



University Hospitals

1-866-UH4-CARE (1-866-844-2273)
UHhospitals.org

AGE WELL. BE WELL. EVENTS APRIL, 2024

If you are not a member of the **AGE WELL. BE WELL.** Club and would like to join, please visit our website <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well> 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
440-735-2559

BEDFORD MEDICAL OFFICE BUILDING

88 Center Road
Bedford, OH 44146
440-735-2559

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

TRIPOINT 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

COMMUNITY PROGRAMS

SHAKER HEIGHTS WALKING CLUB

Being physically active can improve your brain health, help manage weight, reduce risk of disease, strengthen bones and muscles and improve your ability to do everyday activities! University Hospitals Ahuja Medical Center and the City of Shaker Heights encourage you to join our Walking Club at Southerly Park to not only get your body moving but enjoy open discussion on a health and wellness topic.

Tuesday, April 23
10 -11 a.m.

Southerly Park

15401 S Woodland Rd
Shaker Heights OH 44120

AHUJA DRUG TAKE BACK

University Hospital locations will host booths where patients can dispose of expired, unwanted, or unused pharmaceutical controlled substances and other medications.

Saturday, April 27
10 a.m. -2 p.m.

Ahuja Medical Center Risman Pavilion

3999 Richmond Rd
Beachwood, Ohio 44122



HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing **FREE** blood pressure screenings.

Wednesday, April 3
9- 10 a.m.

Shaker Heights Senior Center
3450 Lee Road
Shaker Heights, OH 44120

Wednesday, April 10
10- 11 a.m.

Solon Senior Center
35000 Portz Parkway
Solon, OH 44139

Thursday, April 18
10- 11 a.m.

Warrensville Heights YMCA
4433 Northfield Road
Warrensville Heights, OH 44128

Thursday, April 18
11:45 a.m. - 12:20 p.m.

Beachwood Senior Center
25325 Fairmount Blvd
Beachwood, OH 44122

BIOMETRIC SCREENING EVENTS

Ahuja Medical Center will be providing **FREE** health screenings including blood pressure, non-fasting blood sugar, and non-fasting cholesterol.

Monday, April 15
9:00 – 11:00 a.m.
Solon Senior Center
39000 Portz Parkway
Solon, OH 44139

Thursday, April 25
11 a.m.-1 p.m.
Orange Library
31975 Chagrin Blvd
Pepper Pike, OH 44124

SUPPORT GROUPS

STROKE SURVIVOR SUPPORT GROUP

University Hospitals Rehabilitation offers a free support group for stroke survivors and their families or caregivers. This group, facilitated by rehabilitation specialists can assist in navigating life after a stroke.

Second Tuesday of each Month
1-2 p.m.

UH Rehabilitation Hospital
23333 Harvard Road
Beachwood, OH 44122

BRAIN INJURY CAREGIVER SUPPORT GROUP

University Hospitals Rehabilitation offers a free support group for the families or caregivers of individuals who have suffered a brain injury. This group, facilitated by rehabilitation specialists, provides practical problem solving around caring for those with a brain injury as well as emotional support.

Fourth Wednesday of each Month
5 – 6:00 p.m.

University Hospitals Rehabilitation Hospital
23333 Harvard Road
Beachwood, OH 44122

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 EVENT

SPORTS NUTRITION PRESENTATION

Join Kelli Santiago MS, RD, CSSD, LD Clinical Dietitian & Wellness Coach for a presentation aimed to inform you on tips and tricks for fueling your workouts. Whether you consider yourself an athlete or not, topics include overall meal planning/timing, carbs, protein and fat needs, hydration and more. Special guest will be Laura Goldman, M.D. Sports Medicine Physician with UH Drusinsky Sports Medicine Team. Please RSVP so we can provide enough handouts.

Tuesday, April 9th
6:00p.m.

EXERCISE & FITNESS

LES MILLS™ BODY PUMP

This invigorating weight-training workout uses barbells with adjustable weights set to motivational music. Strengthen and define each major muscle group with this high repetition muscular endurance functional movement program.

SELECT Tuesdays, April 2 & 16
5:45-6:40 a.m.

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 5
8 - 8:45 a.m.

CYCLING BOOTCAMP COMBO

Build power and strength through a Group Cycling and Bootcamp combo class. Come and experience are new state of the art stationary bikes to increase cardiovascular conditioning as well as mental endurance. Wrap it up with 25-30 minutes of strength training and stretching.

Saturday, April 6
8-8:55 a.m.

BEGINNER YOGA

Class is designed for those new to yoga. Participants will improve flexibility and breathing conditioning. The exercises are done on a mat. Standing and seated postures included. Although this class is not a chair based class, chairs are available if you'd like something to use to get back off the floor or to have a hand near for balance.

Saturday, April 13
11:00 - 11:55 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 15
10 - 10:55 a.m.

BETTER BALANCE

Join us for this once a month specialty class for a person of any age and ability. The class will focus on improving one's strength, flexibility, stamina, and sensory concentration. Exercises can be done seated or standing (mat needed). Modifications will be given. The overall goal of the class is to improve these life-long skills to enhance the value of one's longevity.

Saturday, April 27
11:00-11:55 a.m.

WALK WITH A DOG WALK

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 and clean up any dog waste.

Friday, April 19
5:30 p.m.

BEGINNER GROUP CYCLING

Learn the proper way for bike set-up in this beginner level Group Cycling exercise class. This is a great time to check out our new state of the art stationary cycles. During this program, our instructor will go through basic class formats, including hill and race training, and train teaching watts (power generated from your cycling).

Saturday, April 27
10:15-11 a.m.

RACE DAY (90 MINUTES)

This advanced Spinning class is a 90 minute class where the instructor leads you through a road race course on a Spin bike, including hill training.

Sunday, April 28
11:00 a.m. -12:30 p.m.

