

Age Well. Be Well.

THE CENTER FOR LIFELONG HEALTH



AGE WELL. BE WELL. CLUB FOR 55 AND OLDER

EVENTS – OCTOBER THROUGH DECEMBER, 2019

If you do not currently receive these calendars via your email or home address, please join the free Age Well. **Be Well** club by calling **1-844-312-5433** or visiting our website at **UHhospitals.org/AgeWell**

LOCATION:

UH Ahuja Medical Center
3999 Richmond Road
Beachwood, Oh 44122

FEATURED EVENT

HERNIA SCREENINGS OSTOMY AWARENESS DAY

Biometric screenings including blood pressure, cholesterol and blood glucose. No fasting necessary.

SATURDAY, OCTOBER 19
9 a.m. – 12 p.m.

UH Ahuja Medical Center
Risman Medical Building, Suite 110
To register, please call 216-415-6570.

HEALTH EDUCATION

ADVANCED DIRECTIVES

What does my family need to know about my wishes?

Nate Gradisher from Hospice of the Western Reserve at UH will speak to us on this sometimes sensitive topic.

TUESDAY, NOVEMBER 12
6 – 7:30 p.m.

UH Ahuja Medical Center
Rosenberg Suite A/B
To register, please call 216-593-1768.
A light snack will be served.

THANKFULNESS

WEDNESDAY, NOVEMBER 20
4 – 6 p.m.

Warrensville Heights Civic and Senior Center
4567 Green Road
Warrensville Heights, OH 44128
To register, please call 216-593-1768.
Light dinner served.

MINDFULNESS

Come join us as we mindfully prepare to say farewell to the old year and a hello to the New Year.

Speaker will be from UH Connor Integrative Health Network.

TUESDAY, DECEMBER 10
6 – 7:30 p.m.

UH Ahuja Medical Center
Rosenberg Suite A/B
To register, please call 216-593-1768.
Light dinner served.

FREE DSME DIABETES SELF-MANAGEMENT EDUCATION CLASSES

Four classes provide a diabetes overview: Pathophysiology; Blood Glucose Monitoring; Nutrition; Pharmacology and Complications. Specialists in each area will be your instructors.

TUESDAYS
NOVEMBER 5, 12, 19, 26
5:30 – 7:30 p.m.

UH Ahuja Medical Center
Rosenberg Suite C
To register, please call 216-593-1768.

SCREENINGS

BLOOD PRESSURE SCREENINGS

No fasting necessary and registration is not required.

MONDAYS
OCTOBER 14
NOVEMBER 11
DECEMBER 9
10:30 – 11:30 a.m.

Warrensville Heights YMCA
4433 Northfield Road
Warrensville Heights, OH 44128

MONDAYS
OCTOBER 21
NOVEMBER 18
DECEMBER 16
5:30 – 7:30 p.m.

Solon Recreation Center
35000 Portz Parkway
Solon, OH 44139

BLOOD PRESSURE, CHOLESTEROL AND GLUCOSE SCREENING

No fasting necessary and registration is not required.

SUNDAY, OCTOBER 6
11:30 a.m. – 2:30 p.m.

University Heights Fire Department
2980 Silsby Road
University Heights, OH 44118

SUPPORT GROUPS

DIABETES SUPPORT GROUP

Attending a diabetes support group is a proactive way to find support, help, tips and tools that can be part of an integrated approach to diabetes management.

TUESDAYS
OCTOBER 15
NOVEMBER 20
DECEMBER 17
6 – 7 p.m.

UH Ahuja Medical Center
Rosenberg C

To register, please call 216-593-1768.

FIBROMUSCULAR DYSPLASIA

FMD is a condition that causes one or more arteries in the body to have abnormal cell development in the artery wall. As a result, areas of narrowing (called stenosis), aneurysms or tears (called dissections) may occur. This group is free and open to the public and meets quarterly. Seating is limited.

TUESDAY, OCTOBER 15
6 – 7:30 p.m.

