



University Hospitals

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

AGE WELL. BE WELL. EVENTS AUGUST, 2023

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

UH Locations

AVON HEALTH CENTER

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

GEAUGA MEDICAL CENTER

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

PORTAGE MEDICAL CENTER

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

AHUJA MEDICAL CENTER

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

GENEVA MEDICAL CENTER

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

RICHMOND MEDICAL OFFICE BUILDING

27155 Chardon Road
Richmond Hts., OH 44143
440-735-2559

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

SOLON NATIONAL NIGHT OUT

National Night Out is a family friendly fun event that focuses on crime prevention through a strong a relationship between the police and the community it serves.

Tuesday, August 1
5 - 8 p.m.

Solon Rec Center
35000 Portz Parkway
Solon OH 44139

BEACHWOOD NATIONAL NIGHT OUT

National Night Out is a family friendly fun event that focuses on crime prevention through a strong a relationship between the police and the community it serves.

Tuesday, August 1
5 - 7 p.m.

Beachwood Community Center
25325 Fairmount Blvd.
Beachwood, OH 44122

MACEDONIA REC CENTER STROKE PRESENTATION

Heather Dickinson, Ahuja Medical Center's Stroke Coordinator, will share her knowledge on stroke symptom awareness and the importance of stroke prevention. Stroke is the 5th leading cause of death, and can happen to anyone. She will discuss the risk factors associated with stroke, how to recognize the signs and symptoms of stroke emergencies and what you can do to stay healthy.

Thursday, August 17
11:30 a.m.-12:30 p.m.

Macedonia Rec Center
1494 E. Aurora Rd.,
Macedonia OH 44056

BEACHWOOD MOVIE NIGHT

Come out and enjoy a fun family night out at Beachwood Community Center! University Hospital Ahuja Medical Center will be providing FREE health and wellness education throughout this family friendly event.

Sunday, August 20
3 - 5:30 p.m.

Beachwood Community Center
25325 Fairmount Blvd
Beachwood, OH 44122

HEALTH SCREENINGS

BIOMETRIC SCREENING EVENTS

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

Saturday, August 19
8:00 a.m.-2:00 p.m.

Cleveland African American Male
Wellness Walk
Wade Oval
10820 East Blvd.
Cleveland, OH 44106

BLOOD PRESSURE SCREENING EVENTS

Thursday, August 3
12:30 - 1 p.m.

Beachwood Senior Center
25325 Fairmount Blvd
Beachwood, OH 44122

Monday, August 7
10:30- 11:30 a.m.

Warrensville Heights YMCA
44333 Northfield Road
Warrensville Heights, OH 44128

Tuesday, August 8, 22
6:30 - 8:30 p.m.

Maple Heights Music in the Park
5400 Mayville Ave.
Maple Heights, OH 44137

Wednesday, August 9
10- 11 a.m.

Solon Senior Center
35000 Portz Parkway
Solon, OH 44139

Thursday, August 10
1:30 - 2:30 p.m.

Mayfield Village Senior Center
6621 Wilson Mills Road
Mayfield Village, OH 44139

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
5 - 6 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 PROGRAMS

WALK WITH A DOG WALK

Friday, August 11

5:30 p.m.

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

EXERCISE & FITNESS

IRON YOGA

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

Friday, August 4

8 - 8:45 a.m.

OUTDOOR BOOT CAMP

This workout is held on our 1/3 of a mile black top track. There will be stations which include cardio segments (including burpees, jump squats and high knees), strength training (including walking lunges, squats and bear crawls). All work segments will be timed for a HIIT style workout. Bring water, your sunglasses and wear sunscreen.

Saturday, August 5

8-8:55 a.m.

LES MILLS BODYBALANCE

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. Bring a yoga mat. If you do not own them, we have plenty available for use.

Sunday, August 6

10-10:55 a.m.

BEGINNER YOGA

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

Saturday, August 12

11 - 11:55 a.m.

LES MILLS BODYATTACK

This is a sports-inspired cardio workout for building strength & stamina. A high-energy interval training class that combines athletic aerobic movements with strength & stabilization exercises.

Monday, August 14

9:15-10:10a.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, August 14

10 - 10:55 a.m.

