



University Hospitals

1-866-UH4-CARE (1-866-844-2273)

Uhhospitals.org

AGE WELL. BE WELL. EVENTS APRIL, 2023

If you are not a member of the **AGE WELL. BE WELL.** club and would like to join, please visit our website www.uhhospitals.org/agewell to register.

UH Locations

AVON HEALTH CENTER

1997 Healthway Drive
Avon, OH 44011
440-988-6800

GEAUGA MEDICAL CENTER

13207 Ravenna Road
Chardon, OH 44024
440-285-6000

PORTAGE MEDICAL CENTER

6847 North Chestnut Street
Ravenna, OH 44266
330-297-0811

AHUJA MEDICAL CENTER

3999 Richmond Road
Beachwood, OH 44122
216-593-5500

GENEVA MEDICAL CENTER

870 West Main Street
Geneva, OH 44041
440-466-1141

RICHMOND MEDICAL OFFICE BUILDING

27155 Chardon Road
Richmond Hts., OH 44143
440-585-6500

BEDFORD MEDICAL OFFICE BUILDING

88 Center Road
Bedford, OH 44146
440-735-3900

LAKE WEST MEDICAL CENTER

36000 Euclid Avenue
Willoughby, OH 44094
440-553-8443

ST. JOHN MEDICAL CENTER, *A Catholic Hospital*

29000 Center Ridge Road
Westlake, OH 44145
440-835-8000

CONNEAUT MEDICAL CENTER

158 West Main Road
Conneaut, OH 44030
440-593-1131

TRIPPOINT MEDICAL CENTER

7590 Auburn Road
Painesville, OH 44077
440-375-8100

SAMARITAN MEDICAL CENTER

1025 Center Street
Ashland, OH 44805
419-289-0491

ELYRIA MEDICAL CENTER

630 East River Street
Elyria, OH 44035
440-329-7500

PARMA MEDICAL CENTER

7007 Powers Boulevard
Parma, OH 44129
440-743-3000

If you no longer wish to receive the Age Well Be Well Calendar of Events, please email Concierge@uhhospitals.org

HEALTH SCREENINGS

DRUG TAKE BACK

University Hospitals will host booths where patients can dispose of expired, unwanted, or unused pharmaceutical controlled substances and other medications. Ahuja Medical Center will be providing **FREE** health screenings; blood pressure, non-fasting blood glucose and non-fasting cholesterol.

Saturday, April 22

10:00 a.m. – 2:00 p.m.

Ahuja Medical Center

Risman Pavilion

3999 Richmond Road
Beachwood, OH 44122

BLOOD PRESSURE SCREENING EVENTS

Monday, April 3

5:30- 6:30 p.m.

Warrensville Heights YMCA

44333 Northfield Road
Warrensville Heights, OH 44128

Tuesday, April 4

9:30 – 10:30 a.m.

Macedonia Rec Center

1494 East Aurora Road
Macedonia, OH 44056

Thursday, April 6

10 – 11:00 a.m.

Beachwood Senior Center

25325 Fairmount Blvd
Beachwood, OH 44122

Wednesday, April 12

10 – 11:00 a.m.

Solon Senior Center

35000 Portz Parkway
Solon, OH 44139

REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the AGE WELL BE WELL CLUB and would like to join this free club and receive these event calendars, please call the number or visit the website below to register.

1-844-312-5433 or

UHhospitals.org/AgeWell



Avon Health Center

1997 Healthway Drive
Avon, OH 44011

These group exercise classes and events are free and open to members and non-members aged 15 and older. Pre-registration is required for all activities. Please call 440-988-6801 or email

Renee.Barrett@uhhospitals.org for information and to sign up.

COMMUNITY PROGRAMS

NATIONAL WALKING DAY WALK

Wednesday, April 5

10:00 - 10:45 a.m.

6:00-6:45 p.m.

Join us for a fun walk outside around our 3rd of a mile black top outdoor track. All walking speeds are welcome. Two times to choose from.

WALK WITH A DOG WALK

Friday, April 21

6 - 6:50 p.m.

You and your pooch will get great exercise while making new friends. No dog, no problem, join us for this outdoor walk which will be approximately 3/4 mile loop in the adjacent neighborhood. All walking speeds are welcome. Please be sure to keep your dog on a leash.

EXERCISE & FITNESS

IRON YOGA

Energetic yoga class incorporating breath, postures which flow from one to the other with the addition of light dumbbells. This class is for those with experience with yoga.

Friday, April 7

8 - 8:45 a.m.

AQUA PILATES

This type of Pilates differs from the traditional version because the exercises are done in an upright position in the pool. This workout is easier on your joints while the water increases the resistance of the moves.

Monday, April 10

10 - 10:55 a.m.

