



University Hospitals

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

[Uhhospitals.org](https://www.uhhospitals.org)

AGE WELL. BE WELL. EVENTS AUGUST, 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
440-988-6801

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 OFFICE BUILDING

27100 Chardon Road Ste 100
Richmond Hts., OH 44143
440-735-2559

BEDFORD MEDICAL OFFICE BUILDING

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

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

BRUNNER SANDEN DEITRICK WELLNESS CENTER UH FITNESS CENTER IN MENTOR

8655 Market Street
Mentor, OH 44060
440-375-8777

LAKE WEST MEDICAL CENTER

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

SAMARITAN MEDICAL CENTER

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

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

TRIPOINT MEDICAL CENTER

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

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 6
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 6
5 - 7 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 24
7 a.m.-1 p.m.
Cleveland African American Male Wellness Walk

Wade Oval
10820 East Blvd.
Cleveland, OH 44106

BLOOD PRESSURE SCREENING EVENTS

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

Wednesday, August 14
10- 11 a.m.

Solon Senior Center
35000 Portz Parkway
Solon, OH 44139

Thursday, August 15
10- 11 a.m.

Warrensville Heights YMCA
4433 Northfield Road
Warrensville Heights, OH 44128

Thursday, August 15
11:45 a.m. - 12:15 p.m.

Beachwood Senior Center
25325 Fairmount Blvd
Beachwood OH 44122

Tuesday, August 20
6 - 8 p.m.

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



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.

ZOOM MEETING

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

Join Zoom Meeting

<https://us05web.zoom.us/j/84936224765?pwd=vIzXr6aiUzO167AAML7YNcV3cawKza.1>

Meeting ID: 849 3622 4765

Passcode: 9R7gtm

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

FLEXIBILITY AND RANGE OF MOTION MOVEMENT PRESENTATION

Join Fitness Specialist and Personal Trainer Ashlee for this interactive presentation which will address posture, flexibility and range of motion for the major joints and address ways to move better in everyday activities.

Thursday, August 8
12-12:45 p.m.

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 2
8 - 8:45 a.m. (Studio 2)

CARDIO KICKBOXING

Class will include practice and break down basic kickboxing techniques that includes the jab, cross, front kick, side kick, and roundhouse instep kick. These moves will be incorporated into routines to promote and improve the cardiovascular system, and muscular endurance. Cool down will include flexibility and stability training. The class is designed by a black belt in Karate and Jujitsu. Outcomes may include improvement in energy levels, body composition and muscle tone.

Thursday, August 1
6:15-7 p.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, August 3
8 - 8:55 a.m. (Studio 2)

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 12
10 - 10:55 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, August 16
5:30 p.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, August 1, 8, 15, 22, 29
9:30 - 10:30 a.m.

Weather permitting

Ellenwood Center

Willard Pavilion

124 Ellenwood Avenue

Bedford, OH 44146

(Walking inside Ellenwood on specific dates) Call 440-735-2559 to register

COMMUNITY ART THERAPY GROUPS

Join UH Connor Whole Health Art Therapist Jessica (Jess) Grimm, ATR-P, for monthly art therapy groups open to the community. In these sessions, you will learn how to utilize art materials expressively to help increase your well-being as you navigate your day. Each session will feature a different art intervention. *For questions or additional information, contact:*

Jessica Grimm, ATR-P, UH Connor Whole Health Registered Art Therapist
E-mail:

Jessica.Grimm@Uhhospitals.org |

Phone: 216-285-4041

Wednesday, August 21

2-4 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

SAVE THE DATE

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, 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.

COMMUNITY MUSIC THERAPY

Community members and UH caregivers are invited to come together and support one another while experiencing different music therapy interventions. There will be opportunities to sing and play instruments, including drums, ukulele, egg shakers, piano, and more. No musical background is required! *Every 3rd Monday of the Month.*

For questions or additional information, contact Bedford

Wellness Center: at 440-252-3285

Email:

Marionna.Mcmillon@uhhospitals.org

Monday, August 19

1 -2 p.m.

UH Wellness Center at Bedford

88 Center Road

Medical Office Building

Bedford, OH 44146

FOOD AS MEDICINE: GATHERING GARDEN

Take your self-care to the next level by learning how to make calendula flower-infused skin care oil. Each participant will take home a small bottle of infused oil and learn about natural skin care's many benefits. Participants will then have the opportunity to plant lavender to take home. Lavender is best known for its calming fragrance but we will discuss the many other uses of lavender, too.