PARTNERSHIP PROGRAM

FUNDAMENTALS OF AQUATIC EXERCISE

Explore aquatic exercise for improved strength, endurance and balance during and after cancer treatment. This program is offered in our easy entry warm water (93 Degrees Fahrenheit) pool. Please note: participants are encouraged, but not required to complete all classes. First priority is given to cancer survivors who have not yet completed an aquatic series. For information and to register contact Sandy at 216-455-1529 or email Conochan@touchedbycancer.org
Wednesdays April 3, 10, 17, 24,
May 1 5:00 -5:50p.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 4, 11, 18, 25

9:30 - 10:30 a.m.

Weather permitting

Ellenwood Center

Willard Pavilion

124 Ellenwood Avenue
Bedford, OH 44146

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

FREE ART EXPERIENCE

Immerse yourself in a world of creativity and inspiration with a thoughtfully designed art experience by the Certified Community Health Worker. Creativity can help you feel calm and relaxed; rest and relax your mind; it is essential to your health.

Refreshments provided

Wednesday, April 24

Wednesday, May 22

Wednesday, June 5

2-4 p.m.

UH Wellness Center at Bedford

88 Center Road, Suite 150
Medical Office Building
Bedford, OH 44146



WELCOME TO PASSPORT TO HEALTH: A ROUTE TO MANAGING YOUR WELLNESS!

Curated by UH Cutler Center for Men & The Lupus Foundation of America, Greater Ohio Chapter. Join us on Sat, Apr 06, 2024, at 10:00 am at the UH Cutler Center for Men for a day filled with valuable information and resources to help you take control of your well-being.

At this event, you'll learn about various strategies and techniques for managing your wellness, including tips on nutrition, exercise, mental health, and more. Our expert speakers will share their insights and answer any questions. Don't miss this chance to kickstart your journey to a healthier lifestyle. Grab your friends and family and join us for a day of empowerment and inspiration. We can't wait to see you there! **To register visit us on Eventbrite at "Passport to Health: A Route to Managing Your Wellness."**

WELLNESS PASSPORT ROUND-TRIP

10+ Health & Wellness Stations

On-site Screenings

1 Passport

Saturday, April 6

10 a.m. - 1 p.m.

UH CUTLER CENTER FOR MEN

Drusinsky Sports Medicine Institute
3rd Floor
3999 Richmond Road
Beachwood, OH 44122

CHARG'D UP CLASS

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

Saturday, April 6

2 - 3 p.m.

UH CUTLER CENTER FOR MEN

Drusinsky Sports Medicine Institute
3rd Floor
3999 Richmond Road
Beachwood, OH 44122

SAVE THE DATE

UH MOBILE HEALTH UNIT

University Hospitals Mobile Health Unit for 3-D mammogram screenings in the parking lot on this date with extended times. Mammogram appointments are available from 8:30 am -2:30 pm on the below dates. Accepting appointments now. To schedule an appointment, call **Nicole, UH Mobile Coordinator, at 216-896-1768.**

Wednesday, June 19

Wednesday, September 18

UH Wellness Center at Bedford

88 Center Road
Medical Office Building
Bedford, OH 44146

For more information or to register, call 440-735-4270.

SAVE THE DATE

BIKE SAFETY FUN

Bring the children and learn about bike safety and have fun participating in activities. Children will receive a free helmet and learn about bike safety from the experts at University Hospitals. Helmets are available first come first served and while supplies last.

Wednesday, May 8

3:30 - 5:30 p.m.

Cuyahoga County Public Library Bedford Branch

70 Columbus Road
Bedford, OH 44146

Call 440-439-4997 for information



SOULFUL & HEALTHY: A COOKING DEMONSTRATION

During this cooking demonstration we will be exploring a healthy twist on the soul food classic: Chicken & Waffles. Get ready to learn a new recipe, cooking techniques, and nutritional tips to make your favorite dishes both delicious and nutritious with executive Chef Ryan Hamel and Registered Dietitian Bailey Gordon. *Registration required*

Wednesday, April 10
12 - 1 p.m.

ART OF MEAL PREPPING

Learn how to streamline healthy eating for busy lifestyles with Chef Tynisa, owner and head chef of Food with Purpose.

Friday, April 26
12-1 p.m.

To register for the cooking demonstration and art of meal prepping, visit us on Eventbrite at "UH Community Wellness Center at Bedford."

UH Wellness Center at Bedford
88 Center Road, Suite 150
Medical Office Building
Bedford, OH 44146
For more information or to register, call 440-735-4270.



ADVANCED CARE BINGO

Join us for a new way of playing Bingo as we plan for the future and discuss how to make your healthcare wishes known. Heidi Barham from Hospice of the Western Reserve will help us start the conversation. There will be prizes and giveaways. Registration is recommended, but walk-ins are welcome!

Friday, April 19
11 a.m.-12 p.m.

UH Wellness Center at Bedford
88 Center Road, Suite 150
Medical Office Building
Bedford, OH 44146
For more information or to register, call 440-735-4270.

LINE DANCING

Join us for a fun-filled evening of line dancing with Line Dancing King, Robert Johnson. This event is completely free of charge and is a great way to improve your overall well-being while staying active through dancing, which is known to promote healthy cardiovascular and mental health. Robert has taught line dancing in Greater Cleveland for over 30 years, so you'll be in good hands. *Visit us on Eventbrite at "UH Community Wellness Center at Bedford." for dates and times.*

Wednesday, April 24
6-7 p.m.

UH Wellness Center
88 Center Road Suite 150
Bedford, OH 44146
For more information or to register, call 440-735-4270.

ZUMBA

Join us for what some may call the most awesome workout ever! Dance to great music with great people and burn many calories without even realizing it. The class features merengue, salsa, and cumbia. Come and "dance around the world"! *Visit us on Eventbrite at "UH Community Wellness Center at Bedford." for dates and times.*

Friday, April 19
12-1 p.m.

UH Wellness Center at Bedford
88 Center Road
Medical Office Building
Bedford, OH 44146
For more information or to register, call 440-735-4270.