BEGINNER YOGA

Class is designed for those new to yoga. It is ideal for beginning flexibility and breathing conditioning. The exercises are done on a mat (please bring your own). Standing and seated postures included.

Saturday, April 22

11 - 11:55 a.m.



COMMUNITY PROGRAMS

WALKING CLUB

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

Thursdays, April 6, 13, 20, 27

9:30 - 10:30 a.m.

Weather Permitting

Ellenwood Center

Willard Pavilion

124 Ellenwood Avenue
Bedford, OH 44146

*(Walking inside Ellenwood
Center certain dates)*

Call 440-735-2559 to register



HEALTH EDUCATION

COOKING DEMONSTRATION

Join us for a demonstration of healthy cooking options. Come learn how to plan and prepare great-tasting food. Chef Tony UH Sodexo Culinary Director will be joined by Chef Ryan and Dietitian Julianna. You will be able to enjoy the meals prepared and ask questions. **Seating is limited. The registration deadline is April 3.**

Monday, April 10

12-1 p.m.

Bedford Ellenwood Center

124 Ellenwood Avenue
Bedford, Ohio 44146

Registration link below

https://bedfordoh.myrec.com/info/activities/program_details.aspx?ProgramID=30069

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Thursday, April 13

10:45 a.m. - 12:30 p.m.

Maple Hts. Senior Center

15901 Libby Road
Maple Heights, Ohio 44137

Wednesdays, April 12, 26

11:00 a.m. - 1:00 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, OH 44146

RISK ASSESSMENT AND SCREENING CLINIC

UH Bedford Outpatient Campus offers a no-cost risk assessment and screenings including glucose, pulse ox and blood pressure screening. You will be asked a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke.

Based on your answers, recommendations are made for scheduling the recommended testing.

Thursdays, April 13, 27

2 - 4 p.m.

UH Bedford Medical Office Building

Multi-Specialty Clinic
88 Center Street

Suite 210
Bedford, OH 44146

Call 440-735-2559 to schedule an appointment

UH Conneaut and Geneva Medical Centers

COMMUNITY PROGRAMS

UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY

Monday - Friday

9 a.m. – 5:30 p.m.

870 West Main Street
Geneva, OH 44041

Provides retail pharmacy services for outpatient prescriptions.

If you are interested in filling your prescription at this location, please call 440-361-6111 for information.

MEDICATION THERAPY MANAGEMENT CLINIC

This pharmacist-led clinic offers medication education and management for the following diseases: Diabetes, Hypertension, Heart Failure, Dyslipidemia, Asthma, COPD, Tobacco Cessation, and Anticoagulation. If you are interested in taking better control of your health and would like to participate in this service, a referral from a physician is required.

Monday – Friday

8 a.m. – 4:30 p.m.

UH Geneva Outpatient Pharmacy

870 West Main Street
Geneva, OH 44041

Call 440-415-9548 Rachel Norris, Pharmacist, for more information.

SLEEP MEDICINE

Detailed sleep studies are conducted by an experienced team of UH sleep medicine specialists and technicians to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (sleep walking/night terrors), Pediatric and Adult Sleep Studies, Pulmonary related sleep issues, Excessive Snoring, and Insomnia.

University Hospitals - Center for Advanced Sleep Medicine

810-A West Main Street
Geneva, OH 44041

Schedule a sleep consultation by calling 440-415-0153

FREEDOM FROM SMOKING GROUP QUIT PROGRAM

Join the American Lung Association's eight week quit smoking program. Overseen by a certified facilitator, you will learn: how to know if you are ready to quit, medications that can increase your success, lifestyle changes to make quitting easier, how to prepare for your quit day, coping strategies for managing stress and avoiding weight gain, and how to stay smoke free for good.

NO COST QUIT PROGRAM

Open to everyone. Light snacks provided.

TWO CLASS TIMES TO CHOOSE FROM:

3:30-5 p.m. or 5:30 -7 p.m.

UH Conneaut Medical Center

158 West Main Road
Conneaut, OH 44030

Call 440-593-0364, Kellie McGinnis or kellie.mcginis@uhhospitals.org to RSVP. First session starts Thursday, May 4 at 3:30 p.m.

HEALTH SCREENINGS

FREE MAMMOGRAM PROGRAM

FOR UNINSURED AND UNDERINSURED

UH Conneaut Medical Center

UH Geneva Medical Center

Call 440-593-0373 for information

FREE WALK-IN BLOOD PRESSURE SCREENINGS

Monday – Friday

9 a.m. - 9 p.m.

Saturday - Sunday

9 a.m. - 5 p.m.