Register for the Event at "UH Community Wellness Center at Bedford" on Eventbrite.

Friday, August 23

3:30 - 4:30 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.

FREE ART EXPERIENCE

Join us for art experiences with Maggie!! She will bring her crafting expertise with her to assist you in creating a flower arrangement in the shape of a house. This will be a time to sit back, take your time, relax, and enjoy crafting and conversations. Refreshments will be provided

Wednesday, August 3

10 am - 1 pm

UH Wellness Center at Bedford

88 Center Road

Medical Office Building

Bedford, OH 44146

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



REPLACEMENT SERIES: THIS FOR THAT

Join Food with Purpose's Chef T and Wellness Center Register Dietitian to learn about healthy food replacements, and try them too!

Monday, August 5

1-2 p.m.

To register for the Replacement Series event, 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.

COOKING DEMONSTRATION

Join Executive Chef Tony Verona & Registered Dietitian Bailey Gordon for an exciting demonstration highlighting innovative and nutritious cooking techniques and inspiration.

Monday, August 26

3-4 p.m.

To register for this event, 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.

NUTRITION & GROUP

EXERCISE CLASS This class, held on the Barr Field at Drusinsky's Sports Medicine Institute at Ahuja Medical Center, will consist of a 30-minute Fueling or Fitness presentation by Wellness Center Dietitian followed by a 45-minute group exercise class from T3 Performance

Monday, August 19

3 -4:15 pm

Drusinsky Sports Medicine Institute
3999 Richmond Road
Beachwood, OH 44122

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

HIKING CLUB

Explore nature with a Dietitian! Enjoy your time outdoors and receive expert advice on healthy eating habits and nutrition advice. *weather permitting*

Visit Eventbrite or contact Bailey Gordon for details 440-735-4270 option 2.

Monday, August 12

4-5 p.m.

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, August 14

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.*

Monday, August 5

Friday, August 23

12-1 p.m.

UH Wellness Center

88 Center Road Suite 150
Bedford, OH 44146

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

CHAIR STRETCHING

Join a certified In the Now yoga instructor for a gentle form of yoga that can be done while seated or using a chair for balance.

Friday, August 16

12-1 p.m.

BEGINNER YOGA

Beginner yoga is slower-paced than an all-level class and focuses on developing clear and safe alignment in foundational poses.

Monday, August 26

1:30-2:30 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.

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, August 3

12-1 p.m.

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

UH Bedford Campus (*con't.*)

You are invited to the UH Community Wellness Center at Bedford to participate in our Family Health & Resource Day! Giveaways while supplies last!

Things to do include: Health & Wellness Stations

- Stations to check out include: Seidman Cancer Center, Help Me Grow, Cutler for Men, The Lupus Foundation of America - Greater Ohio Chapter, Make Them Know Your Name Foundation, Biometric Screenings and more...

You Won't Believe It's Healthy!

- Nutrition activity with Wellness Center Registered Dietitian.

Art Experiences for the Whole Family

- Unleash your creativity!

Financial & Physical Well-Being Classes

- Bank of America Better Money Habits 10:30 am-11:30 am
- Line Dancing with the Line Dance King, Rob Johnson, 11-12 pm
- Charg'd Up with The Volt Fitness 12-1 pm

Registration for Bank of America Better Money Habits and Charg'd Up with The Volt Fitness is separate from the family resource day.

Saturday, August 3
10 a.m. - 1 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.

BANK OF AMERICA'S SERIES: BETTER MONEY HABITS SERIES

During the session, we will overview the upcoming sessions and provide resources and handouts. **To register, visit us on Eventbrite at UH Community Wellness Center at Bedford.**

Upcoming Session Topics:

- Saving & Budgeting
- Building and Repairing Credit
- Plan for and Manage Healthcare Costs
- Homeownership
- General Topics/ Open Forum

Explore the fundamental components of building, repairing, and protecting your credit, and learn the best methods for paying off debt.

Saturday, August 3
10:30 -11:30 a.m.

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, August 7, 21
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)

Wednesday, August 14, 28
11:00 a.m. - 1:00 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, OH 44146

Thursday, August 8
10:45 a.m.-12:30 p.m.

Maple Heights Senior Center

15901 Libby Road
Maple Heights, Ohio 44137

BIOMETRIC SCREENINGS

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

Saturday, August 3
10 a.m. - 1 p.m.

Monday, August 12
2- 3:30 p.m.

Monday, August 19
10 a.m. - 12 p.m.