UH Ahuja Medical Center
To register, please call 216-553-4379.
Refreshments provided.

ACTIVITIES

THE WAY OF THE LABYRINTH

Walking the labyrinth is a celebration of the centering process. We are reminded that we are on a journey in life. Your walk simply requires you to focus on the path in front of you letting the labyrinth guide you along the pathway to the center.

Dress for the weather.

TUESDAYS

OCTOBER 8

NOVEMBER 12

DECEMBER 3

9:30 – 10:30 a.m.

UH Ahuja Medical Center

No registration required. Meet in the front lobby. Wear comfortable shoes.

WALK WITH A NURSE

Spend time on a relaxing and refreshing walk around the beautiful UH Ahuja pond.

Dress for the weather.

TUESDAYS

OCTOBER 15

NOVEMBER 19

DECEMBER 17

9:30 – 10:30 a.m.

UH Ahuja Medical Center

No registration required. Meet in front lobby. Wear comfortable shoes.

BEACHWOOD FALL FESTIVAL

SUNDAY, OCTOBER 6

12 – 5 p.m.

Beachwood City Hall

Parking Lot

25325 Fairmount Boulevard

Beachwood, OH 44122

BRUNCH WITH SANTA

Children under age 13 with a parent or grandparent.

SATURDAY, DECEMBER 14

10 a.m. – 2 p.m.

UH Ahuja Medical Center

Register on Eventbrite after November 18.

Call Warrensville Heights YMCA at 216-518-9622 for further information.

Registration limited.

SAVE THE DATE

HEALTH FAIR

Biometric screenings include blood pressure, blood cholesterol and blood glucose

SATURDAY, JANUARY 25, 2020

Solon Recreation Center

35000 Portz Parkway

Solon 44139

8:30 – 11:30 am

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 call or visit the website to register.

1-844-312-5433 or **UHhospitals.org/AgeWell**

THE FITNESS CENTER AT UH AVON HEALTH CENTER: SPECIALTY CLASSES

All specialty group exercise classes and presentations are free and open to non-members, however, pre-registration is required by calling 440-988-6801. Photo ID is required upon check-in to the facility. Ages 15 and over. Those under the age of 18 must have a legal guardian with them to sign liability waiver.

For questions: Renee Barrett, Program Manager **440-988-6801** Renee.Barrett@UHhospitals.org

BEGINNER YOGA CLASS

This class is designed for those who are new to yoga, and for participants who have learned the basic poses and breathing techniques. It is ideal for beginning flexibility and breathing conditioning.

SECOND SATURDAY OF THE MONTH

11:30 a.m. – 12:25 p.m.

BEGINNER SPINNING CLASS

Learn the proper method for bike setup in this beginner's level Spinning (Group Cycling) exercise class. Your instructor will go through basic class formats including hill and race training, and train teaching watts (power generated from your cycling).

LAST SATURDAY OF THE MONTH

10:15 – 11:10 a.m.

RACE DAY

This advanced Spinning class is a 90-minute session in which your instructor leads you through a road race course on a spin bike. The race includes hill training.

LAST SUNDAY OF THE MONTH

11 a.m. – 12:30 p.m.

SPIN H.I.I.T./YOGA STRETCH

This intermediate spinning class includes high intensity intervals to improve your metabolism, brain health and more! Followed by a yoga stretch routine in studio.

ONE SATURDAY A MONTH

11:30 a.m. – 12:15 p.m.

POUND® FITNESS

Using Ripstix – lightly weighted drumsticks engineered specifically for exercising – POUND transforms

drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.

SATURDAYS

OCTOBER 5

NOVEMBER 2

DECEMBER 7

11:30 a.m. – 12:25 p.m.

PARKINSON'S DISEASE WELLNESS EDUCATION

SECOND THURSDAY OF EACH MONTH

12 – 1 p.m.