Urgent Care

UH Ashtabula Health Center

3315 N. Ridge Road, E
Suite 700A

Ashtabula, OH 44004

Call 440-992-0759 for information

REMOTE AREA MEDICAL FREE DENTAL, VISION & MEDICAL SERVICES

Saturday, April 1

Saturday, April 2

Lakeside High Schools

6600 Sanborn Road
Ashtabula, OH 44004

For more Information: RAMUSA.org or call 865-579-1530

HEALTH EDUCATION

DIABETES EDUCATION

Individualized education, focus areas include: self-monitoring of blood glucose, medication management, meal planning, and prevention of complications.

Call 440-593-0373 Lori Ann Slimmer, RN, M.Ed., CDCES for information.

SUPPORT GROUPS

BETTER BREATHERS CLUB

If you or someone you know is living with chronic lung disease like COPD, ASTHMA, Pulmonary Fibrosis or lung cancer, please consider joining us at this welcoming support group.

Wednesday, April 5

(First Wednesday of every month)

4 – 5:30 p.m.

UH Geneva Medical Center

1st Floor Pulmonary Rehab Dept.
870 West Main Street
Geneva, OH 44041

Call 440-415-0243 for information



COMMUNITY PROGRAMS

Monday through Thursday

(Late afternoon and evenings on Tuesdays and Wednesdays)

Call 440-284-5709

DIABETES EDUCATION

Comprehensive individualized education on blood glucose monitoring, medication management, nutrition and preventing complications. A physician referral is required. Check your insurance to verify coverage.

OUTPATIENT NUTRITION COUNSELING

Offering either virtual or in-person. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health.

VIRTUAL TALKS

Virtual / Online events are Available on our website Uhhospitals.org/AgeWell Under the Virtual Events tab

HEALTH SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at 440-284-5709. Closed on all holidays or in inclement weather.

BLOOD PRESSURE SCREENING

Tuesday, April 18

12:30 – 2 p.m.

Avon Lake Senior Center

Old Firehouse Community Center
100 Avon Belden Road
Avon Lake, OH 44012



UH Geauga Medical Center

COMMUNITY PROGRAMS

Call 440-214-3180 to register

LUNCH AND A MOVIE

Due to very limited space, and to ensure a fun experience for all, registration is required. Reservations will only be accepted beginning February 17.

Thursday, April 6

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, OH 44026

EAT GOOD TO FEEL GOOD

Monday, April 17

3-4 p.m.

Bainbridge Public Library

17222 Snyder Road
Chagrin Falls, OH 44023

CARING FOR THE CAREGIVER

Memory screenings provided

Tuesday, April 18

1-2 p.m.

West Farmington Senior Center

150 College Street
West Farmington, OH 44491

GARDENING FOR LIFELONG HEALTH: PRESERVING NUTRIENTS WHEN COOKING

Wednesday, April 19

3 - 4 p.m.

**UH Geauga Medical Center
Conference Center**

13207 Ravenna Road
Chardon, OH 44024

ELDERBERRIES GEAUGA PARK PROGRAM

Thursday, April, 20

11:30 a.m. – 2 p.m.

Blood Pressure Screenings

The Rookery

10110 Cedar Road

DIABETES SELF MANAGEMENT CLASS- SIX WEEK WORKSHOP

If you or someone you know has diabetes, join our six week workshop (2/1/2 hour weekly sessions), Diabetes Self-Management. You will get the support you need, find practical ways to deal with pain and fatigue, sugar control, discover better nutrition and exercise choices, understand new treatment choices and learn better ways to talk to your doctor and family about your heat.

Fridays, April 14, 21, 28

Fridays, May 5, 12 and 19

12:30 - 3 p.m.

**Gauga County Office Building
Main Floor - Room B168**

12611 Ravenwood Drive
Chardon OH 44024
Call 440-279-2167 to register

SAVE THE DATE: GEAUGA SENIOR TECHNOLOGY EXPO

Live and age better by understanding and connecting with the tech world!

Friday, May 19

10:00 a.m. - 2 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, OH 44026
Reservations are required as space is limited. To reserve your spot, call 440-279-2163

SAVE THE DATE: FAMILY HEALTH & SAFETY DAY

Saturday, June 24

9:00 a.m. - 1 p.m.

UH Geauga Medical Center

13207 Ravenna Road
Chardon, OH 44024

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, April 3

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street

BLOOD PRESSURE SCREENING

Thursday, April 25

10:00 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

STAYING SOCIALLY CONNECTED

Monday, April 24

11 a.m. - 12 p.m.

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024
Call 440-279-2130 to register

EXERCISE & FITNESS

WALKING FOR WELLNESS

Walking has shown to help with weight management, reducing stress and increasing energy levels. Group walking programs can help you reach your personal wellness goals (*In collaboration with Geauga Dept. on Aging*)

Wednesdays | 1 p.m.