Friday, August 30
1 - 2:30 p.m.

UH Wellness Center at Bedford

88 Center Road, Suite 150
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

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

Thursdays (5:30pm – 7:00pm)
Call 440-593-0364 or email
kellie.mcginis@uhhospitals.org to
RSVP.

Deadline to RSVP is August 29th
2024.
Minimum of 3 participants required
for class to be held.

Our first session starts on Thursday,
September 5, 2024 @ 5:30pm

University Hospital Geneva Medical Center

870 West Main St.
Geneva, OH 44041



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.

KIDNEY STONES: HOW TO PREVENT AND TREAT

Monday, August 5

11 a.m.-12 p.m.

Orwell Country Neighbor

39 South Maple St.

Orwell, OH 44076

Tuesday, August 6

11:30 a.m. – 12:30 p.m.

Andover Community Center

181 South Main Street

Andover, OH 44003

Wednesday, August 21

10:30 – 11:30 a.m.

Conneaut Human Resource Center

327 Mill Street

Conneaut, OH 44030

*Call 440-593-0364 for more
Information*

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

Saturday August 3

11 a.m. - 7 p.m.

Sunday, August 4

10 a.m. - 4 p.m.

40th Pymatuning Lakes Festival

Pymatuning State Park Main Beach

6260 Pymatuning Lake Road

Andover, OH 44003

*Call 440-593-0206 for more
information.*

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

OILS FOR LIFE

Learn about how oils work and receive samples to work with at home

Monday, August 12

11 a.m.-12 p.m.

Orwell Country Neighbor

39 South Maple St.

Orwell, OH 44076

Wednesday, August 7

10:30 - 11:30 a.m.

Conneaut Human Resource Center

327 Mill Street

Conneaut, Ohio 44030

Call **440-593-0364** to RSVP

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

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, August 20

5 – 6 p.m.

La Casa De Frida

3315 N. Ridge Rd. E

Ashtabula, OH 44004

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

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>



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 concierqe@uhhospitals.org or visit the website to register. <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

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 nutrition, blood glucose monitoring, and preventing complications of diabetes. A physician referral is required. Check your insurance to verify coverage. Office hours Monday, Wednesday, and Fridays.

Call Susan Campbell RD, 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, August 20

12:30 – 2 p.m.

Avon Lake Senior Center

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

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>

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-resources/age-well-be-well>

UH Geauga Medical Center

COMMUNITY PROGRAMS

Call **440-214-3180** to register

LUNCH AND A MOVIE

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

Thursday, August 1

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, OH 44026

THE IMPORTANCE OF IMMUNIZATIONS

Tuesday, August 6

12:30 -1:30 p.m.

West Farmington Senior Center

150 College Street
West Farmington OH 44491

GARDENING FOR LIFELONG HEALTH: COMMON YARD & GARDEN WEEDS

Wednesday, August 14

3 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road
Chardon, OH 44024

COOKING WITH HERBS

For decades, herbs and spices have played a major role in improving the overall health of the body. Herbs can relieve common ailments such as indigestion, stress, anxiety, headaches, colds and more. Almost all herbs have some form of health benefit. Please join us to learn more about the Health Benefits of Herbs and Spices.

Tuesday, August 23

2 -3 p.m.

Bainbridge Library

17222 Snyder Road
Chagrin Falls, OH 44023

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, August 5

8:30 -10 a.m.

West Farmington Senior Center

150 College Street
West Farmington OH 44491

Monday, August 12

10 a.m.-12 p.m.

Gauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

EXERCISE & FITNESS

GAUGA CYCLISTS

Tuesdays | 9 a.m.

August 6, 13, 20, 27

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 1

Bartown Lakes Reservation

18870 Quinn Road
Chagrin Falls, OH 44023

August 8

Orchard Hills Park

11340 Cavs Road
Chesterland., OH 44026

August 15

Veterans Legacy Woods

14085 Ravenna Road
Newbury, OH 44065

August 22

Tupelo Pond

9373 Ravenna Road
Chardon, OH 44024

August 29

Girdled Road Reservation

12840 Girdled Road
Concord, OH 44077

GAUGA SENIOR TECHNOLOGY EXPO - EMBRACE THE DIGITAL AGE

Live and Age better by understanding and connecting with the Tech World. Hands-on education with current technology; smart phones, smart speakers, aps and more. A virtual experience where technology and medicine Integrate. Training and educational resources on how technology can help you are well. A variety of vendors will be onsite to help you individually connect or understand the current technology that is available. We will have one-on-one phone / tablet tech help, two guest speakers, door prizes and lunch is provided. UH Digital health team will be available to help with MY Chart questions and access. Two technology classes will be offered on a first come, first serve basis. **Class 1:** How to use Social Media Platforms for entertainment, education and staying connected. **Class 2:** Are you financially savvy using technology? Learn the Ins and outs of how to safely use apps for finances, payments, banking, shopping and much more. *Free to Geauga County Senior Citizens with the Department on Aging. Out of County Residents; \$35 per person. RSVP is required by calling 440-279-21380*