LES MILLS CORE

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible muscle 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.

Monday, August 7

10:15-10:45 a.m.

Sunday, August 20

9:45-10:15 a.m.



BENEFITS OF YOGA

The potential health benefits of yoga are numerous and include stress reduction, increased fitness, management of chronic health conditions and weight loss. While not a cure, yoga can help some health conditions when combined with standard treatment, or can be an enjoyable supplement to a regular fitness routine.

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 3, 10, 17, 24, 31
9:30 - 10:30 a.m.

Ellenwood Center

Willard Pavilion

124 Ellenwood Avenue

Bedford, OH 44146

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

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Thursday, August 10

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

Maple Hts. Senior Center

15901 Libby Road

Maple Heights, Ohio 44137

Wednesdays, August 9, 23

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

Ellenwood Recreation Center

124 Ellenwood Avenue

Bedford, OH 44146

Wednesdays, August 2, 16

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)

REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please email concierge@uhhospitals.org or visit the website to register.

Uhhospitals.org/AgeWell



RISK ASSESSMENT AND SCREENING

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

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

Thursdays, August 10, 24

2 - 4 p.m.

UH Bedford Medical Office Building

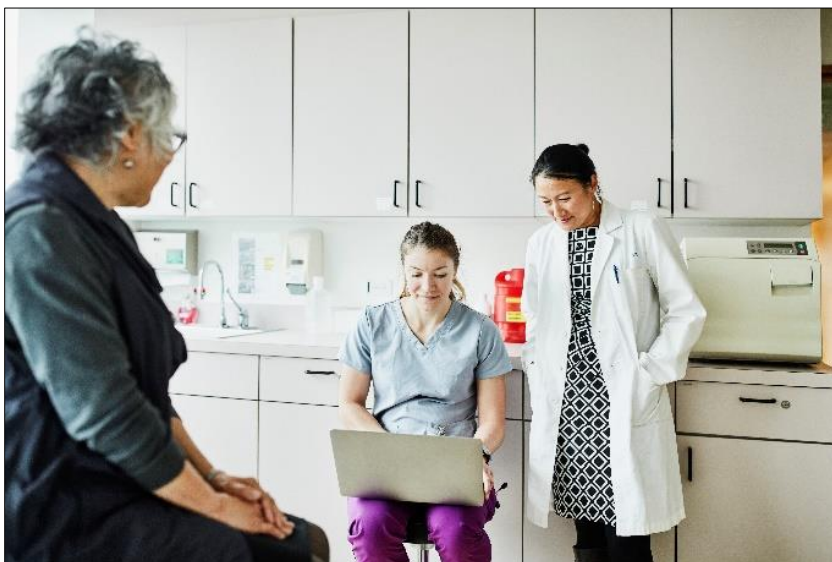
Multi-Specialty Clinic

88 Center Street

Suite 210

Bedford, OH 44146

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



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.

NATIONAL NIGHT OUT 2023

Stop by our UH booth, this evening features a full schedule of family-friendly activities to promote strong police, community partnerships and neighborhood camaraderie. Fun for all ages!

Tuesday, August 1

5-7 p.m.

Giddings Park

Jefferson, OH 44047

SLEEP MEDICINE

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

University Hospitals - Center for Advanced Sleep Medicine

810-A West Main Street
Geneva, OH 44041

Schedule a sleep consultation by calling 440-415-0153

FREEDOM FROM SMOKING GROUP QUIT PROGRAM

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

NO COST QUIT PROGRAM

Open to everyone. Light snacks provided

TWO CLASS TIMES TO CHOOSE

FROM: Thursdays (3:30pm – 5pm or 5:30 p.m. – 7:00 p.m.)

Call Kellie McGinnis - 440-593-0364 or email

kellie.mcginis@uhhospitals.org to

RSVP. First session starts on

Thursday, August 3rd at 3:30pm.

UH Geneva Medical Center

870 West Main St.
Geneva, OH 44041

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

HEALTH SCREENINGS (Cholesterol, blood sugar, and blood pressure) *Fasting not required

Tuesday, August 8

10 a.m. – 12 p.m.

Orwell Country Neighbor

39 South Maple Street
Orwell, OH 44076

Tuesday, August 1

10 a.m. – 12 p.m.

