



University Hospitals

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

AGE WELL. BE WELL. EVENTS AUGUST, 2022

If you are not a member of the **AGE WELL. BE WELL.** and would like to join our free Club, please call **1-844-312-5433** or visit the website www.uhhospitals.org/agewell to register.

UH Locations

AVON HEALTH CENTER

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

ELYRIA MEDICAL CENTER

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

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

GEAUGA MEDICAL CENTER

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

RICHMOND MEDICAL CENTER

27100 Chardon Road
Cleveland, OH 44143
440-585-6500

BEDFORD MEDICAL CENTER

44 Blaine Avenue
Bedford, OH 44146
440-735-3900

GENEVA MEDICAL CENTER

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

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

PARMA MEDICAL CENTER

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

SAMARITAN MEDICAL CENTER

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

If you no longer wish to receive the Age Well Be Well Calendar of Events, please call **1-844-312-5433**

HEALTH EDUCATION AT COMMUNITY EVENTS

UH Ahuja will be at the following events sharing health information

THE IMPORTANCE OF FLUID INTAKE

Water is essential to your health! Joins us for a presentation to discover the benefits of staying hydrated by Beatrice Crawford, MS, RDN, LDN, and Clinical Nutrition Manager University Hospitals Ahuja Medical Center

Wednesday, August 17
10:30 am – 11:00 am.

Beachwood Senior Center
25325 Fairmount Blvd
Beachwood, Ohio 44122

CONCERT WITH SABORIT

Health information and the sounds of Latin Jazz in Mayfield Village! Free and open to all, rain or shine! If it rains the concert will move inside the Mayfield Village Community Room.

Thursday, August 25
6:30 p.m. to 9:00 p.m.

Mayfield Village Community Room
6622 Wilson Mills road
Mayfield Village, Ohio 44143



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Thursday, August 4
5:30 – 7 p.m.

Warrensville Heights YMCA
4433 Northfield Road
Warrensville Heights, OH 44128

Thursday, August 11
1:30 – 3 p.m.

Mayfield Village Senior Center
6622 Wilson Mills Road
Mayfield Village, OH 44143

UH Avon Health Center

Avon Health Center
1997 Healthway Drive
Avon, OH 44011

COMMUNITY EVENT

UH Avon Health and Safety Day

10a.m. to 12p.m.

Saturday, August 6

Join us for a wide variety of screenings and health education materials. Free screenings and education will include:

- Blood pressure, blood glucose, cholesterol screenings
- Stroke risk assessments
- % Body Composition
- Foot screenings
- CPR and hands only CPR
- "Stop the bleed" from our trauma team
- Physical therapy screenings
- Seidman Cancer Center
- UH Avon Urgent Care

EXERCISE & FITNESS

All 45-minute group exercise classes and presentations are free and open to non-members aged 15 and older. Pre-registration is required for all classes and health education events. Email Renee.Barrett@uhhospitals.org or call 440-988-6801 for information and to register.

IRON YOGA

Energetic yoga class incorporating breath and postures which flow from one to the other with addition of light dumbbells

Friday, August 5

8 - 8:45 a.m.

GLISTEN AND GLOW RUN

With the warm summer weather, we are running after it cools down in the evening for a "GLOW" run. Wear your neon colors or white and bring your glow sticks, head

lamp or body light. We will also have a few limited extras for those that forget theirs. We will be running in the neighborhoods adjacent to the fitness center. All paces are welcome, you can also walk/run. It's an out and back course totally 3.11 miles (a 5k). Gather no later than 8p.m. so you can be part of the group photo.

Wednesday, August 3

8:00 p.m.

LES MILLS CORE

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

Saturday, August 13

10:30-11:00 a.m.

LES MILLS BODY BALANCE™

Yoga-based class that also includes exercises from Pilates and tai chi. The workout is designed to center the body while lengthening and strengthening the muscles. Body Balance aims to strengthen the core, promote flexibility and focus the mind.

Sunday, August 14

10:30 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, August 27

11 - 11:45 a.m.

WELLNESS WALKING WEDNESDAYS

Wednesdays

August 3, 10, 17, 24, 31

6 - 6:50 p.m.

Enjoy the outdoors as we use the outdoor track or adjacent neighborhoods to enjoy group walks and conversation.