HEALTHY JOINTS & STRONG BONES: PREVENTING KNEE AND HIP PAIN

Join us for an enlightening medical talk that delves into the intricate world of joint health, specifically focusing on knees and hips. Gain insights into the common causes of knee and hip pain and proactive measures to prevent the need for surgery, emphasizing the crucial role of metabolic bone health in the context of osteoporosis and arthritis.

Presenter: Dr. Yianni Apostolakos, MD, MPH with University Hospitals. Dr. Apostolakos specializes in Orthopedic Sports Medicine and Orthopedic Shoulder Surgery. *Free, pre-registration required call 440-735-6570*

Monday, April 15
6:30 – 7:30 p.m.

Bedford Ellenwood Center
124 Ellenwood
Bedford, Ohio 44146

CHAIR

STRETCHING/BEGINNER YOGA

Join a certified In The Now Yoga Meditation & Wellness instructor for a beginner yoga session and chair stretching class. *To register, visit us on Eventbrite at "UH Community Wellness Center at Bedford."*

Friday, April 12

11:30 am-12:30 pm

UH Wellness Center at Bedford

88 Center Road, Suite 150
Medical Office Building
Bedford, OH 44146

For more information or to register, call 440-735-4270

THE NEW UH COMMUNITY WELLNESS CENTER

UH Wellness Center at Bedford

88 Center Road, Suite 150
Medical Office Building
Bedford, OH 44146

Our community-based wellness center, located in Bedford, will offer a wide range of programs and services that have been tailored to meet the specific needs of the community, including:

Preventive Services:

- Health education classes
- Health screenings
- Community programming

Enhanced Access to Care:

- Telehealth services
- Community health worker on site

Healthy Food:

- Teaching Kitchen

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.

For more information or to schedule an appointment, call 440-735-4270, visit UHhospitals.org/Bedford

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesday, April 3

10:30 a.m. - 1:00 p.m.

Bedford Heights Community Center

5615 Perkins Road
Bedford Heights OH 44146
(Bedford Heights 60+ community members only)

Wednesdays, April 10, 24

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

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, OH 44146

Thursday, April 11

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

Maple Hts. Senior Center

15901 Libby Road
Maple Heights, OH 44137

BIOMETRIC SCREENINGS

Free health screenings, including blood pressure, non-fasting blood sugar, and non-fasting cholesterol, will be provided.

Saturday, April 6

10 a.m.-1 p.m.

UH Cutler Center for Men

Drusinsky Sports Medicine Institute
3rd Floor
3999 Richmond Road, Beachwood,
OH 44122

Monday, April 15

2 -3:30 p.m.

Friday, April 26

1-3 p.m.

UH Wellness Center at Bedford

88 Center Road
Medical Office Building
Bedford, OH 44146



COMMUNITY PROGRAMS

UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY

Monday - Friday
9 a.m. – 5:30 p.m.

Provides retail pharmacy services for outpatient prescriptions. *If you are interested in filling your prescription at this location, 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*

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 Slimmer, RN, M.Ed., CDCES for information.

DVT AWARENESS

Monday, April 1
11 a.m.-12 p.m.
Orwell Country Neighbor
39 South Maple St.
Orwell, OH 44076

Tuesday, April 2
11:30 a.m. – 12:30 p.m.
Andover Community Center
181 South Main Street
Andover, OH 44003

Wednesday, April 17
10:30 – 11:30 a.m.
Conneaut Human Resource Center
327 Mill Street
Conneaut, OH 44030
*Call 440-593-0364 for more
Information*

OILS FOR LIFE

Learn about how oils work and receive samples to work with at home
Monday, April 15
11 a.m.-12 p.m.

Orwell Country Neighbor
39 South Maple St.
Orwell, OH 44076

POPPING UP IN YOUR NEIGHBORHOOD SHARING COMMUNITY RESOURCES FOR YOU AND YOUR FAMILY GLUCOSE/CHOLESTEROL/BLO OD PRESSURE

Saturday, April 20
1– 3 p.m.
Ashtabula YMCA
263 W. Prospect Rd.
Ashtabula, OH 44004
*Call 440-593-0206 for more
information.*

REMOTE AREA MEDICAL FREE CLINIC

Saturday, April 13
Sunday, April 14

Lakeside High School
6600 Sanborn Road
Ashtabula, OH 44004
*For more information RAMUSA.ORG
/865-579-1530*

HEALTH SCREENINGS

FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)

For more information, call Lori Ann Slimmer, RN, M.Ed., CDCES @ 440-593-0373.

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



UH Conneaut and Geneva Medical Centers (con't.)

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.

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



CANCER SUPPORT GROUP

Tuesday, April 16

5 – 6 p.m.

Crow's Nest

1257 Harmon Road

Ashtabula, OH 44004

Call **440-593-0364** for information

UH Elyria Medical Center

COMMUNITY PROGRAMS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-827-5440**. Closed on all holidays or in inclement weather.

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.

Call Sara Deal MS, RDN, CNSC, LD at **440-284-5709** for information

SLEEP MEDICINE

Detailed adult sleep studies are conducted by an experienced team of UH board certified providers and registered sleep technologists to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (sleep walking/night terrors), excessive daytime sleepiness, Pulmonary related sleep issues, Snoring, and Insomnia. Nighttime, daytime, and home sleep studies available.

For a sleep provider consult, call

216-844-REST

*To schedule a sleep study at Elyria or Avon sleep lab, call **440-326-5464***

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Tuesday, April 16

12:30 – 2 p.m.

Avon Lake Senior Center

Old Firehouse Community Center

100 Avon Belden Road

Avon Lake, OH 44012



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.

Thursday, April 4

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, OH 44026

THE GOOD, THE BAD & THE UGLY

Join UH Diabetes educator to learn more about good carbs verses bad carbs, and how to effectively count carbs to achieve the ideal diabetic menu through planning and preparation at an affordable cost.