Andover Community Center

181 South Main Street
Andover, OH 44003

Wednesday, August 16

10 – 11:30 a.m.

Conneaut Human Resource Center

327 Mill Street
Conneaut, OH 44030

Call 440-593-0364 for information.

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

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.

EXERCISE & FITNESS

WALKING PROGRAM

Join us at our weekly walking program. Step out for some fresh air, exercise, socialization and health focused education tips.

Mondays, August 7, 14, 28
8-9 a.m.

Smith Field Ball Park

1900 West Avenue
Ashtabula, OH 44004

Call **440-593-0373** Lori Slimmer
for Information

SUPPORT GROUPS

BETTER BREATHERS CLUB

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

Wednesday, August 2
(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, August 15
5 – 6 p.m.

Breakwall BBQ

1205 1/2 Mariana Drive
Conneaut, OH 44030

Call **440-593-0364** for Information



UH Elyria Medical Center

COMMUNITY PROGRAMS

Monday through Thursday

(Late afternoon and evenings on Tuesdays and Wednesdays)

Call **440-284-5709**

DIABETES EDUCATION

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

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

HEALTH SCREENINGS

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.

BLOOD PRESSURE SCREENING

Tuesday, August 15
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 & LEARN: INJURY PREVENTION IN OLDER ADULTS

Join us for a lunch and learn with UH Rehab Services to learn how to prevent you or a loved one from sustaining an Injury so you can stay out of the hospital and continue to live at home independently and safely. A complimentary lunch will be provided. Seating is limited and registration required.

Call **440-214-3180** to reserve your spot!

Wednesday, August 2

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

Mapleview Country Villa

775 South Street

Chardon, OH 44024

LUNCH AND A MOVIE

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

Thursday, August 3

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

WHEN TO GET A SENIOR ASSESSEMNT

Join Cheryl Hollowell, M.Ed., LSW, Coordinator, Norma N. Chapman Senior Assessment Program to learn more about when a senior assessment is appropriate.

Friday, August 4

11 a.m. -12 p.m.

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

LUNCH & LEARN: IMPACTS AND BENEFITS OF PETS

Join Hospice of the Western Reserve to explore how pets enhance our lives physically and mentally. Learn about service animals, especially dogs that are individually trained to perform tasks for the benefit of an Individual with a disability, including a physical, sensory, psychiatric, intellectual or other mental disability. Let's learn about the roles and goals of Pet Therapy dogs.

Lunch provided

Tuesday, August 8

12 - 1 p.m.

UH Geauga Medical Center

13207 Ravenna Road

Chardon, OH 44024

KNOW YOUR HEALTH NUMBERS

Our health numbers are key indicators of one's risk for cardiovascular health problems. Maintaining your numbers in a healthy range, decreases your risk of heart disease, stroke and other health conditions.

Tuesday, August 8

3-4 p.m.

Gauga West Library

13455 Chillicothe Road

Chesterland, OH 44026

ALL ABOUT FALLS

Falls are the leading cause of injury-related deaths and hospital admissions for trauma in older adults. To learn more about risk factors, ways to reduce your risk of falling and identify potential hazards in your home, please join us for an informational session with UH Rehab Services. Balance Screenings will be provided following the presentation.

Friday, August 11

12-1 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

GARDENING FOR LIFELONG HEALTH: HONEY BEES & POLLINATORS

Wednesday, August 9

3 - 4 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

HEALTHY LIVING BINGO

Tuesday, August 15

11 a.m.-12 p.m.

Middlefield Senior Center

15820 Ridgewood Drive

Middlefield, OH 44062

SIMPLE COOKING WITH HEART

Please join us for a healthy, hands on cooking demonstration presented by our very own Chef Joe. Enjoy a free healthy and appetizing meal Space Is limited, call **440-214-3180** to register.

Wednesday, August 16

3 - 5 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

ELDERBERRIES GAUGA PARK PROGRAM

Thursday, August 17

11 a.m. - 2:30 p.m.

Light lunch provided

Health Education & Blood Pressure Screenings Provided

Big Creek Park

9160 Robinson Road

Chardon, OH 44024

IMPORTANCE OF IMMUNIZATIONS

Immunizations help decrease the risk of infection by working with the body's natural defense to safely develop immunity to the disease. Please join us and learn more about the importance of immunizations.