April 5

Claridon Woodlands

11383 Claridon-Troy Rd
Chardon, OH 44024

April 12

Eldon Russell Park

16315 Rapids Road
Burton, OH 44021

April 19

Sunnybrook Preserve

12474 Heath Road
Chesterland, OH 44026

April 26

Burton Wetlands Nature Preserve

15681 Old Rider Road
Burton, OH 44021

UH Geauga Medical Center, (con't)

FIGHTING AGAINST PARKINSON'S

*(In collaboration with Geauga
Dept. on Aging)*

Non-contact Boxing & Fitness
Class. Class is for seniors
diagnosed with Parkinson's
disease. Goal of this program
is to delay the progression of
Parkinson symptoms through
a variety of exercises and core
conditioning.

Mondays, April 3, 10, 17, 24

Wednesdays, April 5, 12, 19, 26

Fridays, April 7, 14, 21, 28

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024

Cost \$45

Call **440-279-2137** for Info

SUPPORT GROUPS

APHASIA SUPPORT GROUP

Monday, April 3

6 p.m.

**Outpatient Rehab Services at
YMCA**

12460 Bass Lake Road
Chardon, OH 44024

Call **440-214-3101** for information

PARKINSON'S SUPPORT GROUP

Tuesday, April 18

12:30-1:30 p.m.

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024

Call **440-279-2137** for information

DIABETES SUPPORT GROUP

Tuesday, April 18

2-3 p.m.

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024

Call **440-279-2137** for information

LIVING WITH LYMPHEDEMA

Wednesday, April 19

6-7 p.m.

Concord Health Center

Community Room
7500 Auburn Road

Concord, OH 44077

Call **440-214-3100** for information

OSTOMY SUPPORT GROUP

Wednesday, April 19

6:30-7:30 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road
Chardon, OH 44024

Call **440-285-6210** for Information

CARDIAC SUPPORT GROUP

Wednesday, April 26

6-7 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road
Chardon, OH 44024

Call **440-285-6824** for Information

Senior Assessments

Memory Loss and Aging – When
to seek help?

UH Geauga Medical Center

Norma N. Chapman Senior

Assessment Program

13207 Ravenna Road

Chardon, OH 44024

*Call **440-285-6408** to schedule an
Assessment*

Risk Assessments

*Call Wellness Coordinator at 440-
214-3330*

Diabetes Self-Management Education

For newly diagnosed or for anyone
just looking for additional
information on how to live well with
diabetes. Call *Diabetes Educator*
at **440-214-8233**

Medication Management Clinic

This clinic is staffed by
pharmacists who are highly trained
experts in the following areas:
Diabetes, high blood pressure,
high cholesterol, heart failure
and smoking cessation.
Pharmacists will help you organize
your medications, answer
questions about your health
condition or medications.

Call **440-214-3122** for information

BLOOD DRIVE

To make your lifesaving
appointment, please go to
RedCrossBlood.org or you
may call 1-800-RED-CROSS
for assistance

Tuesday, April 4

11:00 a.m. - 4:00 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road
Chardon, OH 44024



COMMUNITY PROGRAMS

DRUG TAKE BACK DAY

Help prevent the misuse and abuse of over the counter and prescription drugs. In accordance with the Drug Enforcement Administration, University Hospitals is providing the opportunity to anonymously dispose of expired, unwanted, or unused pharmaceutical controlled substances and other medications. UH Lake Hospitals will provide drop off locations at both UH Lake West and UH Tripoint Medical Centers, outside in front of the main entrance. Health screenings for glucose, cholesterol, and blood pressure will be available in the front lobby at both UH Lake locations. Pharmacists will be on hand to answer questions as well as to distribute free Narcan kits and education to the public to help reduce opioid overdoses through Project DAWN.

Saturday, April 22

10 a.m. – 2 p.m.
Tripoint Medical Center
7590 Auburn Road
Painesville, OH 44077

Lake West Medical Center
36000 Euclid Ave
Willoughby, OH 44094

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

No appointment necessary! UH Lake Medical Centers will be providing FREE blood pressure screenings in the main lobby area.

Saturday, April 1

9 a.m. – 12 p.m.

Tripoint Medical Center
(In the Lubrizol Auditorium)
7590 Auburn Road
Painesville, OH 44077

Saturday, April 15

9 a.m. – 12 p.m.

Lake West Medical Center

(In the Main Conference Room)
36000 Euclid Avenue

Willoughby, Ohio 44094
Call 440-313-2030 for information

SPRING INTO WELLNESS FAIR

Join UH and Motivate Lake County to take advantage of free health screenings and meet local health and wellness experts dedicated to helping you reach your wellness goals

Saturday, April 1

9 a.m. – 12 p.m.