Tuesday, April 2

12:30 -1:30 p.m.

West Farmington Senior Center

150 College Street
West Farmington OH 44491

GARDENING FOR LIFELONG HEALTH: HEALTH BENEFITS OF PICKLE JUICE

Wednesday, April 10

3 p.m.

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024

AMERICAN RED CROSS BLOOD DRIVE

A single blood donation can help more than one person. Please make your lifesaving appointment today.

1-800-RED CROSS / 1-800-733-2767, redcrossblood.org, download the Blood Donor App

Wednesday, April 3

11 a.m. - 4 p.m.

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024

DRUG TAKE BACK DAY

A pharmacist will be available to assist with medication collection and medication counseling and education.

Health Screenings will be provided

Saturday, April 27

10 a.m. - 2 p.m.

UH Geauga Medical Center

Main Lobby
13207 Ravenna Road
Chardon, OH 44024

ELDERBERRIES PROGRAM: SPRING WILDFLOWERS AT THE ROOKERY

Seniors, explore spring flowers through a sit-down and then head out on the trail with a Naturalist to see what we can find. UH Resource table provided with health education information, upcoming programs & Blood Pressure screenings provided.

A collaboration with the Geauga County Department on Aging and Geauga Park District.

Breakfast will be provided

Registration required, Call 440-214-3180 to register

Thursday, April 18

9 a.m. - 12 p.m.

The Rookery

10110 Cedar Road
Munson Twp., OH 44024

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, April 1

8:30 -10 a.m.

West Farmington Senior Center

150 College Street
West Farmington OH 44491

Tuesday, April 9

10 a.m.-12 p.m.

Gaugu YMCA

12460 Bass Lake Road
Chardon, OH 44024

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 3

Frohning Meadows

16780 Savage Road
Bainbridge, OH 44023

April 10

Claridon Woodlands

11383 Claridon-Troy Road
Chardon., OH 44024

April 17

Squires Castle

2844 River Road
Willoughby, OH 44094

April 24

Burton Wetlands

15681 Old Rider Road
Burton, OH 44021

SAVE THE DATE FAMILY HEALTH & SAFETY DAY

Saturday, June 29

9 a.m. -1 p.m.

UH Geauga Medical Center

13207 Ravenna Road
Chardon, OH 44024

RISK ASSESSMENTS

Call Wellness Coordinator at 440-214-3330

DIABETES SELF-MANAGEMENT CLINIC

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*

FIGHTING AGAINST PARKINSON'S

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. *Cost \$45*

Mondays, April 1, 8, 15, 22, 29

Wednesdays, April 3, 10, 17, 24

Fridays, April 5, 12, 19, 26

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call 440-279-2137 for Information

PEDALING FOR PARKINSON'S

Pedaling for Parkinson's is where participants ride Pelton bikes indoors. Pedaling for Parkinson's provides an opportunity for people with Parkinson's to make positive improvements in their quality of life. *(A collaboration with the Geauga County*

Department on Aging and Ohman Family Living)

M W F Class

1:30-2:30 p.m.

T / TH Class

11:15 a.m. - 12:15 p.m.

Ohman Family Living at Holly

10190 Fairmount Road

Newbury, OH 44065

Call 440-632-3653 for Information

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, April 1

6 p.m.

UH Geauga Medical Center

(Conference Center)

13207 Ravenna Road

Chardon, OH 44024

Call 440-214-3101 for information

PARKINSON'S SUPPORT GROUP

Tuesday, April 16

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: WEIGHT MGMT. AND HEALTHY LIVING TIPS

Tuesday, April 16

2 -3 p.m.

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call 440-279-2137 for information

OSTOMY SUPPORT GROUP

Thursday, April 25

6:30-8 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

Call 440-285-6210 for information

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.

Second Tuesday of the month

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

Call 440-285-6355 for information

CAREGIVER SUPPORT GROUP: LATE STAGE DEMENTIA: WHAT TO EXPECT?

Maplewood at Chardon offers an ongoing support group for families and friends of those living with Alzheimer's and dementia. Join us and learn more about the disease, share concerns and Ideas, express your feelings and hear about the latest advances in research and advocacy.

Wednesday, April 24

5 p.m.

Maplewood at Chardon

12350 Bass Lake Road

Chardon, OH 44024

Call 440-285-3300 to RSVP or chardonrsvp@maplewoodsl.com

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

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

COMMUNITY PROGRAMS

THE IMPORTANCE OF LIFESTYLE VITAL SIGNS LUNCH & LEARN

Do you want to learn strategies to live healthier and prevent disease? Enjoy a lunch and learn featuring University Hospital's Harrington Heart and Vascular Institute's Center for Integrated and Novel Approaches in Vascular –Metabolic Disease health talk series. We will discuss shifting the focus to health promotion by targeting key lifestyle vital signs. Audience questions and answers will follow this live streamed presentation. Guest speaker is: Jean-Pierre Despres, CQ, PhD, FAHA, Scientific Director, VITAM - Research Center for Sustainable Health, Faculty of Medicine, Universite Laval, Quebec, CANADA.

Seating is limited, to register for our lunch and learn call 440-313-2030.

Friday, April 5

11:30 a.m. – 1:00 p.m.

Tripoint Medical Center *Lubrizol Conference Rooms, enter through the Physician's Pavilion*

7590 Auburn Road
Painesville, Ohio 44077

SPRING INTO WELLNESS

Join us & the Lake County Free Clinic to Spring Into Wellness! University Hospitals will have free blood pressure, cholesterol and glucose screenings and health education available. Several community partners will be on hand to share resources. For more information contact Dana at: dlocher@lakefreeclinic.org or call 440-352-8686.

Saturday, April 6

10 a.m. – 2 p.m.