Wednesday, August 14
10 a.m. - 2 p.m.
Lakeland Community College - Health Technology Building
7700 Clocktower Drive
Kirtland, OH 44094
Call 440-632-0611 to register

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

(A collaboration with the Geauga County Department on Aging)

Mondays, August 5, 12, 19, 26

Wednesdays, August 7, 14, 21, 28

Fridays, August 2, 9, 16, 23, 30

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call 440-279-2137 for Information

HEALTH BENEFITS OF WALKING

Friday, August 16

12.-1 p.m.

Geauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

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, August 5

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, August 20

12:30 -1:30 p.m.

Lunch provided

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call 440-279-2137 to register

DIABETES SUPPORT GROUP

Tuesday, August 20

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, August 22

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

Maplewood at Chardon offers an ongoing support group for families and friends of those living with Alzheimer's and dementia.

Wednesday, August 28

5 p.m.

Maplewood at Chardon

12350 Bass Lake Road

Chardon, OH 44024

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

UH Geauga Medical Center, (con't).

THE GREAT GEAUGA COUNTY FAIR

Stop by the UH Geauga Medical Center tent for blood pressure screenings, health education, resources and MORE.

Thursday, August 29 through Monday, September 2
9 a.m. - 11 p.m.

Geauga County Fairgrounds
14373 N. Cheshire Street
Burton, OH 44021

SENIOR DAY AT THE FAIR _ FALL PREVENTION TENT

Stop by the UH Geauga Medical Center Fall Prevention tent to meet with our Clinical Pharmacy Specialists, Trauma and Geriatric teams. Fall Prevention education, resources and MORE will be provided.

Friday, August 30
9 a.m. - 1 p.m.

Geauga County Fairgrounds (located near the Vernon Howard Pavilion)
14373 N. Cheshire Street
Burton, OH 44021

SAVE THE DATE: DIABETES SELF MANAGEMENT CLASS

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

Held every Wednesday for 6 weeks October 2 through November 6
1 - 3:30 p.m.

West Geauga Senior Center
8090 Cedar Road
Chesterland, OH 44026
Call 440-279-2167 to register

NATIONAL NIGHT OUT

Join us for an evening of getting to know our community safety officers and vendors! Live superheroes sponsored by Waste Management and Face Painting & BalloonArtist, sponsored by Chardon Area Chamber of Commerce. King Kone Ice Cream and Swenson's for purchase.

Tuesday, August 6
6 - 8 p.m.

Chardon Square / Gazebo
101 S. Hambden Street
Chardon, OH 44024

IMPACT AND BENEFITS OF PETS

Join Hospice of the Western Reserve and UH Pet Pals for a fun and engaging program to learn how pets can impact our overall health & wellness.

Wednesday, August 7
2 p.m.

Ohman Family Living at Blossom
12496 Princeton Road
Huntsburg, OH 44046

LYMPHEDEMA SUPPORT GROUP

Topic and location to be determined
Call 440-214-3101 for information or Email: Cathy.Jewell@uhhospitals.org or Patricia.schroeder@uhhospitals.org



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

BLOOD DRIVE

Please consider donating... there is a national blood shortage. Save a life today! Donors needed! Come give blood in August for \$20 Amazon.com gift card by email.

See rcblood.org/help

Friday, August 16
11 a.m. – 4 p.m.

[CLICK HERE to schedule an appointment.](#)

UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH 44024

COMMUNITY PROGRAMS

CONCORD SUMMER CONCERT

Come out for the last concert in beautiful Concord this summer with Follow the Sun and check your blood pressure with University Hospitals! For additional concert information: <https://concordtwp.com/community/activities/summer-concerts/>

Thursday, August 1

6:30 - 8:30 p.m.

