

April

2024

UH Community Wellness Center at Bedford
 88 Center Road, Suite 150
 Bedford, Ohio 44146

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.

Register for Events at “UH Community Wellness Center at Bedford” on Eventbrite
<https://UHbedfordwellnesscenter.eventbrite.com>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ERAS 11:30-12pm	2	3 Digital Health Hour 1 - 3 pm	4	5 CLOSED	6 Come see us at Cutler! 10-3pm 
7	8 ERAS 11:30-12pm Week 4 of Core4 Weight Management Program!	9	10 Cooking Demo* 12-1pm  Digital Health Hour 1 - 3 pm	11	12 Chair Stretching/ Beginner Yoga* 11:30-12:30pm	13
14	15 ERAS 11:30-12pm Biometric Screenings 2pm-330pm 	16	17 CLOSED	18	19 Advance Care Bingo 11-12pm Zumba 12-1pm* 	20
21	22 ERAS 11:30-12pm	23	24 Digital Health Hour 1 - 3 pm Art Experiences* 2 - 4 pm Line Dancing* 	25	26 Art of Meal Prepping* 12-1pm Biometric Screenings 1-3pm 	27
28	29 ERAS 11:30-12pm	30				

*Registration Required

Wellness Center Weekly April Programming

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April 1st- 8th

April 1st:

11:30-12 ERAS - Road to Recovery *EVERY MONDAY*

A pre-op patient education class which teaches the elements of ERAS and how to prepare and recovery from surgery. This class will be recommended by the surgeons office based on the type of surgery that is scheduled.

*ZOOM OPTION

April 3rd:

1-3pm Digital Health Hour *EVERY WEDNESDAY*

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

April 6th:

10-3pm Come see us a Cutler!

At this event, you'll have the opportunity to learn about various strategies and techniques for managing your wellness, including tips on nutrition, exercise, mental health, and more. To learn more, visit "[UH Cutler Center for Men](#)" on Eventbrite.

April 8th:

4th Week of Core4 Weight Management Program!

We are 1/3 of the way through of our first weight management program! Whether it's changing your eating habits, understanding your metabolism or tracking your progress, Core4 is the multifaceted program that will enable you to control your weight for good. [Call our dietitian to join the wait list!](#)

April 10th- 17th

April 10th:

12-1pm Soulful & Healthy: A Cooking Demonstration

Join Executive Chef Ryan Hamel & Registered Dietitian Bailey Gordon to make oven fried chicken and waffles!

April 12th:

11:30-12:30 Chair Stretching/ Beginners Yoga

Come and stretch out those joints and increase your flexibility with chair stretching or take your practice to a mat for a gentle beginners flow with a certified instructor from In The Now Yoga Meditation Wellness.

April 15th:

2-3:30pm Biometric Screenings

Free blood pressure, heart rate, non-fasting cholesterol and non-fasting glucose screenings from our Community Outreach Nurse. No appointment needed.

April 19th- 29th

April 19th:

11-12pm Advance Care Bingo

Join us for a new way of playing Bingo, as we plan for the future and talk about how to make your healthcare wishes known. Heidi Barham from Hospice of the Western Reserve will help us get the conversation started. There will be prizes and giveaways. Registration recommended, walk-ins welcome!

12-1pm Zumba

Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it. The class features merengue, salsa and cumbia. Come and "dance around the world"!

April 24th

2-4pm Art Experiences

Come join our Certified Community Health Worker and create a one-of-a-kind watercolor resist art work. This simple resistant technique is a fun way to make watercolor art. Create beautiful pieces with just a few tools and supplies. Supplies and snacks will be provided.

6-7pm Line Dancing

Ready to add a little rhythm to your routine? Come join the Line Dance King, Robert Johnson. Perfect for all skill levels, this class is a fantastic way to stay active, socialize, and learn some new moves. No partner needed – just bring your enthusiasm!

April 26th:

12-1pm Art of Meal Prepping

Learn how to streamline healthy eating for busy lifestyles with Chef Tynisa, owner and head chef of Food with Purpose.

1-3pm Biometric Screenings

Free blood pressure, heart rate, non-fasting cholesterol and non-fasting glucose screenings from our Community Outreach Nurse. No appointment needed.

Call 440-735-4270 to sign up for any session. Walk-ins welcome if registration is not full.