Lake County Free Clinic

462 Chardon Street
Painesville, Ohio 44077

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 dispose of expired, unwanted, or unused pharmaceutical controlled substances and other medications. UH Lake will provide drop off locations at both UH Lake West and UH Tripoint Medical Centers outside in front of the main entrance. Health screenings (glucose, cholesterol, blood pressure), and health education. The event is open to everyone. Pharmacists will be on hand to answer questions as well as to distribute free Narcan kits and education to the public to help reduce overdoses. There will be events at both UH Tripoint and UH Lake West.

Saturday, April 27

10 a.m. – 2 p.m.

UH Tripoint Medical Center

7590 Auburn Rd
Concord, OH 44060

UH Lake West Medical Center

36000 Euclid Ave
Willoughby, Ohio 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 6

9 a.m. – 12 p.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

Saturday, April 20

9 a.m. – 12 p.m.

Lake West Medical Center

36000 Euclid Avenue
Willoughby, OH 44094

Call 440-313-2030 for information

FREE HEALTH SCREENINGS AT THE LAKE COUNTY COUNCIL ON AGING

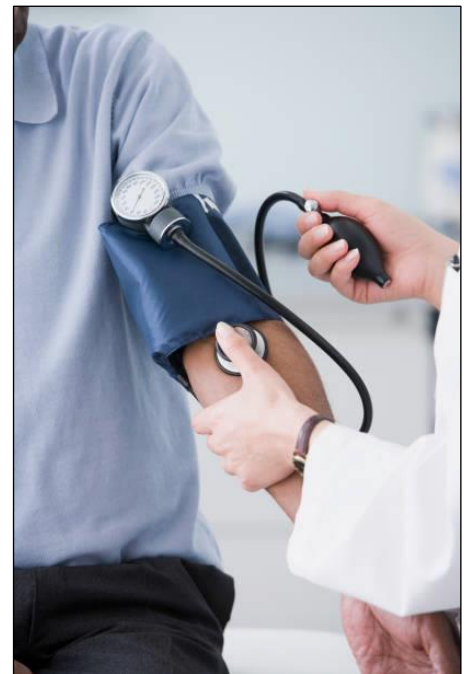
One of the best ways to manage your health is the early Identification of your risk factors. Many diseases such as diabetes, heart disease and hypertension are unnoticed in the early stages but left untreated can develop into serious, even life threatening problems. Knowing your numbers is the first step toward managing and improving your overall health. Blood pressure, glucose and cholesterol screenings will be available. No preregistration is needed.

Tuesday, April 23

10 a.m. – 4 p.m.

Lake County Council on Aging

8520 East Avenue
Mentor, Ohio 44060



SUPPORT GROUP

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.

Call **440-759-5114** to register or for information

Alecia.Crognale@UHhospitals.org |

Wednesday, April 10

6 – 8 p.m.

UH Brunner Sanden Dietrick

Wellness Center (Conf. Room A)

8655 Market Street

Mentor, OH 44060



UH VIRTUAL TALKS

University Hospitals provides live webinars focused on the prevention, diagnosis and treatment of a wide range of health conditions. Each session includes a presentation from experts followed by an audience Q&A session. These events are free and registration is required. Missed a live session? Don't worry, we record our talks so you can watch previous sessions. Visit the website below.

<https://www.uhhospitals.org/Health-Talks>

COMMUNITY PROGRAMS

DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. Focus will be 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 Caitlyn Kandzer, RD, LD, our dietitian at 440-743-2155 for more information*

PARMA WOUND CARE CENTER

The University Hospital Parma Wound Care Center is ready to follow up with your wound care. Our goal is same or next day appointments. The Parma Wound Center has Podiatric, Vascular, and Plastic Surgeons, as well as Infectious Disease and Family Medicine providers. Please reach out with any questions or concerns.

Jessica Bustillos, Program Director
(567) 284-1663

UH Parma Medical Center

Medical Arts Building 2
6707 Powers Boulevard
Parma, OH 44129

JOIN THE VOLUNTEERS AT UH PARMA MEDICAL CENTER

Volunteers deliver the support necessary to ensure that UH Parma Medical Center continues to provide excellent, personalized care. The volunteer program at UH Parma Medical Center, promotes community wellness and also raises funds for the benefit of the hospital's healing environment.

Like all the team members at UH Parma Medical Center, our volunteers ascribe to a high standard of personal care and service with a dedicated purpose and mission.

If interested in volunteering, we would love to hear from you. To begin your experience with our team of volunteers, please [download the application](#) and mail the completed form to:

Parma Hospital Volunteer Services

7007 Powers Boulevard
Parma, OH 44129-5495

For questions and additional information about the volunteer services available at UH Parma Medical Center, please call 440-743-4287 or email

kimberly.tomblin@UHhospitals.org.

ORTHOPEDIC SERVICES AND SURGERY AT UNIVERSITY HOSPITALS PARMA MEDICAL CENTER

At UH Parma Medical Center in Parma, our surgeons provide the most advanced orthopedic surgical care in the region. Our experienced team of orthopedic surgeons offers comprehensive, specialized services for a range of bone and joint conditions providing one-stop shopping for all your orthopedic needs.

Click on the web address to read more <https://www.uhhospitals.org/locations/uh-parma-medical-center/services/orthopedics>

OUTPATIENT REHABILITATION SERVICES AT UH PARMA MEDICAL CENTER

University Hospitals Parma Medical Center is committed to ensuring that all patients have access to quality rehabilitation services designed to optimize recovery after surgery, injury or a health event, improve mobility and enhance overall wellness.

Our outpatient rehabilitation clinics are staffed by board-certified, often fellowship-trained therapists who provide the most advanced care for conditions that require physical, occupational or speech therapy. Click on the web address to read more <https://www.uhhospitals.org/locations/uh-parma-medical-center/services/outpatient-rehabilitation>

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!

[Click here](#) to register.

Friday, April 12

11 a.m. – 5 p.m.

UH Parma Medical Center

7007 Powers Boulevard
Parma OH 44129

STROKE AWARENESS

Monday – Friday

May 1 - 10

9 a.m. – 9 p.m.

May is stroke awareness month.