Lakeland Community College
Health Technology Building
(In the Lubrizol Auditorium)

7700 Clocktower Drive
Kirtland, OH 44094
For more Information
Call 216-318-1211

SENIOR HEALTH FAIR

Stop by to see University Hospitals at the Lake County Council on Aging's Senior Health Fair. Health screenings for non-fasting blood glucose, non-fasting cholesterol and blood pressure will be available.

Learn about resources available to support your health.

Thursday, April 20

9:30 a.m. - 4:00 p.m.

Lake County Council on Aging
8520 East Avenue
Mentor, OH 44060
For more Information
Call 440-205-8111

LAKE COUNTY RESOURCE FAIR

The Lake County treasurer and Auditor will be hosting their second annual resource fair. Join University hospitals' along with community partners; Lifeline, Cleveland Food Bank, and Laketrans. UH will offer free health screenings. There will be fresh fruit and vegetable distribution as well. For

the free food distribution pre-register through Lifeline. The event is free to attend. Call 440-350-2516 for Information or email Michael.zuren@lakecountyohio.gov

Friday, April 21

10:00 a.m. - 12:00 p.m.

Lake County Administration
Building Assembly Room

71 N Park PI
Painesville, Ohio 44077

SUPPORT GROUP

BREAST CANCER SUPPORT GROUP

Open to all patients with breast cancer or who are recovering from breast cancer. Meetings will be held in person. Masks and social distancing are required.

To register or for questions:

Melissa.Loop@UHhospitals.org |
Phone: 440-375-8121 | Fax: 440-375-8126

Wednesday, April 19

6 – 7 p.m.

UH Mentor Health Center

Main Lobby (The entrance with the large flagpole.)
9485 Mentor Avenue
Mentor, OH 44094

STROKE SUPPORT GROUP

Many stroke survivors and their loved ones/caregivers experience a range of emotions and challenges after a stroke. Our team is here to help. Join us for our FREE, family friendly, all-inclusive stroke support group. All ages are welcome. **Benefits of Joining**

include: Educational topics, guest support through your journey, cooking demonstrations, helpful tips, connection with others, speakers, music therapy, fun contests,

To register or for questions:

Alecia.Crognale@UHhospitals.org |
Phone: 440-759-5114

UH Lake Medical Center, (con't.)

Wednesday, April 5

6 – 8 p.m.

UH Brunner Sanden Dietrick Wellness Center

Conference Room A

Mentor, Ohio 44060

8655 Market Street

Call **440-357-8777** for information

UH Parma Medical Center

COMMUNITY PROGRAMS

ADVANCE CARE PLANNING: COURAGE IN CONVERSATION LUNCH & LEARN

Learn the importance of making decisions regarding future medical care and discussing choices with family/loved ones. Take home an advance care planning guidebook with Ohio advance directive, including the living will and the power of attorney for healthcare form. Presented by: Hospice of the Western Reserve
Call Seven Hills Community Recreation Center at 216-524-6262 to register. A light lunch will be provided by the Seven Hills Community Recreation Center.

Wednesday, April 19

11:30 a.m. lunch will be provided
12 p.m. presentation

Seven Hills Community Recreation Center

7777 Summitview Drive
Seven Hills, OH 44131

DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. Our dietitian Allison Danko, MS, RD, LD will focus on behavioral and lifestyle changes to encourage better eating habits and enhance overall health.

This program is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage.

Call **440-743-2155** for information.

<https://www.uhhospitals.org/doctors/Danko-Allison-1982214169>

HEARTBURN CENTER

Chronic conditions like heartburn and GERD will be treated in a comprehensive way by centralizing specialties of Gastroenterology, thoracic and surgical. This center will streamline services for patients. Click [here](#) to read more about the Heartburn Center at Parma Medical Center.

Call 216-758-8611 to schedule an appointment at the Heartburn Center

BLOOD DRIVE

Please consider donating, there is a national blood shortage. Save a life today! The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime.

Thank you for supporting the American Red Cross blood program!

Masks required

[Click here](#) to register.

Tuesday, April 14

11 a.m. – 5:30 p.m.

UH Parma Medical Center

7007 Powers Boulevard
Parma, OH 44129

UH Parma Medical Center, (con't.)

COMMUNITY PROGRAMS

UH CONNOR WHOLE HEALTH

Our dedicated health care professionals are experts with the highest credentials whether in conventional medicine, integrative health, medical massage or traditional Chinese medicine. They will work closely with your primary care or specialty physicians to ensure that the care you receive is coordinated and safe. Services Offered

- Chiropractic care
- Massage Therapy
- Acupuncture

UH Parma Medical Center

Medical Arts Building 4
6115 Powers Boulevard
Parma, OH 44129

[Click here](#) for more information
Call **216-877-9651** to schedule an appointment

COMPREHENSIVE PAIN CENTER

Patients suffering from chronic pain will find many more options at Parma Medical Center, with its proven interventional pain management. The pain center builds on existing treatments for management of chronic pain (such as injections, spinal cord stimulators and infusion therapy). UH Connor Integrative Health Network offers chiropractic care, lifestyle and integrative health medical consults, massage therapy and guided meditation to complement its integrated approach to pain management. To schedule an appointment with the UH Comprehensive Pain Center at Parma call **440-743-4333**

University Hospitals Science of Health Podcast

MANAGING CHRONIC PAIN – WHERE TO START

Speaker is Kutaiba Tabbaa, MD, Director of University Hospitals Parma Medical Center's Comprehensive Pain Center.