Concord Town Hall

7229 Ravenna Road

Concord, OH

LIGHT UP THE PARK

Join UH Lake Community Outreach for this great event, check your blood pressure and receive fresh locally grown free produce while supplies last. For more about this event:

https://www.madisonrec.net/custom_pages/104639/light-up-the-park

Saturday, August 10

2 - 9:30 p.m.

Madison Township Park

2065 Hubbard Road

Madison, OH 44057

WILLOUGHBY OUTDOOR MARKET

The wonderful Heart of Willoughby Market is back and in its 45th year! Join UH Lake Community Outreach as we offer free health screenings and health education. There is everything from healthy produce to fantastic finds at this market. For more market information:

<https://heartofwilloughby.com/market>

Saturday, August 24

8 a.m. - 12 p.m.

Saturday, August 31

8 a.m. - 12 p.m.

City Hall Parking Lot

1 E Spaulding Street

Willoughby, OH 44094

CONCORD COMMUNITY DAY

Join UH Lake Community Outreach at Concord's Community Day! We will offer free blood pressures, screenings, and more! To learn more about Community Day:

<https://concordtwp.com/community/activities/community-day/>

Saturday, August 10

4 - 10 p.m.

Concord Town Hall

7229 Ravenna Road

Concord, OH

SENIOR APPRECIATION DAY

University Hospitals will be offering blood pressure checks, free locally grown produce and more! Please contact the Recreation Department to register for this event at 440-639-4650. For more Concord Senior Social event information:

<https://concordtwp.com/wp-content/uploads/2024/03/Spring-Summer-55-Newsletter-2024-for-Website.pdf>

Wednesday, August 21

1 - 2 p.m.

Concord Community Center

7671 Auburn Road

Concord, Ohio 44077



UH Lake Medical Center, (con't).



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 3
9 – 10 a.m.

Tripoint Medical Center
7590 Auburn Road
Painesville, OH 44077

Saturday, August 17
9:00 a.m. – 12:00 p.m.

UH Lake West Medical Center
36000 Euclid Ave
Willoughby, Ohio 44094

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, August 14
6 – 8 p.m.

**UH Brunner Sanden Dietrick
Wellness Center (Conf. Room A) 8**

UH FITNESS CENTER IN MENTOR

BRUNNER SANDEN DEITRICK WELLNESS CENTER

UH Fitness Center in Mentor
8655 Market Street
Mentor, OH 44060



COMMUNITY EVENT

MEDICALLY BASED FITNESS - UH MENTOR FITNESS CLASS

We offer programs and services designed to meet your every need. We are ready to help you every step of the way on your wellness journey. Call today to set a time for a tour and discover why medically based fitness may be just what you are looking for. 440-375-8777

NUFIT SERIES

Our Nutrition & Fitness Education Series brings together fitness and nutrition experts to cover new topics each month. *All seminars are held from 6-7 p.m.* in the UH Brunner Sanden Deitrick Wellness Center Conference Room B-2nd floor. Registration is recommended. Call **440-701-7507** to reserve your seat. Open to the public and UH Fitness Center members.

Tuesday, August 20
6-7 p.m.

*Fitness: Men vs Women in Exercise
Nutrition: The Wonderful World of Avocados*

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 866-844-2273 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.

NEW! SPIRITUAL CARE VOLUNTEERS

The Parma Pastoral Care Department is seeking caring individuals who would like to become Spiritual Care Volunteers. Our volunteers function under the supervision of the hospital chaplain, providing emotional and spiritual support to patients and families in the hospital setting. Complete training and orientation is provided. If Interested send your inquiries to Chaplain Marian Mihas at marian.mih@uhhospitals.org or by calling 440-743-4295.

NEW! WEEKLY CHAPEL SERVICES

You are invited to attend the Parma Pastoral Care Department's weekly chapel services, located in the Main Lobby Chapel. All are welcome to this interfaith service where Chaplain Marian Mihas will lead a brief service for 10-15 minutes. This worship service includes prayer, Bible reading and the singing of a hymn. We hope you will join us as we pause for spiritual renewal. For questions, please contact Chaplain Marian Mihas at marian.mih@uhhospitals.org or call 440-743-4295.

Every Wednesday

12 p.m.

UH Parma Medical Center
7007 Power Blvd.
Parma, OH 44129

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. <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

UH Parma Medical Center, (con't).