Come visit our table display at the Cuyahoga County Public Library – Snow Road branch, 2121 Snow Road, Parma. Information available on stroke; stroke prevention; diabetes, smoking cessation; acute rehab and nutritional information.

Thursday, May 2

5 – 8 p.m.

Stroke presentation presented by Dr. John Andrefsky, Neurologist with UH Parma Medical Center. Valuable information will also be shared at our tables that will include: therapy in recovery; balance & exercise; smoking cessation; diabetes; nutrition and more. Free screenings will include: blood pressure; non-fasting cholesterol; glucose; carotid artery screening; sleep apnea assessment; balance screening and stroke risk assessment. Screenings will be offered to program attendees following the presentation.

Registration begins April 2.

MUST REGISTER FOR THE CAROTID ARTERY SCREENING – CALL 440-743-4027 press option #2 REGISTRATION IS REQUIRED FOR THE PRESENTATION click [here](#) for link to the event listing and to register. You may also call the number below to register.

Program location:

Cuyahoga County Public Library
Parma-Powers Branch
6996 Powers Blvd
Parma, OH 44129
440-885-5362

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

Free Blood Pressure Screenings at these locations (walk in).

Call 440-743-4932 for information

Wednesday, April 3

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Wednesday, April 3

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road

North Royalton, OH 44133

Tuesday, April 9

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road

Broadview Hts., OH 44147

Wednesday, April 10

8 – 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

Friday, April 12

10 a.m. - 11:30 a.m.

Independence Senior Center

6363 Selig Drive

Independence, OH 44131

Friday, April 12

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard

Parma, OH 44129

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS (con't).

Thursday, April 11

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue

Brooklyn, OH 44144

Tuesday, April 23

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road

North Royalton, OH 44133

SENIOR HEALTH FAIR WELLNESS WEEK

Monday- Friday

April 15 - 19

9 a.m.

A full week of activities at the *Parma Senior Center Donna Smallwood Activities Center*

7010 Powers Blvd.

Parma, OH 44129

Each day there will be healthy snacks starting at 9 a.m. with coffee all day. Free health screenings, educational and engaging expert speakers, and exercise classes.

Call 440-743-4932 to request a schedule.

Monday, April 15

9 a.m. – 12 p.m.

Free screenings including; blood pressure; non-fasting cholesterol; glucose; stroke risk assessment and hearing screening

COOKING FOR ONE

Wednesday, April 17

9 a.m. – 12 p.m.

Presentation by Caitlyn Kandzer, Registered Dietitian from UH Parma Medical Center

Thursday, April 18

9 a.m. – 12 p.m.

Senior Health Fair

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. *No registered required. Join anytime.*

Wednesdays, April 3, 10, 17, 24
12:30 – 2 p.m.

UH Parma Health Education Ctr.
7300 State Road
Parma, OH 44134
Call **440-743-4932** for information

SUPPORT GROUPS

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. *For more information and / or questions, call 440-743-4127*
No Meeting in April
Monday, May 13
12:30 – 2 p.m.

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. Second Tuesday of each month. *Call 440-743-4932 to RSVP*
Tuesday, April 9
1 – 2:30 p.m.

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. No registration required, walk-in meeting. *If you have questions call 440-743-4932*
NEW DAY & NEW TIME!
Fridays, April 5, 12, 19, 26
4:30 p.m.



COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, April 22

11 a.m. – 5 p.m.

UH Portage Medical Arts Building,
Atrium

Ravenna, Ohio 44266

To make an appointment, visit

RedCrossBlood.org or scan 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: 330-297-345

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition experience throughout each person's life cycle, David Yakunich, MS, RDN, LD offers individual outpatient nutrition counseling to help improve your health and wellbeing. A physician referral is required prior to your visit.

Call 216-844-1499 to schedule

**UH Portage Medical Center –
Portage Professional Center Suite #200**

Portage Professional Center

6847 North Chestnut Street

Ravenna, OH 44266

VIRTUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

UH PORTAGE WOUND CARE & HYPERBARIC MEDICINE CENTER

The University Hospitals Portage

Wound Care Center offers

comprehensive wound care close to

home. Our goal is same day or next

day appointments and the Portage

Wound Care Center has specialists to

treat many non-healing wound

issues. Call today to get scheduled for

an appointment! Call 330-422-7755 to schedule

UH Streetsboro Health Center

9318 State Route 14,

Streetsboro, OH 44241

NO COST CORONARY ARTERY CALCIUM SCORE TEST

University Hospitals Harrington Heart

& Vascular Institute offers a screening

test called cardiac CT imaging for

coronary artery calcium scoring. This

test has been shown by many studies

in medical literature to predict future

risk of heart attack. **While coronary**

artery calcium scoring is costly at

other health systems and generally

not covered by insurance, UH offers

this test at no cost. To receive a no-

cost calcium score test you must

have an order from your physician.

Yes, I have an order: Call 216-452-

8082 to schedule an appointment with

Radiology.

No, I do not have an order: Contact

your Primary Care Provider to discuss

if this test is right for you and request

an order.

Our Mission

To Heal. To Teach.

To Discover.

HEALTH EDUCATION

COFFEE TALK - COLON CANCER & G.I. HEALTH

Join us for a cup of coffee with Dr.

Kristian Wall, MD and learn more

about Colon Cancer, GI Health, & the

importance of routine screening

exams. Participants will have the

opportunity to ask questions and speak

directly with Dr. Wall during this

session. Annual physical exams and

preventative screenings can keep you

healthy by finding and addressing

potential health issues before they

become big problems.

Tuesday, April 2

8 a.m.

**UH Portage Professional Center,
Suite #200/Atrium**

6847 N. Chestnut Street

Ravenna, OH 44266

Space is limited. Call 330-297-2576

to RSVP

LUNG CANCER INFORMATION & SCREENING EVENT

Information about lung cancer

awareness and walk-up lung cancer

screenings will be provided.

Tuesday, April 16

11 a.m. – 1 p.m.

