

July

2024

UH Community Wellness Center at Bedford

88 Center Road, Suite 150

Bedford, Ohio 44146

Registration required for all events in red.
Register for Events at "UH Community Wellness Center at Bedford" on Eventbrite.

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 |
|-----------|--|-----------|---|---|---|---|
| | <p>1</p> <p>ERAS 11:30-12pm</p> <p>Biometric Screenings 9-12pm</p>  | <p>2</p> | <p>3</p> <p>CLOSED</p> | <p>4</p> | <p>5</p> <p>CLOSED</p> | <p>6</p> <p>CLOSED</p> |
| <p>7</p> | <p>8</p> <p>ERAS 11:30-12pm</p> <p>Hiking Club 4-5pm*</p> | <p>9</p> | <p>10</p> <p>Line Dancing 6-7pm*</p> | <p>11</p> | <p>12</p> <p>Zumba 12-1pm*</p> <p>DIY Chopped Salad 2-3pm*</p> | <p>13</p> <p>Volt Fitness Charg'd Up 12-1pm *</p>  |
| <p>14</p> | <p>15</p> <p>ERAS 11:30-12pm</p> <p>Beginner Yoga 12:30-1:30*</p> <p>Food & Mental Health 4-5pm*</p> | <p>16</p> | <p>17</p> <p>CLOSED</p> | <p>18</p> <p>Walking Club* 9:30-10:30am</p> | <p>19</p> <p>Plant-Based on a Budget 12-1pm*</p> | <p>20</p> |
| <p>21</p> | <p>22</p> <p>ERAS 11:30-12pm</p> <p>Cooking Demo 12-1pm*</p>  | <p>23</p> | <p>24</p> <p>Art Therapy 2-4pm*</p>  | <p>25</p> <p>Walking Club* 9:30-10:30am</p> | <p>26</p> <p>Food as Medicine: Gathering Garden* 3:30-4:30pm</p> <p>Zumba 12-1pm*</p> <p>Biometric Screenings 1-3pm</p> | <p>27</p> |
| <p>28</p> | <p>29</p> <p>ERAS 11:30-12pm</p> <p>Music Therapy 1-2pm</p> <p>Biometric Screenings 1-3pm</p> | <p>30</p> | <p>31</p> <p>Chair Stretching 1:30-2:30*</p> | | | |

*Registration Required

Wellness Center Weekly July Programming

UH Community Wellness Center at Bedford
88 Center Road, Suite 150
Bedford, Ohio 44146
Stop in during our office hours and meet our on-site Certified Community Health Worker; Susan Packard or contact at 440-735-4270

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.

July 1st- 12th

July 1st:

9-12pm Biometric Screenings

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

4-5pm Food & Mental Health

An extension of Core4 Weight Management Program open to all! Join us in learning about why food is important for your mental health.

July 8th:

4-5pm Hiking Club

Explore nature with a Dietitian! Enjoy your time outdoors and receive expert advice on healthy eating habits and nutrition advice. *weather permitting* [Visit Eventbrite](#) or contact Bailey for details [440-735-4270](tel:440-735-4270) [option 2](#).

July 10th:

6-7pm Line Dancing

Ready to add a little rhythm to your routine? Perfect for all skill levels, this class is a fantastic way to stay active, socialize, and learn some new moves.

July 12th:

12-1pm Zumba

Dance to great music, with great people, and burn a ton of calories without even realizing it. Come and "dance around the world"!

2-3pm DIY Main-Course Chopped Salad

A delicious spin on your regular salad, a chopped salad allows you to experience all of the flavors in one bite!

July 12th- 22nd

July 13th:

12 - 1pm The Volt Fitness Charg'd Up Class

Philly Weeden's Charg'd Up cardio class is a high energy, high intensity class with music that keeps you moving.

July 15th:

12:30-1:30pm Beginner Yoga

Beginner is slower paced than an all-levels class, and focused on developing clear and safe alignment in foundational poses.

4-5pm Food & Mental Health

An extension of Core4 Weight Management Program open to all! Join us in learning about why food is important for your mental health.

July 18th

9:30-10:30am Walking Club at Ellenwood Center

Join us for a morning of walking to decrease stress and to increase overall health. Registration Required. [Please contact LaTanya Thomas for details at 440-735-2559](#).

July 19th:

12-1pm Plant-Based on a Budget with the Esselstyn Foundation

Whether you are a prince or a pauper, you can enjoy the benefits of the diet that science shows optimize our health and reduces our risk of dying prematurely.

July 22nd:

Cooking Demonstration

Eat your way to a longer life! This cooking demonstration with a UH Chef and Wellness Center Registered Dietitian will touch on two of the important vitamins for longevity.

July 24th- 31st

July 24th:

2-4pm Art Therapy

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 in an expressive way to help increase your well-being as you navigate your day. [Please contact Susan Packard for details at 440-735-4270](#)

July 25th:

9:30-10:30am Walking Club at Ellenwood Center

Join us for a morning of walking to decrease stress and to increase overall health. Registration Required. [Please contact LaTanya Thomas for details at 440-735-2559](#).

July 26th:

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.

3:30-4:30 Food as Medicine: Gathering Garden

Experience the intense flavor and nutrient density of microgreens and learn how to grow your own. Plant and take home microgreens and learn how to incorporate microgreens into almost any meal. After planting participants will step into the kitchen and create cherry tomato and basil skewers.

July 29th

9-12pm Biometric Screenings

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

July 31st:

1:30-2:30pm Chair Stretching

A gentle form of yoga that's done while seated or using a chair for balance.

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