging, Ohman Family Living and UH Geauga Medical Center invite you to join us for a free interactive health and wellness event around fall prevention. Lunch will be provided. This event will be both educational and engaging. As you enjoy lunch, listen to the presentation "Keeping A Strong Body As We Age." After the presentation, you will participate in hands-on activities, balance challenge station, games and much more. *Space is limited!*

*Registration-is required, please
call Melissa at 440-279-2167*

Tuesday, October 21
12 - 3 p.m.

Munson Township Hall

12210 Auburn Road
Chardon, OH 44024

MONTVILLE COMMUNITY DAY

Join us for Montville Community Day for health education, resources, giveaways and blood pressure screenings

Saturday, September 13
3 - 7 p.m.

Montville Community Day

9755 Madison Road
Montville, OH 44094

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

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



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 September
10-11 a.m.

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

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

Every Thursday in September
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 September
5 - 7 p.m.

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



COMMUNITY PROGRAMS

SENIOR DAY LAKE FARM PARK

Join us at the FarmPark! This event includes a guest speaker, BINGO with prizes, catch and release fishing, vendors, FarmPark activities and demonstrations, free lunch for pre-registered seniors, and more! UH will offer free health information, bone density, glucose and cholesterol screenings as well as blood pressure checks from 9 am to 12:30. Health screening registration is recommended. To register for health screenings or lunch call 440-358-7275. For more about the Senior Day event: <https://www.lakemetroparks.com/events-activities/events/senior-day-at-farmpark/>

Thursday, September 11
9 a.m. - 12:30 p.m.

Lake Metroparks Farmpark
8800 Euclid Chardon Road
Kirtland, OH 44094

LCCOA FALL PREVENTION & SCREENINGS EVENT

Falls can be serious and are largely preventable. UH will offer fall prevention information, glucose, cholesterol, bone density and blood pressure screenings.

Wednesday, September 24
10 a.m. - 4 p.m.

Lake County Council on Aging
8520 East Ave
Mentor, OH 44060

CENTRAL YMCA HEALTH SCREENINGS

There will be glucose, cholesterol and blood pressure screenings performed at this event that is open to both YMCA members and the public.

Monday, September 8
9 a.m. - 12 p.m.

Lake County YMCA Central Branch
933 Mentor Avenue
Painesville, OH 44077

SUPPORT OUR SENIORS

We will see you for breakfast and blood pressure checks at the 7th annual pancake breakfast with community partners to support our Lake County seniors! Presale breakfast tickets are \$10 for adults and \$5 for children, available at any Lake County senior center, Lake County Council on Aging, and Lifeline. Adult tickets are \$12 at the door. Direct event questions to: 440-205-8111.

Sunday, September 14
9 a.m. - 12 p.m.

Fairport Senior Center
1380 East Street
Fairport Harbor, Ohio 44077

NAMI WALKS LAKE COUNTY

Let's do this special walk together to help support mental health for all in our community. Registration begins at 9:00 a.m. with the walk at 10 a.m. To contact NAMI Lake County reach out to Joanna Mannon 440-754-0314 or joanna@namilake.org. To join our team: <https://www.namiwalks.org/participant/UHLake>

Saturday, September 17
10 a.m. - 1 p.m.

Lake County Fairgrounds
1301 Mentor Avenue
Painesville, OH 44077

HARVESTING HEALTH AT LAKE ERIE COLLEGE

This free health fair is packed with resources to promote health, educate, and build community. Cholesterol, glucose, blood pressure, and bone density screenings will be offered by UH. Additionally, there will be a produce give-away at this event. To learn more go to: <https://www.lakehealthfair.com/>

Sunday, September 21
9 a.m. - 2 p.m.

Lake Erie College's Jerome T Osborne Family Athletic Center (enter this into GPS)
391 W Washington Street
Painesville, OH 44077

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

No appointment necessary! UH Lake Medical Centers will be providing FREE blood pressure screenings in the main lobby area.

Saturday, September 6
9 a.m. - 12 p.m.

Tripoint Medical Center
7590 Auburn Road
Painesville, OH 44077

Saturday, September 20
9 a.m. - 12 p.m.

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

UH FITNESS CENTER IN MENTOR

BRUNNER SANDEN DEITRICK WELLNESS CENTER

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

COMMUNITY EVENT

MEDICALLY BASED FITNESS - UH MENTOR FITNESS CLASS

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

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

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

Insurance coverage may apply.

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

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

UNIVERSITY HOSPITALS WEIGH LOSS PROGRAM

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

For more information, contact Shawn Cooper, RD at Shawn.Cooper@UHHospitals.org or 440-701-7537.

NUFIT SERIES

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

Friday, September 19

6-7 p.m.

Fitness: Balance and Fall Prevention

Nutrition: The influence of social media on nutrition habits and food choices



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, then mail it to:

Parma Hospital Volunteer Services

7007 Powers Boulevard
Parma, Ohio 44129-5495

For more information or questions, contact us at **440-743-4287**

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.mih@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, September 3, 10, 17, 24
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, September 3

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Wednesday, September 2

9-10:30 a.m.

North Royalton Office on Aging

13220 Ridge Road

North Royalton, OH 44133

Tuesday, September 9

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road

Broadview Hts., OH 44147

Wednesday, September 10

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

Thursday, September 11

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue

Brooklyn, OH 44144

COMMUNITY BLOOD PRESSURE SCREENINGS (con't).

Friday, September 12

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

Independence Senior Center

6363 Selig Drive

Independence, OH 44131

Friday, September 12

10-11:30 a.m.