Refreshments provided. Please RSVP to Jordan Smith

440-328-3446 or

Jordan.Smith@UHhospitals.org

RUNNING TIPS AND TRICKS

Join our Certified Long Distance Running Coach for tips on how to enjoy running and minimize injury and connect with fellow runners whom you might enjoy meeting for group runs.

TUESDAY, OCTOBER 1

10:15 – 10:45 a.m. Presentation

6 – 7 p.m. Brief Talk and Group Run

NUTRITION TALK – INTERMITTENT FASTING – IS IT RIGHT FOR YOU?

What is intermittent fasting? Learn the pros and cons to decide if it is the best fit for you.

Presented by Kim Horvath, Med, RDN, LD, CDE

TUESDAY, OCTOBER 8

11:30 a.m. – 12:30 p.m.

WEDNESDAY, OCTOBER 16

6 – 7 p.m.

HOPE: CANCER EXERCISE PROGRAM

If you or a family member have been impacted by cancer, we offer an 8-week cancer exercise specialist-led program which meets twice per week. Learn more about the program and other guidelines to follow to ensure you are optimizing the benefits of an exercise program. #exerciseismedicine.

THURSDAY, OCTOBER 10

5:30 – 6:15 p.m.

SKINCARE AND MAKE-UP EXHALE SPA OPEN HOUSE

Enjoy a presentation from our experts on how to care for your skin during the winter months and personalized consultations for participants. Products will be available on promotion for the day of the event. To register contact Dana.Doheny@UHhospitals.org or call **440-988-6801**.

TUESDAY, NOVEMBER 12

5 – 7 p.m.

HOLIDAY WELLNESS PRESENTATION

Learn tips for managing stress, exercise for busy schedules and recipes for the upcoming holiday season. Optional weigh-in for the Maintain Don't Gain Program.

FRIDAY, NOVEMBER 15

11 – 11:45 a.m.

**DIABETES AWARENESS
GLUCOSE AND BLOOD
PRESSURE SCREENING****TUESDAY, NOVEMBER 19**

4:30 – 6:30 p.m.

*No fasting required***IRON YOGA**

Lengthen the body while incorporating the mind/body benefits of breath with movement. This invigorating class incorporates light dumbbells with yoga poses.

ONE TUESDAY PER MONTH

8:15 – 9 a.m.

CLASSES AND MEMBERSHIPS REQUIRING A FEE**BETTER BODY CHALLENGE**

A 12-week immersion program that focuses on weight loss, body fat reduction and increased fitness levels. Past participants have seen a marked reduction of their Body Mass Index (BMI) as well as increased lean body mass and stamina. Includes 24 small-group personal training sessions, nutritional guidance and education, fun team challenges and educational seminars. Cash prizes to provide extra incentive. Biweekly accountability with weigh-ins and measurements.

JANUARY 12 – APRIL 4

Register early for best selection of training times. Black Friday Week November 25-December 2nd, 10% off program. For more information contact Melissa.Rau@uhhospitals.org or call 440-988-6824.

HOPE: CANCER EXERCISE PROGRAM

HOPE is an exercise program for cancer patients at any stage of treatment who currently have a cancer diagnosis or have been in remission up to six months. The eight-week program is tailored to individual goals and needs and is led by specially-trained and certified fitness professionals.

It includes small-group workouts on:

TUESDAYS AND THURSDAYS

5 – 6 p.m.

For details contact Christopher.Ross@UHHospitals.org or call 440-988-6815.

Fee: \$50. Scholarships are available for those with a financial hardship.

HEALTHY HABITS FOR A HEALTHY LIFESTYLE

Join dietitian Kim Horvath, MEd, RDN, CDE for an eight-week weight management program that explores macronutrients, meal planning, portion control, behavior modification, label reading and physical activity. A healthy meal plan guide is provided. The program is designated for individuals with a Body Mass Index (BMI) of 27 or more who are interested in losing weight. Pre- and post-program body composition measurements will be scheduled with each participant.