Click [here](#) to listen to this informative podcast

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

Free Blood Pressure Screenings at these locations (walk in).
Call **440-743-4932** for questions

Tuesday, April 4

8:30 – 10:00 a.m.

Broadview Hts., Senior Center

9543 Broadview Road
Broadview Hts., OH 44147

Wednesday, April 5

(Glucose Screening Included)

11 a.m.-12:30 p.m.

UH Parma Health Education Ctr.

7300 State Road
Parma, OH 44134

Wednesday, April 5

11 - 12:30 p.m.

North Royalton Office on Aging

13500 Ridge Road
North Royalton, OH 44133

Thursday, April 6

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue
Brooklyn, OH 44144

Wednesday, April 12

8 a.m. – 9:30 a.m.

Seven Hills Recreation Center

7777 Summit View Drive
Seven Hills, OH 44131

Friday, April 14

10 - 11:30 a.m.

Independence Senior Center

6363 Selig Dr.
Independence, OH 44131

Friday, April 14

10 - 11:30 a.m.

Donna Smallwood Activity Center

7010 W. Ridgewood Dr.
Parma, OH 44129

Tuesday, April 25

9 - 10:30 a.m.

North Royalton Y.M.C.A.

11409 State Road
North Royalton, OH 44133

SUPPORT GROUPS

FOOD ADDICTS ANONYMOUS

Having trouble staying on a diet or eating plan? Do you crave sugar and high-carb foods? Are you shaky, angry or moody when you skip a meal? Do you think about food all the time? This group can help.

Wednesdays

April 5, 12, 19, 26

5 - 6 p.m.

UH Parma Health Education Ctr.

7300 State Road
Parma, OH 44134

Call **440-743-4932** for information

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. Second Tuesday of each month.

Tuesday, April 11

1 – 2:30 p.m.

UH Parma Health Education Ctr.

7300 State Road
Parma, OH 44134

Call **440-743-4932** for information

STROKE & ARTHRITIS SUPPORT GROUP

Offers information and support to anyone suffering with arthritis or has had a stroke including their support person or caregiver. Second Monday of each month.

Monday, April 10

12:30 – 2 p.m.

UH Parma Health Education Ctr.

7300 State Road
Parma, OH 44134

UH Parma Medical Center, (con't.)

EXERCISE & FITNESS

PARKINSON'S DISEASE

EXERCISE CLASS – DELAY THE DISEASE

For those diagnosed with Parkinson's with their spouse; support person or caregiver. Learn simple exercises that can help make daily life easier and also improve balance and build strength. Classes are taught by professionals trained in the Delay the Disease Program.

Wednesdays April 5, 12, 19, 26
12:30 – 2 p.m.

UH Parma Health Education Ctr.
7300 State Road
Parma, OH 44134

Call **440-743-4932** for information



UH Portage Medical Center

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, April 24
11 am – 5 pm

UH Portage Medical Arts
Building, Atrium
Ravenna, Ohio 44266

To make an appointment, please visit RedCrossBlood.org or scan the QR code:



SAIL FALLS PREVENTION CLASS

SAIL – Stay Active & Independent for Life

A new class that is an evidence based falls prevention program to build strength, balance & flexibility. It will be offered at two locations:

Streetsboro Senior Center

9307 State Route 43
Streetsboro, OH 44241
INFO/RSVP: 330-626-2398

Portage County Senior Center

705 Oakwood Street
Ravenna, OH 44266
INFO/RSVP: 330-297-3456

AMPUTEE WALKING CLINIC

Thursday, April 6
3 - 5 pm

UH Portage Medical Arts

Building, Atrium
6847 N. Chestnut Street
Ravenna, OH 44266



COMMUNITY PROGRAMS

ADVANCE DIRECTIVES INFORMATION TABLE

The Hospice of the Western Reserve will be on hand to provide information about the importance of Advance Directives.

Tuesday, April 18
11:30 am – 1:30 pm

**UH Portage Medical Center
Cafeteria**

6847 North Chestnut Street
Ravenna, OH 44266

SPRING INTO HEALTH SCREENING & EDUCATION EVENT

Please join us for this wellness event and receive FREE health screenings including: Sleep Apnea, Bone Density, Blood Pressure, Pre-Diabetes, BMI, Peripheral Artery Disease, Pulmonary Function Testing, Thyroid, and Carpal Tunnel.