Julie Bray, Nurse Practitioner, UH Seidman Cancer Center will join you on **August 17**



Bedford Community Events

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, August 4, 11, 18, and 25

9:30 – 10:30 a.m.

Willard Park Pavilion at Ellenwood Center

124 Ellenwood Avenue
Bedford, OH 44146

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



HEALTH SCREENINGS

Maple Hts. Senior Center
15901 Libby Road
Maple Heights, Ohio 44137

Thursday, August 11

10:45a.m. - 12:00pm

HEALTH SCREENINGS AT MUSIC IN THE PARK

Tuesday, August 9

6:30 – 8:30 p.m.

Tuesday, August 23

6:00 – 8:30 p.m.

Stafford Park

5400 Mayville Avenue
Maple Heights, OH 44137

*Remember your lawn chairs
Questions? Please call 216-587-5481*

*Food Available from Heights Soul
Food and Grill*

Rain out location

The Lanes

21400 Southgate Park Blvd.
Maple Heights, OH 44137

RISK ASSESSMENT AND SCREENING CLINIC

UH Bedford Medical Center 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, August 4, 11, 18 and 25

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

For the most up to date information and activities, check us out on

[facebook](#)

[Age Well. Be Well](#)

[UH Avon Health Center](#)

[UH Bedford Medical Center](#)

[UH Conneaut Medical Center](#)

[UH Elyria Medical Center](#)

[UH Geauga Medical Center](#)

[UH Geneva Medical Center](#)

[UH Portage Medical Center](#)

[UH Parma Medical Center](#)

[UH Richmond Medical Center](#)

[UH St. John Medical Center](#)

[UH Samaritan Medical Center](#)

UH Conneaut and Geneva Medical Centers

EXERCISE & FITNESS

WALKING PROGRAM

**Tuesdays, August 2nd, 9th,
23rd, and 30th**

7:30 - 8:30 a.m.

Red Brook Metro Park

(Saybrook Township)

4338 Lake Road

Ashtabula, OH 44004

Call **440-593-0373** for information

HEALTH EDUCATION

DIABETES EDUCATION

Individualized diabetes education,
focusing on:

- self-monitoring of blood
- glucose
- medication management
- meal planning
- prevention of complications

For information, call *Lori Ann*

Slimmer, RN, M.Ed., and CDCES
at

440-593-0373

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.

SUPPORT GROUPS

CANCER SUPPORT GROUP

Wednesday, August 17th

5 - 6 p.m.

Purola's BSP

5205 Lake Rd. W.

Ashtabula, OH 44004

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

FREEDOM FROM SMOKING GROUP QUIT PROGRAM (7 sessions)

Thursdays | 5 – 6:30 p.m.

Starts August 4

UH Geneva Medical Center

The Training Center

830 West Main Street.

Geneva, OH 44041

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

HEALTH SCREENINGS

FREE WALK-IN BLOOD PRESSURE SCREENING

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

BLOOD PRESSURE, TOTAL CHOLESTEROL & BLOOD SUGAR

Monday, August 1

10 a.m. – 12 p.m.

Orwell Country Neighbor

39 South Maple Street.

Orwell, OH 44076

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

BLOOD PRESSURE, TOTAL CHOLESTEROL & BLOOD SUGAR

Wednesday, August 3

10:a.m. – 12 p.m.

Andover Senior Center

181 South Main Street

Andover, OH 44003

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

BLOOD PRESSURE, TOTAL CHOLESTEROL & BLOOD SUGAR

Wednesday August 17

10:30 – 11:30 a.m.

Conneaut Human Resource Center

327 Mill Street

Conneaut, OH 44030

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.

UH Center for Advanced Sleep Medicine

810-A West Main Street

Geneva, OH 44041

Schedule a sleep consultation by
calling **440-415-0153**

MAMMOGRAM PROGRAM FOR UNINSURED AND UNDERINSURED

UH Conneaut Medical Center

UH Geneva Medical Center

Call **440-593-0374** for information

UH Elyria Medical Center

HEALTH EDUCATION

Monday through Thursday
(late afternoon and evenings on
Tuesdays and Wednesdays)
Call **440-284-5709**
Celeste Forsyth, CDE

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.

