

University Hospitals Richmond Heights Health & Wellness Day



Location

Richmond Heights Community Center

27285 Highland Rd.

Richmond Heights, OH 44143

Date & Time

Thursday, November 14th

10am-1pm

Health & Wellness Events including but not limited to:



Cooking Demonstration 12-1pm

Join a University Hospitals executive chef and registered dietitian for a cooking demonstration. Recipe TBA on Eventbrite. **Registration Required.**

To register visit us on Eventbrite at **“UH Richmond Wellness”**.



Biometric Screenings

Blood pressure, Non-Fasting Cholesterol & Glucose screenings from our Community Outreach Nurse, LaTanya Thomas.



Social Influences of Health Screening

Come meet our Certified Community Health Worker, Susan Packard and get connected to community resources to improve your overall wellness.



Digital Health

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



Movement

Join us for a beginner yoga class. Time is to be determined, please refer to Eventbrite for updates.

If you have a mat please bring one!



Additional Activities

Including free art experiences, and vendor tables.



University Hospitals Richmond Heights Health & Wellness Day



Location

Richmond Heights Community Center

27285 Highland Rd.

Richmond Heights, OH 44143

Date & Time

Tuesday, December 10th

10am-1pm

Health & Wellness Events including but not limited to:



Cooking Demonstration 12-1pm

Join a University Hospitals executive chef and registered dietitian for a cooking demonstration. Recipe TBA on Eventbrite. **Registration Required.**

To register visit us on Eventbrite at **“UH Richmond Wellness”**.



Biometric Screenings

Blood pressure, Non-Fasting Cholesterol & Glucose screenings from our Community Outreach Nurse, LaTanya Thomas.



Social Influences of Health Screening

Come meet our Certified Community Health Worker, Susan Packard and get connected to community resources to improve your overall wellness.



Digital Health

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



Movement

Join us for a beginner yoga class. Time is to be determined, please refer to Eventbrite for updates.

If you have a mat please bring one!



Additional Activities

Including free art experiences, and vendor tables.