Donna Smallwood Activity Ctr.

7010 Powers Boulevard

Parma, OH 44129

Tuesday, September 23

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road

North Royalton, OH 44133

Tuesday, September 30

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, September 17

9 - 11 a.m.

Free. Includes total cholesterol,

HDL and blood sugar

Appointment required

Call 440-743-4932

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>



AGE WELL. BE WELL.

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, September 5, 12, 19, 26
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, September 8

6:45 – 8:45 p.m.

North Royalton Library

5071 Wallings Road
North Royalton, OH

Room 123

STROKE & ARTHRITIS SUPPORT GROUP

Offers information and support to anyone suffering with arthritis or has had a stroke including their support person or caregiver. *Second Monday of each month For more information and / or questions, call 440-743-4127*
Monday, September 8
12:30 – 2:p.m.

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. *Second Tuesday of each month. For more information and/or questions call 440-743-4932*
Tuesday, September 9
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, September 11
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, September 22

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, September 20

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

BEYOND 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. This support group is free to the public and includes educational topics, helpful tips, guest speakers, and more. Call **330-297-2576** to RSVP.

Wednesday, September 17

**UH Portage Medical Arts Building,
Room #150**

6847 North Chestnut Street
Ravenna, OH 44266

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

Thursday, September 4

3-5 p.m.

Yankee Bionics

303 W. Exchange Street
Akron, OH 44302

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 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:

Saturday, September 6

9 a.m. – 12 p.m.

**UH Streetsboro Health Center -
Third Floor**

9318 OH-14

Streetsboro, OH 44241

Tuesday, September 9

11 a.m. – 1 p.m.

Renaissance Family Center, Lobby

9005 Wil Verne Drive

Windham, OH 44288

Thursday, September 18

11 a.m. – 1 p.m.

**UH Portage Medical Arts Building,
Atrium**

6847 N. Chestnut Street

Ravenna, OH 44266

Thursday, September 25

11 a.m. – 1 p.m.

**UH Portage Professional Center
Lobby**

6847 N. Chestnut Street

Ravenna, OH 44266

HEALTH EDUCATION **SENIOR FORUM**

This free event is open to anyone who is interested in learning more about what our community has to offer the 55+ residents of Portage County. Attendees will benefit from free health screenings, information, giveaways, door prizes, educational presentations, and a free lunch. For more information, please contact Audrey Riley at 330-705-0393.

***Presented by Job & Family Services
& UH Portage Medical Center***

Thursday, September 11

9 a.m. – 1 p.m.

UH Portage Medical Arts Building

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, September 23

5 – 6 p.m.

Morgan Park

8828 OH-44

Ravenna, OH 44266

HEART HEALTH LUNCH & LEARN: CONGESTIVE HEART FAILURE (CHF)

Join us for this complimentary event to learn more about Congestive Heart Failure (CHF). Lunch will be provided.

*Registration/RSVP by Monday,
September 22 at 330-297-2576*

Wednesday, September 24

11:30 a.m. – 1 p.m.

**UH Portage Medical Arts Building
Palmstrom Meeting Room**

6847 North Chestnut Street

Ravenna, OH 44266



COMMUNITY PROGRAMS

WALKING CLUB

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

Tuesday, September 2, 16, 30
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, September 9
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, September 20
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, September 9
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, September 9
10 a.m.- 1 p.m.

Richmond Heights Community Center

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

Other community vendors will have tables with valuable information.

RICHMOND HEIGHTS FALL FUN FEST

Come out and enjoy an evening of good music and entertainment at Richmond Heights Community Park. UH will have a table offering health and wellness information.

Saturday, September 20
12 - 4 p.m.

Greenwood Farm

264 Richmond Road
Richmond Heights, OH 44143



UH Richmond Campus, (con't).

FREE ART EXPERIENCE

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

Tuesday, September 9

10 a.m. - 1 p.m.



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, September 8

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

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

BIOMETRIC SCREENINGS

Free blood pressure, non-fasting cholesterol & non-fasting glucose screenings, and education.

Saturday, September 6

4 - 7 p.m.

Family Fun Day

Grille 55

4441 Mayfield Road
South Euclid, OH 44121

Tuesday, September 9

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, September 12

11 a.m. - 5 p.m.

Thursday, September 18

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

Wednesday, September 10

2 - 4 p.m.

Samaritan Auditorium

663 East Main Street

Ashland, OH 44805

ASHLAND COUNTY FAIR

Sunday, Sept. 14th thru 20th

Ashland County Fairgrounds

2042 Claremont Avenue

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, September 4

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

Westlake Center for Community Services

Community Meeting Room
28975 Hilliard Blvd
Westlake, OH 44145

Monday, September 8

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road
Fairview Park OH 44126

Wednesday, September 10

9:00 – 10:30 a.m.

Cove Community Center

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

Thursday, September 11

10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

FREE HEALTH SCREENINGS

Free cholesterol, glucose and blood pressure screenings as well as interactions with other vendors

Wednesday, September 17

11 a.m. - 1 p.m.

**Bay Village Senior Center
(Dwyer Memorial Center)**

300 Bryson Lane
Bay Village, OH 44140

UH HEALTH & SAFETY DAY

Join us for this free fun event for all ages. Free cholesterol, glucose and blood pressure screenings, stroke risk assessments, skin cancer screenings and much more! Bring the kids for touch a truck and other activities

Saturday, September 13

10 a.m. - 1 p.m.

Westlake Recreation Center

28955 Hilliard Blvd
Westlake, OH 44145



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, September 3

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**