Wednesday, August 23
2 - 3 p.m.

Bainbridge Library

17222 Snyder Road
Chagrin Falls, OH 44023

SAVE THE DATE: A WOMEN'S DAY

(In collaboration with Geauga County Department on Aging)

Come join us and "unplug" for a day as we head to the wooded acres & camp setting of Ho Mita Kota where you can relax in nature and enjoy some of the many activities a camp offers. You can participate in archery & hatchet throwing, hiking, crafts, kayaking, a scavenger hunt and more. Kathryn Kantura, Physical Therapist with UH Rehab Services will present on Pelvic floor exercises and therapy.

Moring pastries and lunch Included.

Cost \$20.00

Wednesday, September 13

9:30 a.m. - 2:30 p.m.

Ho Mita Kota

14040 Auburn Road
Newbury, OH 44024

Call Sandy McLeod at **440-279-2137** to register. *Must be registered with the Dept. on Aging

AMERICAN RED CROSS BLOOD DRIVE

A single blood donation can save more than 1 life. Please make you're appointment today!

Friday, August 18

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

UH Geauga Medical Center

Conference Center

13207 Ravenna Road
Chardon, OH 44024

Call **1-800-733-2767** for information

A MATTER OF BALANCE, MANAGING CONCERNS ABOUT FALLS

By attending A Matter of Balance workshop you will learn to manage concerns about falls, as well as set realistic goals for staying active, how to stay safe at home, exercises to increase strength and balance and learn how to identify and control your fear of falling

Tuesdays, August 8, 15, 22, 29

Thursdays, August 10, 17, 24, 31

1:30 - 3:30 p.m.

Ohman Family Living at Briar

15950 Pierce Street
Middlefield, Ohio 44062
Call **440-279-2167** to register

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, August 7

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street
West Farmington, OH 44491

Monday, August 21

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

Geauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

EXERCISE & FITNESS

GEAUGA CYCLISTS

Tuesdays | 9 a.m.

August 1, 8, 15, 22, 29

Maple Highland Trail

Park and meet at Eagles Baseball Field on Park Avenue (Chardon)

Must have your own bike and transportation to park.

Helmets are required

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

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)*

Thursdays | 9 a.m.

August 3

Stok Meadows

12415 Concord-Hambden Road
Concord, OH 44077

August 10

Frohring Meadows

16780 Savage Road
Bainbridge, OH 44023

August 17

Big Creek Park (Meet at Donald Meyer Center)

9160 Robinson Road
Chardon, OH 44024

August 24

Sunnybrook Preserve

12474 Heath Road
Chesterland, OH 44026

August 31

Russell Uplands

15200 Russell Road
Chagrin Falls, OH 44023

FIGHTING AGAINST PARKINSON'S

(In collaboration with Geauga Dept. on Aging)

Non-contact Boxing & Fitness Class. Class is for seniors diagnosed with Parkinson's disease. Goal of this program is to delay the progression of Parkinson symptoms through a variety of exercises and core conditioning. *Cost \$45*

Mondays, August 7, 14, 21, 28

Wednesdays, August 2, 9, 16, 23, 30

Fridays, August 4, 11, 18, 25

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024

Call **440-279-2137** for Information

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, August 7

6 p.m.

**Outpatient Rehab Services at
YMCA**

12460 Bass Lake Road

Chardon, OH 44024

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

PARKINSON'S SUPPORT GROUP

Tuesday, August 15

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: HEARING HEALTH & SCREENINGS

Tuesday, August 15

2-3 p.m.

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

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

LIVING WITH LYMPHEDEMA

Wednesday, August 16

6-7 p.m.

Concord Health Center

Community Room

7500 Auburn Road

Concord, OH 44077

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

OSTOMY SUPPORT GROUP

Thursday, August 24

6:30-8 p.m.

**UH Geauga Medical Center
Conference Center**

13207 Ravenna Road

Chardon, OH 44024

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

CARDIAC SUPPORT GROUP: HEART FAILURE

Wednesday, August 23

6-7 p.m.