UH ELYRIA HEALTH and WELLNESS SAFETY DAY

Join us for a fun day of screenings
and vendors. Outside you will have
the opportunity to get a 3- D
mammogram with the mobile
“mammovan” and Car Seat checks
with UH RBC technicians. Inside
will offer, cholesterol, glucose,
blood pressure, stroke, balance,
grip screenings and **MORE!** A
lucky person will have a chance to
win a spa gift basket. Tours of the
new Seidman cancer center will
also be available.

Saturday, August 6
10 a.m. – 12 p.m.

UH Avon Health Center

1997 Healthway Drive
Avon, OH 44011
To schedule a mammogram,
please contact: **Nicole Edwards**
216-896-1768

BLOOD PRESSURE SCREENINGS

Tuesday, August 16
12:30 – 2 p.m.

Avon Lake Senior Center

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

UNITED AGAINST COLON CANCER EVENT

Join the area hospitals as they
take a united stand against colon
cancer. Information on current
research and education will be
available. Also, University
Hospital’s mobile mammogram will
be there to provide 3D
mammograms.

For questions or to schedule a
mammogram, please contact:
Nicole Edwards 216-896-1768

SATURDAY AUGUST 13

9 a.m. – 1 p.m.

Ely Square Park

400 Broad Street
Elyria OH 44035



UH Geauga Medical Center

COMMUNITY PROGRAMS HEALTH EDUCATION

Family Health & Safety Day

Join us for a family-friendly community events to celebrate wellness with free health screenings, educational activities and demonstrations
Walk-up screenings

- Balance and grip
- Blood pressure
- Blood glucose (non-fasting)
- Body mass index
- Carpal tunnel
- Cholesterol (non-fasting)

Preregistered health screenings

- Carotid vascular
- Screening mammogram
- Memory
- Prostate-PSA
- Skin Cancer

Saturday, August 6

9 a.m. --1 p.m.

UH Geauga Medical Center

13207 Ravenna Road
Chardon, OH 44024

For preregistered screenings call
440-901-6169

LEARNING FOR A LIFETIME

The Geauga County Department on Aging in conjunction with Kent State University Geauga Campus invite you to join them for the annual "Learning for a Lifetime" event. Each senior will choose from a variety of classes to create their own schedule. This year's selection of classes covers a wide spectrum of interests and provides you with a unique opportunity to challenge and invigorate yourself. UH presentations include: "Building a Healthy Diabetic Menu", "Irritable Bowel Syndrome (IBS)", and "Clean Eating." Please contact Bainbridge Senior Center for details.

Friday, August 19

9:30 a.m. 1:30 p.m.

**Kent State University
Gauga Campus**

14111 Claridon-Troy
Burton, OH 44021

*Cost \$10 (includes lunch)
Call 440-279-1313 to register
(Must be registered with the
Gauga County Department on
Aging)*

DIABETES SELF-MANAGEMENT WORKSHOP

DSM six week workshop provides support, offers practical ways to deal with pain and fatigue, sugar control, discover better nutrition and exercise choices.

Mondays

August 1, 8, 15, 22, & 29

1 - 3 p.m.

**West Gauga Senior Center
8090 Cedar Road
Chesterland, OH 44026**

Call 440-279-2137 to register

*Call 440-214-3180 to register
for the following programs*

LUNCH & MOVIE

Thursday, August 4

12 – 2:30 p.m.

**West Gauga Senior Center
8090 Cedar Road
Chesterland, OH 44026**

*Due to very limited space, and to
ensure a fun experience for all,
registration is required.*

GARDENING FOR LIFELONG Layout & Design with John's Country Nursery

Wednesday, August 10 | 3 p.m.

**UH Geauga Medical Center
Conference Center
13207 Ravenna Road
Chardon, OH 44024**

HEALTHY EATING as WE AGE Tuesday, August 2

12 p.m.

**West Farmington Senior Center
150 College Street
West Farmington, OH 44491**

SIGNS & SYMPTOMS OF

DEHYDRATION

Friday, August 5

10:30 a.m.

**Middlefield Senior Center
15820 Ridgewood Drive
Middlefield, OH 44062**

MEDICATION MANAGEMENT & SAFE PRACTICES

Friday, August 12

10:30 a.m.

**Chardon Senior Center
12555 Ravenwood Drive
Chardon OH 44024**

COOKING DEMO 7 HEALTHY LIVING PRESENTATION

Tuesday, August 16

12 p.m.