RSVP required by 4/21/23. Please call 330-297-2576 to reserve your spot.

Wednesday, April 26
3 – 6 p.m.

UH Streetsboro Health Center
9318 St. Rt. 14
Streetsboro, OH 44241

FREE BLOOD PRESSURE SCREENINGS

Wednesday, April 26
9:30 am – 10:30 am

Portage County Senior Center
705 Oakwood Street
Ravenna, OH 44266

**VIRTUAL SMOKING
CESSATION CLASSES**
Call 330-297-2576 for information

SUPPORT GROUPS

DIABETES SUPPORT GROUP

Tuesday, April 4
4 - 5 pm

UH Portage Medical Arts Building
Room 150
6847 N. Chestnut Street
Ravenna, OH 44266

PARKINSON'S SUPPORT GROUP

Tuesday, April 18
2 - 4pm

UH Portage Medical Arts Building
Room 150
6847 N. Chestnut Street
Ravenna, OH 44266

SUPPORT FOR GRIEVING ADULTS

The Grief Place
INFO: www.thegriefcareplace.org
330-686-1750

Kelly's Grief Center

INFO: www.kellysgriefcenter.com
Call **330-593-5959** for Information

WOMEN'S HEALTH

FREE MAMMOGRAMS

For underinsured or uninsured women.

UH Portage Medical Center
6847 North Chestnut Street
Ravenna, Ohio 44266
Call **330-297-2338** to see if you qualify for this screening.

To schedule an appointment with a breast surgeon, call UH 4 Care: (844)763-3298

To schedule a medical oncology appointment, call (216)844-3951 and press option 1

To reach the UH Patient Navigator at UH Portage Medical Center call (330)297-2873

Find a Primary Care Provider or Specialist online at <https://www.uhhospitals.org/doctors> or call (877) 251-0176

For COVID-19 information, testing and vaccine sites, visit <https://UHhospitals.org/healthcare-update> or call (216) 273-3218

UH Virtual Events and Health Talks <https://www.uhhospitals.org/Health-Talks>

COMMUNITY PROGRAMS

WALKING CLUB

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

Tuesdays, April 4, 11, 18, 25

12 – 1 p.m.

Weather Permitting

Richmond Heights City Hall

26789 Highland Road

Richmond Heights, OH 44143

Call 440-735-2559 to register



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, April 10

10:30 a.m. - 12:30 p.m.

Kiwanis Lodge Community Center

27285 Highland Road

Richmond Heights, OH 44143

HEALTH EDUCATION

COOKING

DEMONSTRATION

Save the Date: Wednesday, May 24

Join us for a demonstration of healthy cooking options. Come learn how to plan and prepare great-tasting food.

Chef Tony UH Sodexo Culinary Director will be joined by Chef Ryan and Dietitian Julianna. You will be able to enjoy the meals prepared and ask questions. **Seating is limited.** The registration deadline is **May 15.**

Wednesday, May. 24

12:00 p.m. - 1:00 p.m.

Kiwanis Lodge Community Center

27285 Highland Road

Richmond Heights, OH 44143

Call **440-735-2559** to register

RISK ASSESSMENT AND SCREENING CLINIC

UH Richmond Outpatient Campus offers a no-cost risk assessment and screenings including glucose, pulse ox and blood pressure screening. You will be asked a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Recommendations are made for scheduling the recommended testing.

Tuesdays, April 11, 25

10 – 11:30 a.m.

UH Richmond Medical Office Building

27155 Chardon Road Suite 106

Richmond Heights, OH 44143

Call **440-735-2559** to schedule an appointment

COMMUNITY PROGRAMS

AMERICAN HEART ASSOC.

BASIC LIFE SUPPORT CPR

Thursday April 20th

2-4pm

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

Call **419-207-7856** to register

Class limited to 10

AMERICAN HEART ASSOC.

HEARTSAVER CPR

Wednesday April 12th |

8 - 10am

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

Call **419-207-7856** to register

Class limited to 10

RED CROSS BLOOD DRIVE

Friday, April 7

12 – 6 p.m.

Thursday, April 27

9 a.m. – 3 p.m.

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

OUT-PATIENT CLINICAL NUTRITION SERVICES

One on one appointments available
with Registered Dietitian, Katie Kline.
Call **419-207-2501** for information.

HEALTH SCREENINGS

BIOMETRIC SCREENINGS

Tuesday, April 11

9 - 10:30 a.m.

Ashland YMCA

207 Miller Street
Ashland, OH 44805

SMOKING CESSATION

One on one consultations available.

Call Amanda at **419-207-2306** for
information.