TUESDAYS**SEPTEMBER 24 – NOVEMBER 12**

6 – 7 p.m.

*Please call 440-988-6801 to register.**Fee: \$60 for eight-week program.***AGING ACTIVELY PERSONAL TRAINING CLASS**

Join Lauren Roland, M.S. Exercise Science and Certified Personal Trainer, for this small group personalized program for seniors that includes cardio, strength, balance and flexibility in various formats with emphasis on form and fun. Pre- and post-program testing to gauge progress will be offered: 6 minute walk test, chair sit to stand, etc.

MONDAYS AND THURSDAYS**WEDNESDAYS AND FRIDAYS**

1 – 2 p.m.

Fee: \$120 fitness center member; \$150 for guest

PERSONAL TRAINING CLASS

Over 55 and looking for the guidance of a personal trainer to improve balance, core strength and muscle tone? Join Certified Personal Trainer Beth Bastien for small group training sessions with 2-5 participants.

THURSDAYS

2 – 3 p.m.

Fee: six-week session: \$72 for fitness center member; \$90 guest.

TRX INTRODUCTION PERSONAL TRAINING CLASS

Learn the fundamentals of TRX suspension training to improve muscular strength and endurance while safely working your core.

TUESDAYS

12:25 – 1:25 p.m.

Fee: six-week session: \$72 fitness center member; \$90 guest.

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 call or visit the website to register.

**1-844-312-5433 or
UHHospitals.org/AgeWell**

LOCATIONS:

UH Bedford Medical Center

44 Blaine Avenue
Bedford, OH 44146

Light of Hearts Villa

283 Union Street
Bedford, OH 44146

Cuyahoga County Library

Southeast Branch
70 Columbus Street
Bedford, OH 44146

FEATURED EVENT

WALKING CLUB – NEW LOCATION

Put on your walking shoes and join the Age Well Be Well Walking Club every Monday. Take a few laps around the gym at Ellenwood Rec Center, our new walking location. (Please bring a pair of indoor walking shoes that are appropriate for the gym floor.) New walkers will receive a complimentary T-shirt upon sign up.

MONDAYS

OCTOBER 7, 14, 21, 28
NOVEMBER 4, 18, 25 (NO WALKING 11/11)
DECEMBER 2, 9, 16, 23, 30
9:30 – 10 a.m.

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, OH 44146

Call 440-735-4739 to register.

EXERCISE & FITNESS

YOGA WITH A TWIST

MONDAYS

OCTOBER 7, 21, 28
NOVEMBER 4, 18, 25
DECEMBER 2, 9, 16, 23, 30

FRIDAYS

OCTOBER 4, 11, 18, 25
NOVEMBER 1, 8, 15, 22, 29
DECEMBER 6, 13, 20, 27
11 – 12 p.m.

Oakwood Village Community Center

23035 Broadway Avenue
Oakwood Village, OH 44146

440-735-4739

BALANCE EXERCISE

THURSDAYS

OCTOBER 3, 10, 17, 24, 31
NOVEMBER 7, 14, 21,
DECEMBER 5, 12, 19
11 a.m. – 12 p.m.

The Mandel Jewish Community Center

Warrensville Community Apartments
1500 Warrensville Center Road
Cleveland Heights, OH 44121

Call 216-831-0700, Ext. 1210.

BALLOFLEX CHAIR DANCING

BalloFlex is a seated chair fitness program that incorporates elements of music and dance. It is an activity that has been carefully designed to provide a fun group interaction using low-impact movements set to music.

TUESDAYS

OCTOBER 1, 15, 22, 29
(NO CLASS 10/8)
NOVEMBER 5, 12, 19, 26
DECEMBER 3, 10, 17
(NO CLASS 12/24 & 12/31)

THURSDAYS

OCTOBER 3, 17, 24, 31
(NO CLASS 10/10)
NOVEMBER 7, 14, 21
(NO CLASS 11/28)
DECEMBER 5, 12, 19
(NO CLASS 12/26)
10:30 – 11 a.m.