**Chardon Senior Center
12555 Ravenna Road
Chardon, OH 44024**

ELDERBERRIES at CAMP UH Wellness & Safety Wheel

Join us for traditional camp fun, including archery, camp crafts and more. A collaboration with Geauga County Department on Aging and Geauga Park District.

Thursday, August 18

9 a.m. - 12 p.m. **Chickagami Park
17957 Tavern Road
Burton, OH 44021**

EXERCISE & FITNESS

WALKING FOR WELLNESS

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

Group walking programs can help you reach your personal wellness goals

Thursdays, 9 a.m.

Call 440-279-2167 to register

Thursday, August 4

**Chardon Living Memorial Park
220 Basquin Drive
Chardon, OH 44024**

UH Geauga Medical Center, *cont.*

Thursday, August 11
Nelson Ledges Park
12440 OH 282
Garrettsville, OH 44231

Thursday, August 18
Chickagami Park
17957 Tavern Road
Burton, OH 44021

Thursday, August 25
Sunnybrook Preserve
12474 Heath Road
Chesterland, OH 44026

FIGHTING AGAINST PARKINSON'S

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

Non-contact Boxing & Fitness
Class. For seniors diagnosed with
Parkinson's disease. Goal of this
program is to delay the
progression of Parkinson
symptoms.

Mondays, August 1, 8, 15, 22, 29
**Wednesdays, August 3, 10,
17, 24, 31**
Fridays, August 5, 12, 19, 26

Everybodies Gym
357 Washington Street
Chardon, OH 44024
Cost \$45
Call **440-279-2137** for information

GEAUGA CYCLISTS

Wednesdays
August 3, 10, 17, 24, 31
3 p.m.
Call **440-279-2167** to register
Maple Highland Trail
Park and meet at Eagles Baseball
Field on Park Avenue (Chardon)

Must have own bike and
transportation to park. Helmets
required
Call **440-279-2167** to register

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, August 1
8:30 - 10 a.m.
West Farmington Senior Center
150 College Street
West Farmington, OH 44491

Tuesday, August 30
10 a.m. – 12 p.m.
Geauga YMCA
12460 Bass Lake Road
Chardon, OH 44024

UH MOBILE HEALTH SCREENINGS

Providing advanced 3-D
mammograms. Additional
Screenings
Available: blood glucose, blood
pressure, bone density, total
cholesterol

Tuesday, August 17
9:a.m. – 3 p.m.
Middlefield Village Hall
14860 North State Avenue
Middlefield, OH 44062
Call **440-901-6265** to schedule

FIGHTING AGAINST PARKINSON'S

*(In collaboration with Geauga
Dept. on Aging)*
Non-contact Boxing & Fitness
Class. For seniors diagnosed with
Parkinson's disease. Goal of this
program is to delay the
progression of Parkinson
symptoms.
Mondays, August 1, 8, 15, 22, 29
**Wednesdays, August 3, 10, 17,
24, 31**
Fridays, August 5, 12, 19, 26

Everybodies Gym
357 Washington Street
Chardon, OH 44024
Cost \$45
Call **440-279-2137** for information

GEAUGA CYCLISTS

Wednesdays
August 3, 10, 17, 24, 31
3 p.m.
Call **440-279-2167** to register
Maple Highland Trail
Park and meet at Eagles Baseball
Field on Park Avenue (Chardon)
Must have own bike and
transportation to park. Helmets
required
Call **440-279-2167** to register

SUPPORT GROUPS

LIVING WITH LYMPHEDEMA

Wednesday, August 17
6 - 8 p.m.
Concord Health Center
Community Room
7500 Auburn Road
Concord, OH 44077
Call **440-214-3100**

DIABETES SUPPORT GROUP "Foot Complications from Diabetes"

Tuesday, August 16
2 - 3 p.m.
Chardon Senior Center
12555 Ravenwood Drive
Chardon, OH 44024
Call **440-279-21**



UH Parma Medical Center

EXERCISE & FITNESS

PARKINSON'S DISEASE EXERCISE CLASS – DELAY THE DISEASE

For those diagnosed with Parkinson's and their caregiver or support person. 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. Masks and social distancing are required.

Wednesdays

August 3, 10, 17, 24, 31

12:30 – 2 p.m.

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

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

HEALTH EDUCATION

CITY OF PARMA FAMILY SAFETY DAY

Bike helmet giveaway for children
Learn CPR hands only technique
And so much more!