**UH Portage Medical Center,
Cafeteria**

6847 N. Chestnut Street,

Ravenna, OH 44266

NUTRITION & GARDENING FOR A HEALTHY LIFESTYLE

UH Portage will present information

about nutrition and tips on gardening

for a healthier lifestyle!

Saturday, April 20

9 a.m. – 1 p.m.

Haymaker Farmer's Market

Franklin Avenue in Downtown Kent

(Outdoor market under the Haymaker

overpass between Main St. & Summit

St.)

COMMUNITY PROGRAMS

ADVANCE DIRECTIVES INFORMATION TABLE

The Hospice of the Western Reserve will present information on Advance Directives planning and education on what Advance Directives are, and why they are important.

Thursday, April 25

UH Portage Medical Center, Cafeteria

6847 North Chestnut Street
Ravenna, OH 44266

SPRING IN TO HEALTH SCREENING EVENT & DRUG TAKE-BACK DAY

Join us for walk-up health screenings including blood pressure, BMI, Pre-Diabetes and Stroke and bring your un-used medications to the hospital for safe disposal.

Saturday, April 27

10 a.m. – 1 p.m.

UH Portage Medical Center, Main Entrance

6847 North Chestnut Street,
Ravenna, OH 44266

HEALTH SCREENINGS

FREE BLOOD PRESSURE SCREENINGS

Free screenings and information regarding blood pressure management will be offered at various locations in the month of March. Please join us on any of the following dates:

Thursday, April 11

11 a.m. - 1 p.m.

UH Streetsboro Health Center

9318 OH-14
Streetsboro, OH 44266

Friday, April 15

11 a.m. – 1 p.m.

UH Portage Professional Center Lobby

6847 N. Chestnut Street
Ravenna, OH 44266

Wednesday, April 24

11 a.m. – 1 p.m.

UH Kent Health Center

401 Devon PL

SUPPORT GROUPS

Call 330-297-2576 for Information on all support groups

BEYOND STROKE SUPPORT GROUP (Virtual quarterly meetings)

AMPUTEE WALKING CLINIC

Thursday, April 4

3 - 5 p.m.

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

DIABETES SUPPORT GROUP

Tuesday April 2

4 - 5 p.m.

UH Portage Medical Arts Building, Room 150

6847 N. Chestnut Street
Ravenna, OH 44266

NEW! HEALTHY HEART SUPPORT GROUP

Please join us for the educational presentation, "Know Your Numbers; an Update on Lipids, Goals and treatment options"

Thursday, April 18

4 – 5 p.m.

Portage Medical Arts Building, Room 150

6847 North Chestnut Street,
Ravenna, OH 44266

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 2, 9, 16, 23, 30
12 – 1 p.m.

Weather permitting

Richmond Heights City Hall

26789 Highland Road
Richmond Heights, OH 44143
Call 440-735-2559 to register

UNIVERSITY HOSPITALS RICHMOND HEIGHTS: HEALTH & WELLNESS DAY

Health & Wellness Events including but not limited to: Join our executive chef, Tony Verona, and Registered Dietitian, Bailey Gordon, for a cooking demonstration that will guide you through how to make Blackened Cod Verde. **Registration is required.** *To register for the cooking demonstration, visit us on Eventbrite at “UH Richmond Wellness.”*

Wednesday, April 17
12 - 1 p.m.

Richmond Heights Community Center (Kiwanis Lodge)

27285 Highland Road
Richmond Heights, OH 44143
Call 440-735-4270 for more
Information

BEGINNER YOGA

Join a certified In The Now Yoga Meditation & Wellness instructor for a yoga session and chair stretching class.

Wednesday, April 17
11:00 a.m. - 12:00 p.m.

CHAIR STRETCHING

Wednesday, April 17
1:30 - 2:30 p.m.

Richmond Heights Community Center (Kiwanis Lodge)

27285 Highland Road
Richmond Heights, OH 44143
Call 440-735-4270 for more
Information

HEALTH SCREENINGS

BIOMETRIC SCREENINGS

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

Wednesday, April 17
10 a.m. - 2:30 p.m.

BLOOD PRESSURE SCREENINGS

Monday, April 15
10 a.m. - 12:30 p.m.

Kiwanis Lodge Community Center

2728 Highland Road
Richmond Heights, OH 44143

COMMUNITY RESOURCES

Connect with the Certified Community Health Worker and improve community health and well-being, get linked to resources for food insecurities, rental and housing assistance, utility assistance, transportation, mental health services, reduce the need for EMS through education and connections to health and social services, and more.

Wednesday, April 17
10 a.m. - 2:30 p.m.

DIGITAL HEALTH WORK

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

Wednesday, April 17
10 a.m. - 2:30 p.m.

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.

Saturday, April 20
12-1 p.m.

Richmond Heights Elementary

447 Richmond Road
Richmond Heights, Ohio 44143

Call 440-735-4270 for more information or to register, visit us on Eventbrite at “UH Richmond Wellness.”

SAVE THE DATES

University Hospitals Mobile Health Unit for 3-D mammogram screenings in the parking lot on this date with extended times. Mammogram appointments are available from 8:30 am -2:30 pm on the below dates. Accepting appointments now. To schedule an appointment, call **Nicole, UH Mobile Coordinator, at 216-896-1768.**

Call 440-735-4270 for more Information

Wednesday, April 17
Wednesday, July 17
Wednesday, October 16

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

COMMUNITY PROGRAMS

AMERICAN HEART ASSOC. BASIC LIFE SUPPORT CPR TRAINING FOR THE COMMUNITY

Wednesday, April 24
2 - 4 p.m.

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 TRAINING FOR THE COMMUNITY

Tuesday, April 30
2 - 4 p.m.

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 5
11 a.m. – 5 p.m.

Thursday, April 18
9 a.m. – 3 p.m.

