



July 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 Passages Family Resiliency Program 10-11:30am* Safe Sleep Education Drop-in 11am-5:30pm	3 Passages Family Resiliency Program 10-11:30am*	4 CLOSED	5	6 Line Dancing 10:30-11:30am* Better Money Habits Series 12-1pm* 
7	8 Seasonal Cooking: Making Your Own Salad Dressing 10-11am* 	9 Passages Family Resiliency Program 10-11:30am*	10 Passages Family Resiliency Program 10-11:30am*	11 Safe Sleep Education Drop-in 10am-12pm 	12	13 CLOSED
14	15	16 Passages Family Resiliency Program 10-11:30am* Safe Sleep Education Drop-in 11am-5:30pm Cooking Demo 4-5pm*	17 Passages Family Resiliency Program 10-11:30am*	18 CLOSED	19	20 Line Dancing 10:30-11:30am* Health & Wellness Fest 12-2pm 
21	22	23 Passages Family Resiliency Program 10-11:30am* 	24 Passages Family Resiliency Program 10-11:30am* Lunch Bunch 12-1pm* 	25 Safe Sleep Education Drop-in 10am-12pm	26	27 CLOSED
28	29 Seasonal Cooking : Cooking with Tomatoes 10-11am* 	30 Passages Family Resiliency Program 10-11:30am* Safe Sleep Education Drop-in 11am-5:30pm	31 Passages Family Resiliency Program 10-11:30am*			

*Registration Required

Wellness Center Programs Description

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)

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.](#)

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 at least 32 weeks 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 216.983.0740 to schedule an appointment.](#)

Seasonal Cooking Series:

Join us for a special summer series to learn about seasonal cooking. Session 2 will cover making your own salad dressing and in session 3 you will learn about cooking with tomatoes. This is a hands on experience with samples and take home items. [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.](#)

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.

Passages Family Resiliency Program:

For 20 years Passages has empowered fathers with the tools needed to rise above circumstance, remove barriers, and gain skills that change their lives, and their families. In partnership with University Hospitals, Passages is proud to offer their services at the UH Glenville Wellness Center every Tuesday and Wednesday from 10a.m. - 11:30 a.m. Services offered include:

Work Readiness
Fatherhood Development Classes
Child Support Navigation
Juvenile/Domestic Court Navigation
Benefits Navigation
Financial Literacy



[Register by scanning the QR code above or calling 216.881.6776](#)

Better Money Habits Series:

Bank of America has partnered with University Hospitals Community Wellness Center at Glenville to offer their Free 6 week series, Better Money Habits®. In this session, participants will learn about money management skills to achieve short term household stability, high yield savings accounts, and budgeting techniques. [Register by scanning the QR code or calling 216.983.0743.](#)

Health and Wellness Fest

Join us for free resources, giveaways, a cooking demo and more. First 100 attendees will receive a free mini Diary Queen Blizzard! NO REGISTRATION REQUIRED. Bring family & friends!