Saturday, August 13

11 a.m. – 2 p.m.

Parma Justice Center

5555 Powers Boulevard, Parma,
OH 44129

QUESTIONS ARE THE ANSWER: STRATEGIES FOR MAKING THE MOST OF YOUR DOCTORS VISITS

Informative talk about the importance of being an active member of your healthcare team. We will tell you how to identify ways to get organized for your doctor visits and what questions to ask to ensure the best possible outcome.

Wednesday, August 17

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

MUST REGISTER Masks and social distancing are required.

UH Parma Health Education Center

7300 State Road Parma, OH
44134

For more information, call 440-743-4932

WOMENS HEALTH: Menopause and Overactive Bladder

To view this webinar click [HERE](#) to view the pre-recorded session.

Presented by Lindsay Brown, APRN-CNP and Catherine Sustersic, APRN-CNP from UH Parma Medical Center.

This presentation will help to answer your pressing questions about menopause symptoms and therapies. We will also discuss what your GYN visits should look like, pap screening, and what to speak up about. Discussion on the overview of overactive, bladder and treatment options. We will cover treatments including lifestyle changes, therapies, medications and more. If you are bothered by your bladder, please join us to learn more!

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!

Thursday, August 18

11 a.m. – 5 p.m.

UH Parma Medical Center

7007 Powers Boulevard,

Parma OH 44129. Masks required

[Click here](#) to register.

UH CONNOR WHOLE HEALTH ACUPUNCTURE, MASSAGE THERAPY, CHIROPRACTIC CARE

Our dedicated health care professionals offer acupuncture, chiropractic care and massage therapy and will work closely with your primary care or specialty physicians to ensure that the care you receive is coordinated and safe.

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

DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. 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 UH and may be required by your insurance. Check with your insurance in advance regarding coverage.

Call *Melanie Hocker, MS, RD, LD* at **440-743-2155**

HEALTH SCREENINGS

BLOOD PRESSURE

Free Blood Pressure Screenings at these locations (walk in). Free Glucose checks at locations with an asterisk

Call **440-743-4932** for questions

Wednesday, August 3

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road

North Royalton, OH 44133

UH Parma Medical Center, *cont.*

Tuesday, August 9

8:30 - 10 a.m.

Broadview Heights Senior Center

9543 Broadview Road
Broadview Heights, OH 44147

Wednesday, August 10

10 - 11:30 a.m.

Brooklyn Senior Center

7727 Memphis Ave.
Brooklyn, OH 44144

Wednesday, August 10

8 - 9:30 a.m.

Seven Hills Recreation Center

7777 Summit View Drive
Seven Hills, OH 44131

Friday, August 12

10 - 11:30 a.m.

Parma Senior Center

Donna Smallwood Activity Center
7001 W. Ridgewood Drive
Parma, OH 44129

Friday, August 12

10 - 11:30 a.m.

***Independence Senior Center**

6363 Selig Drive
Independence., OH 44131

Thursday, August 18

9:30 - 11 a.m.

Parma Heights. Senior Center

9275 North Church Drive
Parma Heights., OH 44130

BLOOD PRESSURE AND GLUCOSE CHECK

Wednesday, August 3

11:00 a.m. – 12:30 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

FREE NON-FASTING CHOLESTEROL SCREENING

Includes total cholesterol, HDL, and
blood sugar.

Wednesday, August 17

9 - 11 a.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

Appointment required

Call 440-743-4932

SUPPORT GROUPS

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

Call 440-743-4932 for information

*Masks and social distancing are
required*

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

August 3, 10, 17, 24, 31

5 - 6 p.m.

STROKE & ARTHRITIS SUPPORT GROUP

Information and support to anyone suffering with arthritis or their support person or caregiver or to anyone who has had a stroke

Monday, August 8

1 - 2:30 p.m.

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver.

Tuesday, August 9

1 - 2:30 p.m.



UH Portage Medical Center

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, August 22

11 am – 5 pm

UH Portage Medical Arts Building, Atrium

Ravenna, Ohio 44266

To make an appointment, please visit RedCrossBlood.org

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

STREETSBORO BUSINESS & COMMUNITY EXPO

Saturday, August 13

9 a.m. – 1 p.m.