**UH Geauga Medical Center
Conference Center**

13207 Ravenna Road

Chardon, OH 44024

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

SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?

UH Geauga Medical Center

Norma N. Chapman Senior

Assessment Program

13207 Ravenna Road

Chardon, OH 44024

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

RISK ASSESSMENTS

Call Wellness Coordinator at 440-
214-3330

Diabetes Self-Management Education

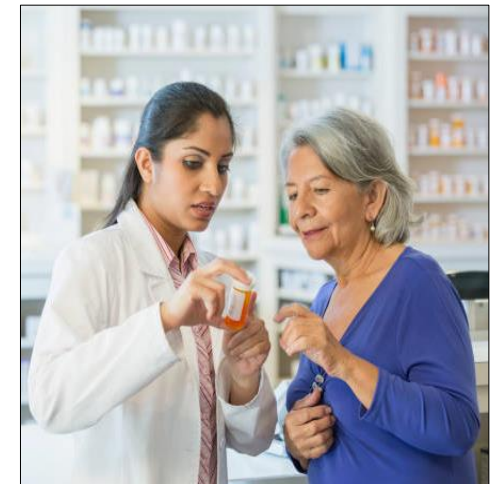
For newly diagnosed or for anyone just looking for additional information on how to live well with diabetes. Call Diabetes Educator at **440-214-8233**

Medication Management Clinic

This clinic is staffed by pharmacists who are highly trained experts in the following areas: Diabetes, high blood pressure, high cholesterol, heart failure and smoking cessation.

Pharmacists will help you organize your medications, answer questions about your health condition or medications.

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



COMMUNITY PROGRAMS

CONCORD COMMUNITY DAY

Join us in Concord for a fun-filled day! The Fire Department is holding a pancake breakfast from 8:00 am – 11:00 am. Enjoy free fireman prepared pancakes! Yoga for all ages takes place at the Gazebo from 8:30 am – 9:15 am. Historical school tours take place from 10 am – 11 am & 5 pm – 6 pm.

University Hospitals will be available for screenings and health education from 4 pm – 10 pm in this fun festival atmosphere. There will be a basket raffle from 4 pm – 10 pm and University Hospitals is offering the chance to win a 3 month membership to the fitness center at University Hospitals Brunner Sanden Deitrick Wellness Center. To learn more about the wellness center:

<https://lakehealth.org/location/brunner-sanden-deitrick-wellness-campus/livehealthy-fitness-center/>

Saturday, August 12

4 – 10 p.m.

Town Hall Campus

7229 Ravenna Road
Concord Twp., OH 44077

UNDERSTANDING CARDIAC HEALTH, HOW TO BE HEART SMART. DINNER PRESENTATION WITH DR. PAUL ZELLERS

Please join us for a complimentary educational evening with Dr. Paul Zellers, DO, FACC, to learn more about how the heart works, cardiac disease, and how to optimize your heart health. Dinner and drinks will be provided. Seating is limited so please **RSVP by August 10th to Abby Nason at 440-477-4248.**

Thursday, August 17

5 – 7 p.m.

Pine Ridge Country Club

30601 Ridge Road
Wickliffe, OH 44092

WILLOUGHBY OUTDOOR MARKET

Stop by our University Hospitals tent at the longest running outdoor market in Lake County for health education information, to check your blood pressure, and more! *Enter to win fun prizes; we will draw the winners at 9 a.m., 10 a.m., and 11 a.m.*

Saturday, August 19

8 a.m. – 12 p.m.

Willoughby City Hall Parking Lot

11 E. Spaulding Street
Willoughby, OH 44094

SENIOR CITIZEN APPRECIATION CELEBRATION

Stop by to let us show our appreciation with the Concord Township Recreation Department in this “Back to School” themed event. Call 440-639-4650 to register!

Wednesday, August 30

1 – 2 p.m.

Concord Twp., Community Center

7671 Auburn Road
Concord Township, OH 44077

ROCK THE BOULEVARD AT BOULEVARD OF 500 FLAGS SUMMER CONCERT WITH RISK FACTOR

Limit your personal risk factors and take control of your health! Stop by our University Hospitals table for blood pressure checks and health information while enjoying a night of 70’s sing along hits with Risk Factor at the Eastlake City Hall gazebo.