Light of Hearts Villa

Call 440-735-4739 to register.

ACTIVITIES

COMMUNITY MUSIC EXPLORATION

Join Paul T. Ousley, MT-BC, UH Bedford Medical Center and

Connor Integrative Network, for singing and socializing! You will enjoy meeting with other Age Well. Be Well. members while you play instruments and sing along to your favorite songs.

WEDNESDAYS

OCTOBER 23
NOVEMBER 20
DECEMBER 18
2:30 – 3 p.m.

Light of Hearts Villa

440-735-4739

AFTERNOON BOOK DISCUSSION

WEDNESDAY, OCTOBER 2

1:30 – 3 p.m.

Cuyahoga County Library

Southeast Branch-Meeting Room

OCTOBER TITLE: "The Night Tiger" by Yangsze Choo

Copies of the book are available one month prior to the discussion date.

WEDNESDAY, NOVEMBER 6

1:30 – 3 p.m.

Cuyahoga County Library

Southeast Branch-Meeting Room

NOVEMBER TITLE: "The Gown: A Novel of the Royal Wedding" by Jennifer Robson

Copies of the book are available one month prior to the discussion date.

AFRICAN AMERICAN AUTHORS BOOK GROUP

Join us to explore all genres of African American writing. We will read African American classics, historical fiction, science fiction, mysteries, autobiographies, nonfiction and urban fiction.

THURSDAY, OCTOBER 31

7 – 8:30 p.m.

Cuyahoga County Library

Southeast Branch-Small Meeting Room

OCTOBER TITLE: "The Deepest Well: Healing the Long-Term Effects of Childhood Adversity" by Nadine Burke Harris, M.D.

Copies of the book are available one month prior to the discussion date.

DINNER AND A MOVIE

TUESDAY, OCTOBER 15

3 – 5 p.m.

October Movie Title: "No Reservations" 2007- Comedy, Drama, Romance

TUESDAY, DECEMBER 17

3 – 5 p.m.

December Movie Title: "It's a Wonderful Life" 1946- Drama/ Family/Fantasy

UH Bedford Medical Center Café

Reservations are ONLY accepted during the week prior to each event. Call 440-735-4739.

COMPUTER CLASS

Individual computer help for seniors. Not a group class.

TUESDAYS

OCTOBER 1, 8, 15, 22, 29

NOVEMBER 5, 12, 19, 26

DECEMBER 3, 10, 17

11 a.m. – 12 p.m.

The Mandel Jewish Community Center

Warrensville Community Apartments.

1500 Warrensville Center Cleveland Heights, OH 44121

Please call 216-831-0700, Ext. 1210.

ADULT COLORING CLASS

Coloring isn't just for kids. Coloring offers grown-ups a chance to relax, escape from life's stress and improve fine motor skills. Come learn about the color wheel, techniques of shading and blending as well as how to choose colors schemes that will ensure a masterpiece worthy of hanging on the fridge or even framing on your wall. All levels of artistic ability are welcome to join us as we explore our inner artist. Coloring books and pencils will be provided. Feel free to attend as many classes as you would like.

WEDNESDAYS

OCTOBER 9, 23

NOVEMBER 13, 27

DECEMBER 11 (NO CLASS ON 12/25)

10 – 11 a.m.

UH Bedford Medical Center Café

Class size is limited. Please call 440-735-4739.

COMMUNITY HEALTH & WELLNESS TALK

Macular Degeneration, Cataracts & Caring for Your Eyes as You Get Older

Stacy D. Schonberg, DO, Clinical Instructor Ophthalmology – UH Regional Hospitals

FRIDAY, OCTOBER 25

11 a.m. – 12 p.m.

The Mandel Jewish Community Center

Warrensville Community Apartments

1500 Warrensville Center Road Cleveland Heights, Ohio 44121

Call 216-831-0700, Ext. 1210.