The Streetsboro Chamber of Commerce and UH Portage Medical Center invite you to a community event, showcasing products and services from local businesses, free health screenings, safety education and activities for the entire family.

Walk-up health screenings include:

- Balance & Grip
- Blood pressure
- Blood Glucose
- Body Mass Index
- Bone Density
- Cholesterol
- Pre-Diabetes Risk Assessment

Additional activities include:

- Kids Boo-Boo Clinic (take-home Teddy)
- Drive-thru Car Seat Safety Checks performed by the Portage County Health Department
- Back-to-school and COVID Vaccinations by the Portage County Health Department
- And much more...

UH Streetsboro Health Center

9318 State Rt. 14

Streetsboro, OH 44241

Call 330-626-4769 for information

HEALTH EDUCATION

VIRTUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

AMPUTEE WALKING CLINIC

Thursday, August 4

3 - 5 pm

UH Portage Medical Arts Building, Room 150

6847 N. Chestnut Street

Ravenna, OH 44266

SUPPORT GROUPS

UH Portage Medical Arts Building

Room 150

6847 N. Chestnut Street

Ravenna, OH 44266

PARKINSON'S SUPPORT GROUP

Tuesday, August 16

2 - 4 p.m.

DIABETES SUPPORT GROUP

Tuesday, August 2

4 – 5 p.m.

HOPE AND HEALING SUPPORT GROUP FOR GRIEVING ADULTS

Call 330-241-6282 for information.

BEYOND STROKE SUPPORT GROUP

DIABETES SUPPORT GROUP

Call 330-297-2576 for information.

WOMEN'S HEALTH

FREE MAMMOGRAMS

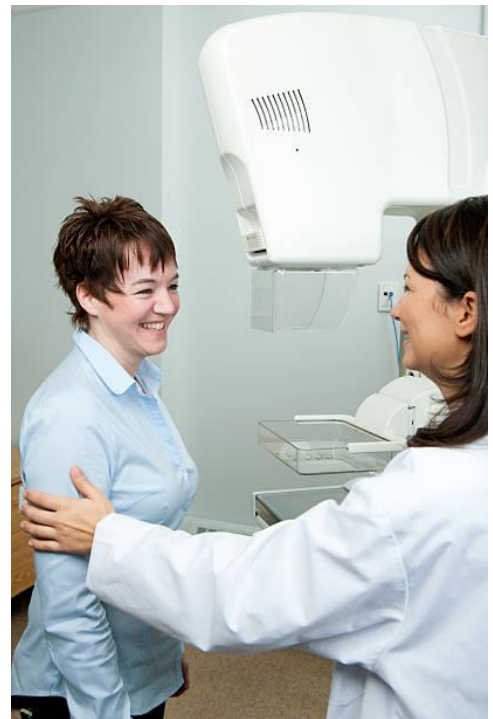
For underinsured or uninsured women.

UH Portage Medical Center

6847 North Chestnut Street

Ravenna, Ohio 44266

Call 330-297-2338 to see if you qualify for this screening.



Richmond Community Events

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

August 2, 9, 16, 23, and 30

12 – 1 p.m.

Richmond Heights City Hall

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

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, August 8

11 a.m. - 12 p.m.

Kiwanis Lodge Community Center

27285 Highland Road
Richmond Heights, OH 44143

Thursday, August 11

1:00p.m.-3:00pm

South Euclid Senior Center

1370 Victory Dr,
Cleveland, OH 44121

DERMATOLOGY

Care Close to Home UH Richmond Medical Office Building

27155 Chardon Road
Suite 106
Richmond Heights, OH 44143
Call **440-585-6385** to schedule an appointment

RISK ASSESSMENT AND SCREENING CLINIC

UH Bedford Medical Center 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.

Tuesdays, August 2, 9, 16, 23, and 30

10:30 – 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

UH Samaritan Medical Center

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

HEALTH EDUCATION

UH Samaritan Medical Center

663 East Main
Ashland, OH 44805
Call **419-207-7856** to register.
Class limited to 10

BASIC LIFE SUPPORT CPR TRAINING

Wednesday, August 17

2 – 4 p.m.

HEARTSAVER CPR TRAINING FOR THE COMMUNITY

Wednesday, August 24

2 - 4 p.m.

RED CROSS BLOOD DRIVE Samaritan on East Main

663 East Main Street
Ashland, OH 44805

Friday August 8

12 - 6 p.m.