Monday, August 28

7 – 9 p.m.

Boulevard of 500 flags

35150 Lakeshore Boulevard
Eastlake, OH 44095

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, August 5

9 a.m. – 12 p.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

Saturday, August 19

9 a.m. – 12 p.m.

Lake West Medical Center

36000 Euclid Avenue
Willoughby, Ohio 44094
Call 440-313-2030 for information

SUPPORT GROUP

BREAST CANCER SUPPORT GROUP

Open to all patients with breast cancer or who are recovering from breast cancer. Meetings will be held in person. Call **440-375-8121** to register or for information

Melissa.Loop@UHhospitals.org |

Wednesday, August 16

6 – 7 p.m.

UH Mentor Health Center

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

STROKE SUPPORT GROUP

Many stroke survivors and their loved ones/caregivers experience a range of emotions and challenges after a stroke. Our team is here to help. Join us for our FREE, family friendly, all-inclusive stroke support group. All ages are welcome. **Benefits of Joining include:** Educational topics, guest support through your journey, cooking demonstrations, helpful tips, connection with others, speakers, music therapy, fun contests.

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

Alecia.Crognale@UHhospitals.org |

Wednesday, August 2

6 – 8 p.m.

UH Brunner Sanden Dietrick Wellness Center (Conf. Room A)

8655 Market Street
Mentor, Ohio 44060

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 Allison Danko, MS, RD, LD at **440-743-2155** for information.

HEARTBURN CENTER

Chronic conditions like heartburn and GERD will be treated in a comprehensive way by centralizing specialties of Gastroenterology, thoracic and surgical. This center will streamline services for patients. Click [here](#) to read more about the Heartburn Center at Parma Medical Center. Call **216-758-8611** to schedule an appointment at the Heartburn Center

EARLY LUNG NODULE DETECTION WITH LOW – DOSE CT SCANS

The earlier we identify lung cancer, the stronger the outcomes. That's why University Hospitals Parma Medical Center offers low-dose CT screening as part of our Lung Nodule Program. We evaluate high-risk individuals, such as long-term smokers, and screen them to look for suspicious nodules before they become problematic.

Call **440-743-8520** to schedule an appointment at the Lung Nodule

CORE4 VIRTUAL - Adult Weight Management Program 12 week program

Includes one-on-one and group sessions. Cost is \$100 which includes a workbook. Payment due at the first one-on-one session. Topics include: Guidelines for weight management; nutrition components; body composition; the power of exercise; behavior modification; protein, carbohydrates & fat; food labels & meal planning; portions & dining out; stress & sleep and long term success with monthly follow ups.

Tuesday, August 29

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

COMPREHENSIVE PAIN CENTER

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

University Hospitals Science of Health Podcast MANAGING CHRONIC PAIN – WHERE TO START

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

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

UH CONNOR WHOLE HEALTH

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

Services Offered

- Chiropractic care
- Massage Therapy
- Acupuncture

UH Parma Medical Center

Medical Arts Building 4
6115 Powers Boulevard
Parma, OH 44129

[Click here](#) for more information

Call **216-877-9651** to schedule an appointment

PROMOTING WELLNESS WITH SLEEP HEALTH

Learn about sleep health & sleep as a pillar of wellness. Learn how daily routines can hinder or promote sleep and importance of managing stress to improve quality of sleep.

[Click here](#) to open the presentation. Must have Zoom to view this.

SLEEP SERVICES AT UH PARMA MEDICAL CENTER

We offer in person and virtual visits. [Click here](#) for more information about University Hospital's Sleep lab or to find a sleep lab near you.

Call **216-844-7378** to schedule an appointment



UH Parma Medical Center, (con't).

CITY OF PARMA FAMILY SAFETY DAY

Fun activities for everyone!
Bike helmet giveaway for children
And so much more!

Saturday, August 12

11 a.m. – 2 p.m.

Parma Justice Center

5555 Powers Boulevard
Parma, OH 44129

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.

Thursday, August 17

11 a.m. – 5 p.m.