FREE HEALTH & WELLNESS FAIR

Celebrate wellness at our event, featuring: B/P, glucose, cholesterol & lung capacity screenings, Talk to the Pharmacist, Talk to the Dietitian and flu shots.

WEDNESDAY, OCTOBER 16

9 – 11 a.m.

Ellenwood Recreation Center

124 Ellenwood Avenue Bedford, OH 44146

For questions call 440-735-4219.

DIABETES SELF-MANAGEMENT EDUCATION

Four-week class series held each Wednesday. The Diabetes Center at UH Bedford Medical Center offers comprehensive care for people with a medical history of diabetes or those recently diagnosed with the disease in a convenient outpatient setting.

WEDNESDAYS

OCTOBER, 2, 9, 16, 23

5:30 – 7:30 p.m.

UH Bedford Medical Center Nutrition Office

Please note: Diabetes Self-Management Classes are billable to your insurance provider, and a physician referral is required. For more information or assistance in obtaining a referral, please call 440-735-4700.

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 call or visit the website to register.

1-844-312-5433 or **Uhhospitals.org/AgeWell**

LOCATION:

UH Conneaut Medical Center
158 West Main Street
Conneaut, OH 44030

FEATURED EVENT

HEALTHY LUNGS

Join us as we empower you to make smarter health choices to live a longer, happier and healthier life.

Presented by: Maroun Matta, MD
THURSDAY, NOVEMBER 14
5:30 – 6:30 p.m.

UH Conneaut Medical Center
WH Brown Community Room

ADDICTION MEDICAL SUPPORT SERVICES

Join us as we empower you to make smarter health choices to live a longer, happier and healthier life.

Presented by: Renee Klaric
THURSDAY, DECEMBER 8
5:30 – 6:30 p.m.

UH Conneaut Medical Center
WH Brown Community Room

BREAST HEALTH

The Ashtabula and Eastern Lake County Rural Under-Served Women's Project is an important initiative offering a variety of breast health-related services to women in the communities we serve. Under-served Women's Project offers: Clinical breast examinations and screening mammograms for uninsured and under-insured women ages 40 – 64. Breast health education sessions that cover topics like breast self-awareness and breast self-examination. Free mammogram screenings.

UH Conneaut Medical Center
Must call 440-998-0695 to schedule.

ACTIVITIES

DINNER AND A MOVIE

Join us for dinner and a movie. Dinner starts at 4 p.m. and the movie will start at 5 p.m. \$5.00 dinner – 1 entrée, 2 sides, 1 dessert and 1 drink.

WEDNESDAYS
OCTOBER 9
NOVEMBER 13
DECEMBER 11
4 – 7 p.m.

UH Conneaut Medical Center
Please call 440-998-0107.

EXERCISE & FITNESS

WALK WITH AN EXPERT

OCTOBER 3 – Kellie McGinnis, RN
NOVEMBER 7 – Julie Wood
DECEMBER 5 – Paula Covell, RN
8 – 10 a.m.

Ashtabula Towne Square
3315 North Ridge East
Ashtabula, OH 44004
Please call 440-998-0107.

WALKING PROGRAM – CONNEAUT

Join us each Tuesday morning for a refreshing and relaxing walk.

TUESDAYS
OCTOBER 1, 8, 15, 22, 29
NOVEMBER 5, 12, 19, 26
DECEMBER 3, 10, 17

New Leaf Church
110 Gateway Avenue
Conneaut, Ohio 44030

HEALTH EDUCATION

MONDAYS

OCTOBER 7 – Breast Cancer Awareness
NOVEMBER 11 – Healthy Eating for the Holidays
DECEMBER 2 – Winter Safety Tips
11 a.m. – 12 p.m.

Orwell Country Neighbor
39 South Maple Street
Orwell, OH 44076
Please call: 440-593-0364

TUESDAYS

OCTOBER 1 – Breast Cancer Awareness
NOVEMBER 5 – Healthy Eating for the Holidays
DECEMBER 17 – Winter Safety Tips
12:30 – 1:30 p.m.