Thursday August 21

9 .a.m. – 3 .p.m.

SMOKING CESSATION

One on one consultations available.

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

HEALTH SCREENINGS

CHOLESTEROL, BLOOD PRESSURE, BLOOD SUGAR, BONE DENSITY AND STROKE SCREENINGS

Tuesday, August 9

9 - 10:30 a.m.

Ashland YMCA

207 Miller Street
Ashland, OH 44805

UH St. John Medical Center, a Catholic Hospital

COMMUNITY PROGRAMS

SENIOR SUPPER CLUB

Seniors-60 years of age and older may apply for a Supper Club card from:

- **Westlake** Center for Community Services (440-899-3544); or
- **North Olmsted** Senior Center (440-777-8100).

Present your card at **St. John Medical Center Cafeteria** to 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. You must present your card to receive the discount.
Daily | 4 – 5:30 p.m.

HEALTH EDUCATION

ROUND TABLE HEALTH TALK “Men and Women through the Years”

UH St John Medical Center’s Round Table Discussion Series will kick off with a focus on the health of men and women. We are starting the evening with gender specific health talks in separate rooms (remember middle school) allowing for comfortable and open discussion. We will then unite back in the Gathering Hall for a wrap-up topic that applies to men and women alike~ the importance of healthy eating. Fittingly, boxed dinners will be served during this talk. Cholesterol, glucose, blood pressure and stroke risk assessments will also be provided.

**TUESDAY, AUGUST 16
5:00 p.m.**

Westlake Center for Community Services
Community Meeting Room
28975 Hilliard Blvd
Westlake OH 44145

Please call 440-899-3544 to register for this free event by August 9.

OUTPATIENT NUTRITION COUNSELING

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

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

St. John Health Center
26908 Detroit Road, Suite 100
Westlake, OH 44145
Call 216-844-1499 to schedule

AMERICAN HEART ASSOCIATION - 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*

HEALTH SCREENINGS

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.

BLOOD PRESSURE SCREENINGS

Monday, August 8
10:45 – 11:45 a.m.
Fairview Park Senior Center
20769 Lorain Road
Fairview Park, OH 44126

Thursday, August 11
10:45 a.m. – 11:45 a.m.
North Olmsted Senior Center
Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

Wednesday, August 17
9:30 – 11 a.m.
Cove Community Center
12525 Lake Avenue
(enter off Clifton)
Lakewood, OH 44107

Thursday, August 25
11:30 a.m. – 1 p.m.
Westlake Center for Community Services
28975 Hilliard Boulevard
Westlake, OH 44145

BLOOD PRESSURE, GLUCOSE, AND CHOLESTEROL SCREENING

FRIDAY, AUGUST 26
11:00 am- 1:00pm
Bay Village Senior Center (Dwyer Memorial)
Community Meeting Room
300 Bryson Lane
Bay Village OH 44140

WEDNESDAY, AUGUST 31
11:30 a.m. - 2 p.m.
North Olmsted Senior Center
Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

UH St. John Medical Center, a Catholic Hospital cont.

SUPPORT GROUPS

HOPE GROUP

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

Wednesday, August 3

5:30 – 7:30 p.m.

UH St. John Medical Center

Community Outreach Department
Suite R



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 five area fire stations. The service is provided free-of-charge, at the following fire departments:

Thursday, August 4

2 – 5 p.m.

Olmsted Falls Fire Station

9274 Columbia Road
Olmsted Falls, OH 44138

Appointment required.

Call 440-827-5440 to schedule

Thursday, August 11

2 – 5 p.m.

North Ridgeville Fire Station

7000 Ranger Way
North Ridgeville, OH 44039

Appointment required

Call 440-827-5440 to schedule

Thursday, August 11

1 – 4 p.m.

North Royalton Fire Station

7000 Royalton Road
North Royalton, OH 44133

Email Kathy Salvo for scheduling

ksalvo@northroyalton.org

Thursday, August 18

2 – 5 p.m.

Bay Village Fire Station

28100 Wolf Road
Bay Village, OH 44140

Appointment required.

Call 440-827-5440 to schedule

Thursday, August 25

2 – 5 p.m.

North Olmsted Fire Station

24291 Lorain Road
North Olmsted, OH 44070

Appointment required.

Call 440-827-5440 to schedule