EXERCISE & FITNESS

S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)

Walking support group for COPD
patients

Tuesdays and Thursdays

10 a.m.

The Keith Field House

Ashland High School
Ashland, OH 44805



COMMUNITY PROGRAMS

For more information about our programs, contact the Outreach Department at **UH St. John Medical Center at 440-827-5440**.

No screenings offered on holidays.

Screenings may be canceled on days with inclement weather

DIABETES EDUCATION CLASSES

This four week series offers comprehensive diabetes self-management education provided by the diabetes team, including a diabetes nurse and registered dietician. Services are billable to your Insurance provider. A physician referral is required. Class topics Include: Basic and advanced Information about diabetes management, making health food choices and meal planning, Incorporating physical activity Into lifestyle, safe and appropriate use of medications, blood sugar monitoring and management of high or low readings and how to prevent long term complications.

For scheduling or questions, call **440-827-5341**

DIABETES EDUCATION

Individualized education on blood glucose monitoring, medication management and preventing complications. A physician referral is required.

UH St John Health Center
26908 Detroit Road, Suite 100
Westlake, OH 44145

For scheduling or questions, call **216-844-1499**.

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for health care providers. A course completion card will be provided.

This is a free class, but you must register at www.uhems.org.

Call **216-849-5013**

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition experience throughout each person's life cycle, Marge Robinson, MPH, RDN, LD, offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. A physician referral is required prior to visit.

St. John Health Center
26908 Detroit Road, Suite 100
Westlake, OH 44145
Call **440-835-4426** to schedule

SENIOR SUPPER CLUB

Men and women over the age 60 may apply for a Supper Club card. Seniors can pick up their card up from the Westlake Center for Community Services or the North Olmsted Senior Center. Once they have the card, they may come to the cafeteria at UH St. John Medical Center and receive a 40 percent discount on all food except bottled beverages, specialty snacks and "Simply to Go" items. There is a \$10 limit per customer for the discount: after that, the items are full price.

EVERYDAY

4 – 5:30 p.m.

For more information, call **North Olmsted Senior Center 440-777-8100** or **Westlake Center for Community Services 440-899-3544**.

You must present your card to receive the discount.

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, April 10
10:45-11:45 am

Fairview Park Senior Center
20769 Lorain Road
Fairview Park OH 44126

Wednesday, April 12

9:00 – 10:30 a.m.

Cove Community Center
12525 Lake Avenue (enter off Clifton)
Lakewood, OH 44107

Thursday, April 13

10:45 -11:45 am

North Olmsted Senior Center
Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

Thursday, April 27

11:30 a.m. – 1:00 p.m.

Westlake Center for Community Services

Community Meeting Room
28975 Hilliard Blvd
Westlake OH 44145

BALANCE SCREENING

Call **440-414-6050** for an appointment. Space is limited.

AUDIOLOGY SCREENING

Testing and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Department.

Please call **440-835-6160**.



UH St. John Medical Center, a Catholic Hospital (con't).

SUPPORT GROUPS

HOPE GROUP

A support group for newly diagnosed breast cancer individuals and for breast cancer survivors

Wednesday, April 5
5:30 – 7:30 p.m.

UH St. John Medical Center
Community Outreach Department
Suite R
29160 Center Ridge Road
Westlake, OH 44145

Call 440-827-5440 for information



Car Seat Installations for Caregivers and Grandparents

For all caregivers who need help with car seat installations or have questions about the safest way to transport their children or grandchildren in motor vehicles, getting expert advice and assistance just got a little easier. University Hospitals Rainbow Babies and Children's along with UH St. John and Parma Medical Centers will partner with the following west side fire stations to provide car seat checking stations, by Nationally Certified Child Passenger Safety (CPS) Technicians. UH Rainbow's Injury Prevention Center has had a car seat fitting station at the hospital's main campus in University Circle for more than 10 years. In response to community requests, UH Rainbow is making it easier for Westside families to get expert help in choosing and installing car seats with the opening of car seat fitting stations at area fire stations. **The service is provided free-of-charge, at the following fire departments, but an appointment is required. Call 440-827-5440 to schedule (if not otherwise noted).**

Thursday, April 13

1 – 4 p.m.

North Royalton Fire Station

7000 Royalton Road

North Royalton, OH 44133

Email Kathy Salvo for scheduling

ksalvo@northroyalton.org

Thursday, April 20

2 – 5 p.m.

Bay Village Fire Station

28100 Wolf Road

Bay Village, OH 44140

Thursday, April 27

2 – 5 p.m.

North Olmsted Fire Station

24291 Lorain Road

North Olmsted, OH 44070



To schedule at:

North Ridgeville Fire Station located at 7000 Ranger Way, North Ridgeville, OH 44039

Register: <https://www.nridgeville.org/ChildSafetySeat.aspx> or call 440-327-5311.