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>

CANCER TREATMENT & SERVICES AT UH PARMA MEDICAL CENTER

University Hospitals Seidman Cancer Center, an extension of UH Cleveland Medical Center at UH Parma Medical Center brings nationally ranked cancer experts close to you. We provide patients with on-site cancer care for a full spectrum of cancer types, including:

- Breast cancer
- Colon cancer
- Head and neck cancer
- Lung cancer
- Prostate cancer
- Thyroid cancer

Cancer services at UH Parma include screenings and imaging, infusion therapy, radiation therapy, [access to clinical trials](#), and nutritional and psychological support. All cancer services in Parma, Ohio, are carefully coordinated and individualized for each patient by a highly skilled team of UH Seidman Cancer Center specialists. The cancer program at UH Parma Medical Center is recognized by The Commission on Cancer, part of the American College of Surgeons, for commitment to providing comprehensive, high-quality, and multidisciplinary patient centered care. Click [HERE](#) to go to the website for more information.

CITY OF PARMA FAMILY SAFETY DAY

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

Saturday, August 17
11 a.m. - 2 p.m.

Parma Justice Center
5555 Powers Boulevard
Parma, OH 44129

COMMUNITY ART THERAPY SESSIONS

Join UH Connor Whole Health Art Therapist, Jessica Grimm, ATR-P for a FREE weekly art therapy group open to the community. In these group sessions you will learn how to utilize art materials in an expressive way to help increase your well-being and help with anxiety, stress, emotions, relaxation, coping with change and much more. Each session will feature a different art intervention. You do not have to commit to all sessions. **MUST R.S.V.P.** to

Jessica.grimm@uhhospitals.org or call **216-844-5298**

Thursdays, August 1, 8, 15, 22, 29
10 -11 a.m.

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information

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 15
11 a.m. – 5 p.m.

UH Parma Medical Center
7007 Powers Boulevard
Parma, OH 44129

UH Parma Medical Center, (con't).

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

Free Blood Pressure Screenings at these locations.

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

Wednesday, August 7

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road
Parma, OH 44134

Wednesday, August 7

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road
North Royalton, OH 44133

Thursday, August 8

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue
Brooklyn, OH 44144

Friday, August 9

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

Independence Senior Center

6363 Selig Drive
Independence, OH 44131

Friday, August 9

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard
Parma, OH 44129

Tuesday, August 13

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road
Broadview Hts., OH 44147

Wednesday, August 14

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive
Seven Hills, OH 44131

Tuesday, August 27

9:30 - 11:30 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. *No registered required. Join anytime.*

Wednesdays, August 7, 14, 21, 28

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*

Monday, August 12

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. You **MUST RSVP** for this meeting by August 7th.

For more information and / or questions call 440-743-4932

Tuesday, August 13

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*

Fridays, August 2, 9, 23, 30

4:30 p.m.

NEW! BEREAVEMENT SUPPORT GROUP

Join our new bereavement support group as we share our experiences and receive support for loss, grief and coping with change, in a confidential and informal environment. If you have questions, reach out to Chaplain Marian Mihas at marian.mihas@uhhospitals.org or call the Parma Pastoral Care Department at **440-743-4295**

4th Thursday of every month.

Thursday, August 22

1 – 2 p.m.

UH Parma Medical Center

7007 Powers Boulevard
Parma, OH 44134

Conference Room E (third floor)

Our Mission

To Heal. To Teach.

To Discover.

COMMUNITY PROGRAMS **RED CROSS BLOOD DRIVE**

Monday, August 19
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.

KNOW YOUR NUMBERS – HEART HEALTH LUNCH & LEARN

Gain a better understanding of your heart health, cardiac testing, and understanding your lab values. What is good cholesterol, bad cholesterol, and a lipid profile? Learn what resources are available to you to start improving your heart health and learn from the experts at UH Portage Medical Center.

Thursday, August 15
11:30 a.m. – 1 p.m.

**UH Portage Medical Arts Building,
Room 150**

6847 N. Chestnut Street
Ravenna, OH 44266

Call 330-297-2576 to register

PORTAGE PARKS DISTRICT PRESENTS: HIKE WITH A UH EXPERT

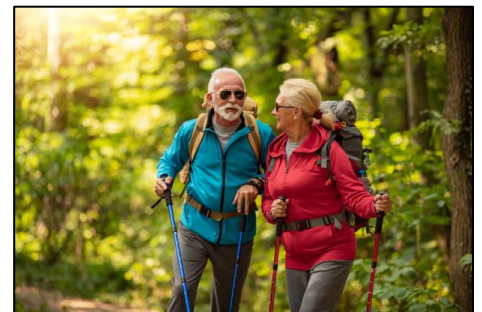
Get your day started with a hike and learn from a representative of University Hospitals Portage Medical Center's Rehabilitation Center on healthy movement.