UH Parma Medical Center

7007 Powers Boulevard
Parma, OH 44129

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

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

Wednesday, August 2

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road
Parma, OH 44134

Wednesday, August 2

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road
North Royalton, OH 44133

Tuesday, August 8

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road
Broadview Hts., OH 44147

Wednesday, August 8

8 – 9:30 a.m.

Seven Hills Recreation Center

7777 Summit View Drive
Seven Hills, OH 44131

Thursday, August 10

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue
Brooklyn, OH 44144

Friday, August 11

10 - 11:30 a.m.

Independence Senior Center

6363 Selig Drive
Independence, OH 44131

Friday, August 11

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard
Parma, OH 44129

Tuesday, August 22

9 - 10:30 a.m.

North Royalton Y.M.C.A.

11409 State Road
North Royalton, OH 44133

EXERCISE & FITNESS

PARKINSON'S DISEASE EXERCISE CLASS – DELAY THE DISEASE

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

Wednesdays August 2, 9, 16, 23, 30

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

PARKINSON'S DISEASE

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

Tuesday, August 8

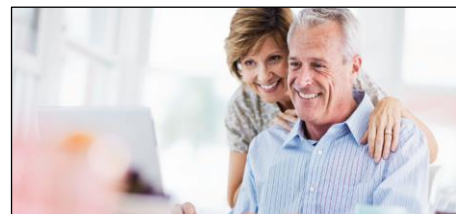
1 – 2:30 p.m.

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 question, call **440-743-4127***

Monday, August 14

12:30 – 2 p.m.



COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, August 21

11 a.m. – 5 p.m.

UH Portage Medical Arts Building,
Atrium

Ravenna, Ohio 44266

To make an appointment, visit
RedCrossBlood.org or call 1-800-
RED-CROSS

AMPUTEE WALKING CLINIC

Thursday, August 3

3 - 5 p.m.

UH Portage Medical Arts Building,
Room 150

6847 N. Chestnut Street
Ravenna, OH 44266

HEALTH & WELLNESS RESOURCES

Stop by for valuable health information and blood pressure screenings provided by University Hospitals Wound Care Center. Also, enjoy a seasonal healthy cooking demonstration provided by the Central State University Extension.

Saturday, August 19

10 a.m. – 2 p.m.

Haymaker Farmer's Market

*Franklin Avenue in Downtown Kent
(Outdoor market under the Haymaker
overpass between Main St. & Summit
St.)*

COOKING WITH HEALTHY SUBSTITUTIONS; PRESENTED BY THE CENTRAL STATE UNIVERSITY EXTENSION

Whether you realized last minute that you're out of baking soda, or want to learn about healthier choices in the kitchen, our Kitchen Substitutions class is perfect for you! We'll answer your questions about both last-minute swaps (are baking soda and baking powder interchangeable?) and also discuss simple changes to recipes that can help cut back on your sugar intake and make your meals more heart-healthy without drastically changing the flavor.

Thursday, August 31

1 – 2:30 p.m.

Aurora Senior Center Walker Building

129 W. Pioneer Trail
Aurora, OH 44202

KIDS SUMMER LUNCH PROGRAM

This summer, Monday-Friday children ages 1-18 are eligible to receive a free, healthy lunch in the Cafeteria. Registration is not required, but meals must be eaten in the hospital cafeteria to be eligible.

Monday – Friday

May 30 – August 15

11 a.m. – 1 p.m.

UH Portage Medical Ctr. Cafeteria

6847 North Chestnut Street
Ravenna, OH 44266

VIRTUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

SUPPORT GROUPS

Call 330-297-2576 for Information

BEYOND STROKE SUPPORT GROUP (Virtual quarterly meetings)

PARKINSON'S SUPPORT GROUP

Tuesday, August 15

2 - 4 p.m.

UH Portage Medical Arts Building Room 150

6847 N. Chestnut Street
Ravenna, OH 44266

DIABETES SUPPORT GROUP

Tuesday, August 1

4 - 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: ww.kellysgriefcenter.com
Call **330-593-5959** for Information



WOMEN'S HEALTH

FREE MAMMOGRAMS

For underinsured or uninsured women.

UH Portage Medical Center
6847 North Chestnut Street
Ravenna, Ohio 44266

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

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

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

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

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

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

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

HEALTHY@UH PODCASTS

Medical information on the internet can be complex, difficult to understand and sometimes based on misinformation. UH is helping to change that by posting Healthy@UHpodcasts, representing a source of truth and establishing our institution as a leading provider of medical information online.