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

SMOKING CESSATION

One on one consultations available.
*Call Amanda at 419-207-2306 for
Information*

HEALTH SCREENINGS **BIOMETRIC SCREENINGS**

Wednesday, April 10
9 – 10:30 a.m.

Ashland YMCA

FirstFloor Conference Room
207 Miller Street
Ashland, OH 44805

WOMEN SUPPORTING WOMEN MUSIC THERAPY GROUP EMOTIONAL SELF-CARE WITH CANDACE RESSLER, MA, LPCC, ATR

Tuesday April 16
6-7 p.m.

Samaritan Auditorium

663 East Main Street
Ashland, OH 44805

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

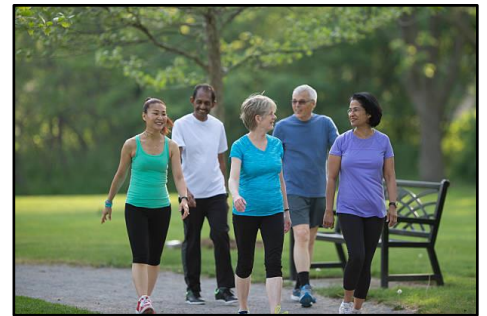
Ashland High School
Ashland, OH 44805

ASHLAND HEART TROTTERS WALKING CLUB

Walking support group for
cardiac/pulmonary rehab patients
Monday, Wednesday, Friday
11:30 a.m.-12:00 p.m.

Freer Field

Ashland, Ohio 44805
Subject to cancellation for inclement
weather
Call 419-207-2453 for Information



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 email concierge@uhhospitals.org or visit the website below to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient->

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

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 440-735-3513 for information

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.

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

DIABETES EDUCATION CLASSES

The Diabetes Education Program at UH St. John Medical Center is committed to empowering the community to gain the knowledge, skills and confidence to thrive with diabetes.

Diabetes Self -Management

Classes: Day to day management of diabetes involves a lot of decision making: checking your blood sugar, knowing your diabetes numbers, taking medication, preventing complications, learning how to cope with chronic disease and staying motivated to make changes. We will also learn how to set goals to stay motivated.

Participants can choose what they would like to learn during class.

Nutrition for Diabetes Class: We will discuss nutrition, reading labels, meal planning and exercise to help manage diabetes. Bring recipes, food labels and all of your questions.

Diabetes Educator Follow-up:

After attending the above classes, participants schedule a one on one appointment with their diabetes educator. Together they will collaborate to track goals and discuss individual needs that may not have been covered during the group class discussions.

For scheduling or questions regarding these classes or virtual options, call DeAna Lewis 440-827-5341

Individualized education sessions available for more personalized support. If you would like a plan based on your unique needs and preferences for meal planning, physical activity and diabetes self-management then these classes are for you. A physician referral is required.

UH St John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145

For scheduling or questions, call 216-844-1768

EXERCISE & FITNESS

STROKE SURVIVORS EXERCISE PROGRAM

There are many benefits to continuing regular physical exercise after a stroke. However, stroke survivors often face many challenges when attempting to find a place to exercise. University Hospitals Outpatient Rehab has created a program at the Westlake Community Center Exercise Room to help guide participants through their exercise program and answer questions. This program is intended for people who had a stroke and have graduated to outpatient rehabilitation and those who are looking for support while creating a regular exercise routine. People must be able to get off and on the machines independently or with help from a caregiver. We are asking each participant to discuss this with their physician and have a medical clearance form filled out.

There is a \$50 initiation fee and then an ongoing \$25 monthly fee to participate.

Tuesdays and Thursdays

3-4:30 p.m.

Westlake Center for Community Services

28975 Hilliard Blvd
Westlake OH 44145 *Please call UH SJMC Outpatient Rehab at 440-414-6050 with questions or to register for the program.*

HEALTH SCREENINGS

RAIN & GARDEN SHOW

Join the City of Westlake for a fun, **FREE** event for all ages. Activities include a kid's zone, as well as, 30 plus vendors for everyone to visit. Fill out a BINGO card by visiting tables and have a chance to win door prizes! Stop by the UH table for a blood pressure check, stroke risk assessment or fun with hula hoops and jump ropes!

Saturday, April 6

10 a.m. – 2 p.m.

Westlake Center for Community Services

28975 Hilliard Blvd
Westlake OH 44145

ARE YOU AT INCREASED RISK FOR COLORECTAL CANCER?

Colorectal cancer—cancer of the colon and rectum—is the second leading cancer killer in the United States affecting both men and women. Your risk increases as you age. Some people are at even higher risk depending on their personal or family history. The good news is that colorectal cancer is preventable and, if detected early, curable. Come walk through the inflatable colon and gather information on colon cancer and prevention. A special little treat will be provided at the “end” of your walk!

Tuesday, April 16

12:30 p.m.

North Olmsted Senior Center

28114 Lorain Road
North Olmsted, OH 44070

BLOOD PRESSURE SCREENINGS

Thursday, April 4

11:30 a.m. -1 p.m.

Westlake Center for Community Services

Community Meeting Room
28975 Hilliard Blvd
Westlake, OH 44145

Monday, April 8 (Cancelled due to the eclipse)

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road
Fairview Park OH 44126

Wednesday, April 10

9:00 – 10:30 a.m.

Cove Community Center

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

Thursday, April 11

10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

BALANCE SCREENING

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

AUDIOLOGY SCREENINGS

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**.

SUPPORT GROUPS

HOPE GROUP

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

Wednesday, April 3

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 18

2 – 5 p.m.

Bay Village Fire Station

28100 Wolf Road

Bay Village, OH 44140

North Royalton Fire Station

7000 Royalton Road

North Royalton, OH 44133

Email Kathy Salvo for scheduling

ksalvo@northroyalton.org

Thursday, April 25

2 – 5 p.m.

North Olmsted Fire Station

24291 Lorain Avenue

North Olmsted, OH 44070

Call 440-827-5440 to schedule



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**. ****Installation for North Ridgeville residents only**