Tuesday, August 13
10 a.m.

Morgan Park
8828 OH-44

Ravenna, OH 44266

Call 330-297-7728 to register



UH Portage Medical Center, (con't).

HAYMAKER FARMER'S MARKET

Please join UH at the market for free information on nutrition and summer gardening tips.

Saturday, August 17

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.)

HEALTH SCREENINGS

FREE BLOOD PRESSURE SCREENINGS

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

Tuesday, August 6

11 a.m. - 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street
Ravenna, OH 44266

Tuesday, August 13

11 am – 1pm

Renaissance Family Center

9005 Wil Verne Drive, Windham, OH 44288

Monday, August 19

11 a.m. – 1 p.m.

UH Portage Professional Center - Lobby

6847 N. Chestnut Street
Ravenna, OH 44266

Wednesday, August 28

11 am – 1 pm

UH Streetsboro Health Center

9318 OH-14

Streetsboro, OH 44241

INTERNATIONAL OVERDOSE AWARENESS DAY – INFORMATION TABLE

NARCAN kits will be available for distribution.

Friday, August 30

11 a.m. – 1 p.m.

UH Portage Medical Center, Cafeteria

6847 N. Chestnut Street
Ravenna, OH 44266

SUPPORT GROUPS

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

BEYOND STROKE SUPPORT GROUP (Virtual quarterly meetings)

SUPPORT FOR GRIEVING ADULTS

THE GRIEF RECOVERY METHOD®

The 8-Week Grief Support Action Program for Moving Beyond Death, Divorce, and Other Losses
Cost: \$40

8-Week Program beginning

Thursday, August 22

6 – 8 p.m.

For more information or to register contact Joan C. Seidel, Certified Grief Recovery Specialist ®

330-678-8109 Ext. 5207

The Grief Place

INFO: www.thegriefcareplace.org

330-686-1750

Kelly's Grief Center

INFO: ww.kellysgriefcenter.com

Call **330-593-5959** for Information

DIABETES SUPPORT GROUP

Tuesday August 6

4 - 5 p.m.

UH Portage Medical Arts Building, Room 150

6847 N. 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>

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-resources/age-well-be-well>

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 6, 13, 20, 27
12 – 1 p.m.

Weather permitting

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

HEALTH SCREENINGS

BIOMETRIC SCREENINGS

Blood pressure, Non-Fasting Cholesterol & Glucose screenings, and education

Wednesday, August 7
2:30 - 5 p.m.

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

Saturday, August 10
9 a.m. - 12 p.m.

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

BLOOD PRESSURE SCREENINGS

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

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

SEIDMAN CANCER

UH, Seidman Cancer Center will provide valuable health information and resources to address inquiries regarding cancer screening and offer informed recommendations.

CARE SOURCE

A representative will be available to answer your questions about health insurance, coverage, eligibility, and other services.

Wednesday, August 7
2 - 5 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143
For more information, call 440-735-4270

SAVE THE DATES

UNIVERSITY HOSPITALS MOBILE HEALTH UNIT

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, October 16

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

UNIVERSITY HOSPITALS RICHMOND HEIGHTS: HEALTH & WELLNESS DAY

Dinner on a Budget: A Cooking Demonstration: Join executive chef Tony Verona and Registered Dietitian Bailey Gordon for a cooking demonstration with a budget-friendly, tasty, and easy-to-make recipe.

To register for the cooking demonstration, visit us on Eventbrite at "UH Richmond Wellness."

Wednesday, August 7
4:15 - 5:15 p.m.

Richmond Heights Community Center
27285 Highland Road
Richmond Heights, OH 44143
For more information, call 440-735-4270



RICHMOND HEIGHTS SUMMER CONCERT SERIES:

Join us for an incredible evening of live music and entertainment in the beautiful setting of Richmond Heights Community Park. You'll have the opportunity to visit the UH table, where we will provide valuable wellness information, including insights on nutrition, health education, community resources, and screenings. It's a perfect opportunity to engage with health professionals and learn about healthy lifestyles. We can't wait to see you there!

Wednesday, August 7, 14, 21
6:30 - 8:30 p.m.

Richmond Heights Community Park Gazebo

27285 Highland Road
Richmond Heights, OH 44143

COMMUNITY RESOURCES

Connect with Susan Packard, a certified community health worker, to improve community health and well-being, get linked to resources for food insecurities, rental and housing assistance, utility assistance, transportation, and mental health services, reduce the need for EMS through education and connections to health and social services, and more.