You can also go to

<https://www.uhhospitals.org/healthy-at-UH> and have the opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser. <https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>

REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please email concierge@uhhospitals.org or visit the website to register. [Uhhospitals.org/Agewell](https://www.uhhospitals.org/Agewell)

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 1, 8, 15, 22, 29
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 SCREENINGS

Monday, August 14
10:30 a.m. - 12:30 p.m.

Kiwanis Lodge Community Center
27285 Highland Road
Richmond Heights, OH 44143

Saturday, August 5
9:30 a.m. - 11:30 a.m.

Euclid Hunger Center
291 E. 222nd Street
Euclid, OH 44123

Wednesdays, August 2, 9
6:30 - 8:30 p.m.

Richmond Heights Summer Concert Series
27285 Highland Road
Richmond Heights, OH 44143

RISK ASSESSMENT AND SCREENING

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

Tuesdays, August 8, 22
10 – 11:30 a.m.

UH Richmond Medical Office Building
27155 Chardon Road Suite 106
Richmond Heights, OH 44143

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



COMMUNITY PROGRAMS
AMERICAN HEART ASSOC.
BASIC LIFE SUPPORT CPR
Thursday, August 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
Wednesday, August 9
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, August 4
12 – 6 p.m.

Thursday, August 17
9 a.m. – 3 p.m.

UH Samaritan Medical Center
Auditorium
663 East Main Street
Ashland, OH 44805

UH HEALTH SERIES
Wednesday, August 30
1 – 2 p.m.
Tele-Health Explained

Ashland Co. Council on Aging
Building
240 East 3rd Street
Ashland, OH 44805

ASHLAND MID-WEEK
FARMER'S MARKET
Every Wednesday
4 – 6 p.m.

UH Samaritan Medical Center
663 East Main Street
Ashland, OH 44805
To become a vendor or for questions
contact:
Kriss Ott at:
kriss.ott@uhhospitals.org or call
419-207-7879

SMOKING CESSATION
One on one consultations available.
Call Amanda at **419-207-2306** for
information.

HEALTH SCREENINGS
BIOMETRIC SCREENINGS
Tuesday, August 8
9 - 10:30 a.m.

Ashland YMCA
207 Miller 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



COMMUNITY PROGRAMS

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

No screenings offered on holidays. Screenings may be canceled on days with inclement weather

DIABETES EDUCATION CLASSES

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

OUTPATIENT NUTRITION COUNSELING

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

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

SENIOR SUPPER CLUB

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

EVERYDAY

4 – 5:30 p.m.

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

You must present your card to receive the discount.

HEALTH SCREENINGS

HEALTH FAIR SCREENINGS

(Cholesterol, Glucose, Blood Pressure- No Fasting Required)

Friday, August 11

11 a.m.-1 p.m.

Bay Village Dwyer Memorial Center
300 Bryson Lane
Bay Village, OH 44140

Wednesday, August 30

11:30 a.m. – 2 p.m.

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

BLOOD PRESSURE SCREENINGS

Wednesday, August 9

9:00 – 10:30 a.m.

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

Thursday, August 10

10:45 -11:45 am

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

Monday, August 14

10:45-11:45 am

Fairview Park Senior Center
20769 Lorain Road
Fairview Park OH 44126

Thursday, August 24

11:30 a.m. – 1 p.m.

Westlake Center for Community Services- Community Room
28975 Hilliard Blvd
Westlake, OH 44145

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

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for health care providers. A course completion card will be provided. *This is a free class, but you must register at www.uhems.org. Call 216-849-5013*



BALANCE SCREENING

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

AUDIOLOGY SCREENING

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

Please call 440-835-6160.

SUPPORT GROUPS

HOPE GROUP

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

Wednesday, August 2

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, August 10

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 17

2 – 5 p.m.

Bay Village Fire Station

28100 Wolf Road

Bay Village, OH 44140

Thursday, August 24

2 – 5 p.m.

North Olmsted Fire Station

24291 Lorain Road

North Olmsted, OH 44070



To schedule at:

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

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