










May 2024

UH Community Wellness Center at Glenville
10527 Orville Ave, Cleveland, OH 44106
Located in the Davis Apartment

Hours of Service:
Tuesday: 10 a.m. – 6:30 p.m.
Wednesday: 8:30 a.m. – 5 p.m.
Thursday: 9 a.m. – 1 p.m. (2nd & 4th Thursday of each month)
Saturday: 10 a.m. – 2 p.m. (1st & 3rd Saturday of each month)

Register for events by scanning the QR Code or call 216-983-0740. Walk-ins welcome if registration is not full.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Line Dancing 10:30-11:30am * 
5	6	7 Safe Sleep Education Drop-in 11-5pm 	8	9 Safe Sleep Education Drop-in 10-12pm	10	11 CLOSED
12	13	14 Cooking Demo 4-5pm * 	15 Mammogram Screenings 8:30-2:30pm Neighbor to Neighbor Community Meeting 6-8pm 	16 CLOSED	17	18 Line Dancing 10:30-11:30am * 
19	20	21 Safe Sleep Education Drop-in 11-5pm	22 Lunch Bunch 12-1pm * 	23 Safe Sleep Education Drop-in 10-12pm 	24	25 CLOSED
26	27	28 Safe Sleep Education Drop-in 11-5pm 	29 Safe Sleep Education Drop-in 11-4pm	30 CLOSED	31	

*Registration Required

Wellness Center Programs Description

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Cooking Demonstration:

Join our Chef and Registered Dietitian for a cooking demonstration and food samples.

Register by scanning the QR code or calling 216.983.0743.

Lunch Bunch:

Join the lunch bunch for great food and great conversation. Topics include eating on a budget, mindful eating and boosting your immunity. Register by scanning the QR code or calling 216.983.0743.

Neighbor to Neighbor Community Meeting:

Neighbor to Neighbor is a community organizing group for residents in Glenville. Join to learn, listen, and connect.

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 and meet new people! Register by scanning the QR code or calling 216.983.0743.

Safe Sleep Education:

Are you pregnant or live with an infant less than one year in age? If so, stop by the wellness center during our drop-in hours to review safe sleep education with our Community Health Worker and leave with a FREE PACK N' PLAY. If you cannot make it during drop-in hours, call 21.983.0740 to schedule an appointment.

Mammogram Screenings:

UH will be providing 3D mammograms via the UH Mobile Health Unit on site at the UH Glenville Wellness Center. **REGISTRATION IS REQUIRED.** Contact Nicole Edwards at Nicole.Edwards@uhhospitals.org or 216-896-1768 to schedule your appointment. Need a ride? Famicos Foundation can provide uber rides. Must be scheduled in advance. Call 216.510.3019 to schedule your uber ride. Famicos will also be on site day of to purchase uber eats for anyone that gets their mammogram.

Register for events by scanning the QR Code or going to “UH Community Wellness Center at Glenville” on Eventbrite or by calling 216-983-0740. Walk-ins welcome if registration is not full.