Wednesday, August 7
2 - 5 pm

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143
For more information, call 440-735-4270

FREE ART EXPERIENCE

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

Wednesday, August 7
2 - 5 p.m.



DIGITAL HEALTH

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, August 7
2 - 5 p.m.

BEGINNER YOGA MAT

Come and experience the rejuvenating benefits of a beginner mat yoga class led by a certified instructor from In The Now Yoga Meditation Wellness.

Wednesday, August 7
3 - 4 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143
For more information, call 440-735-4270



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

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

Thursday, August 22
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, August 13
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*

ASHLAND COUNTY VETERAN'S APPRECIATION DAY

Family friendly activities, food & music.

Saturday, August 10
11 a.m. - 10 p.m.

UH Health Screenings & Education

11 a.m. - 2 p.m.

Ashland County Airport

700 Township Road 1102
Ashland, OH 44805

RED CROSS BLOOD DRIVE

Friday, August 2

11 a.m. – 5 p.m.

Thursday, August 15

9:30 a.m. – 3:30 p.m.

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

UH HEALTH SERIES: MEDICARE UPDATES WITH UH MEDS & KAZ GROUP

Thursday August 15

12:30 - 130 p.m.

Ashland County Council On Aging

240 East 3rd Street
Ashland, OH 44805

Call to register: 419-289-1477

UH MID-WEEK FARMER'S MARKET

Wednesday August 7, 14, 21, 28

4- 6 p.m. (weather permitting)

Samaritan on East Main

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, August 14

9 – 10:30 a.m.

Ashlnd YMCA

FirstFloor Conference Room
207 Miller Street
Ashland, OH 44805

WOMEN SUPPORTING WOMEN MUSIC THERAPY GROUP

Tuesday August 20

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



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

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, August 7

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

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

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

For more information about our programs, contact the Community 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

Thursday, August 1

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

Westlake Center for Community Services

Community Meeting Room
28975 Hilliard Blvd
Westlake, OH 44145

Thursday, August 8

10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

Monday, August 12

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road
Fairview Park OH 44126

Wednesday, August 14

9:00 – 10:30 a.m.

Cove Community Center

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

HEALTH FAIRS

(Cholesterol, glucose, blood pressure)

Wednesday, August 21

11 a.m. - 1 p.m.

Bay Village Senior Center (Dwyer Memorial Center)

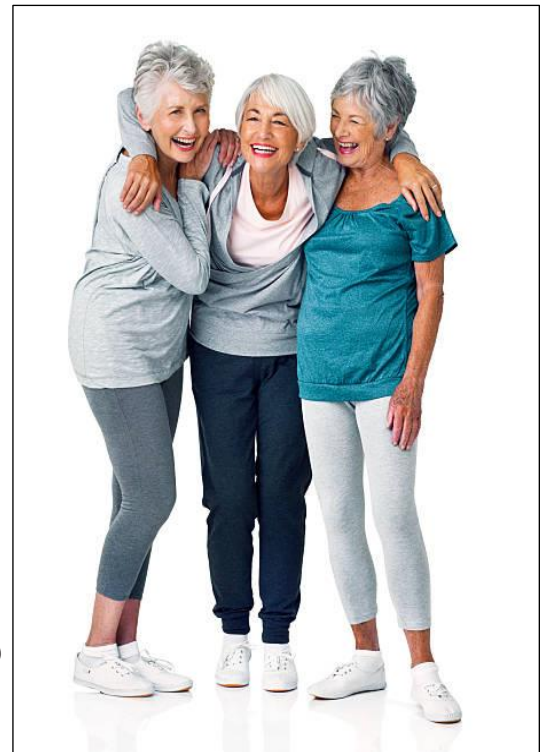
300 Bryson Lane
Bay Village OH 44140

Wednesday, August 28

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

North Olmsted Senior Center

Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070



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-resources/age-well-be-well>

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 15

2 – 5 p.m.

Bay Village Fire Station

28100 Wolf Road

Bay Village, OH 44140

Thursday, August 22

2 – 5 p.m.

North Olmsted Fire Station

24291 Lorain Avenue

North Olmsted, OH 44070

Call **440-827-5440** to schedule

North Royalton Fire Station

7000 Royalton Road

North Royalton, OH 44133

Email Kathy Salvo for scheduling

ksalvo@northroyalton.org



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**