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 call or visit the website to register.

1-844-312-5433 or **UHhospitals.org/AgeWell**

Andover Community Center
181 South Main Street
Andover, OH 44003

Please call 440-593-0364

WEDNESDAYS

OCTOBER 9 – Breast Cancer Awareness

NOVEMBER 20 – Healthy Eating for the Holidays

DECEMBER 18 – Winter Safety Tips
11 a.m. – 12 p.m.

Conneaut Human Resource Center
327 Mill Street
Conneaut, OH 44030

Please call: 440-593-0364

SILVER SNEAKERS

Join us once a month for a health topic followed by an exercise class.

WEDNESDAYS

OCTOBER 9 – Breast Cancer Awareness

NOVEMBER 13 – Healthy Eating for the Holidays

DECEMBER 11 – Winter Safety Tips
8 – 8:30 a.m.

New Leaf Church
110 Gateway
Conneaut, OH 44030

HEART FAILURE EDUCATION

MONDAYS
NOVEMBER 4, 11, 18
1 – 3 p.m.

UH Community Outreach
1184 Lake Avenue
Ashtabula, OH 44004

Please call: 440-593-0206

SCREENINGS

**BLOOD PRESSURE/
CHOLESTEROL/GLUCOSE**

TUESDAY, NOVEMBER 19
8:30 – 11:30 a.m.

Conneaut Human Resource Center
327 Mill Street
Conneaut, OH 44030

SUPPORT GROUPS

DIABETIC SUPPORT GROUP

Join us each month for new topics and ideas to encourage you with your diabetic health.

TUESDAYS
OCTOBER 1
NOVEMBER 5
DECEMBER 17
1:30 – 2:30 p.m.

Andover Community Center
181 South Main Street
Andover, OH 44003

THURSDAYS

OCTOBER 17
NOVEMBER 21
DECEMBER 19
10:30 – 11:30 a.m.

Conneaut Human Resource Center
327 Mill Street
Conneaut, OH 44030

MONDAYS
OCTOBER 7
NOVEMBER 11
DECEMBER 2
10 – 11 a.m.

Orwell Country Neighbor
39 South Maple
Orwell, OH 44076

Please call 440-593-0364.

WEIGHT LOSS SUPPORT GROUP

Join us each Monday morning at Snap Fitness, where we will have new topics and speakers each month to encourage you on your weight loss journey and share new ideas.

MONDAYS
OCTOBER 7, 14, 21, 28
NOVEMBER 4, 11, 18, 25
DECEMBER 2, 9, 16
8:30 – 9:30 a.m.

Snap Fitness Conneaut
236 Main Avenue
Conneaut, OH 44030

Please call 440-998-0107.

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 call or visit the website to register.

1-844-312-5433 or **UHhospitals.org/AgeWell**

LOCATIONS:

UH Elyria Medical Center
630 East River Street
Elyria, OH 44035

UH Elyria Medical Center
Gates Building
125 East Broad Street
Elyria, OH 44035

FEATURED EVENTS

DIABETES SEMINAR
MONDAY, OCTOBER 14
Register: 440-771-7681

JOINT PAIN SEMINAR
MONDAY, OCTOBER 28
Register: 440-613-3258

MEMORY LOSS
MONDAY, NOVEMBER 11
Register: 440-613-4177

COLON CANCER
MONDAY, DECEMBER 9
Register: 440-613-3824
6 p.m.

UH Elyria Medical Center
Gates Building – Auditorium

HEALTH SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at 440-284-5709.

HERNIA SCREENING
SATURDAY, OCTOBER 19
9 a.m. – 12 p.m.

Elyria Medical Center
Gates Building – Suite #201
Register: 440-613-2936

GLUCOSE SCREENING
TUESDAYS, OCTOBER 15,
NOVEMBER 19, DECEMBER 17
7 – 9 a.m.

UH Elyria Medical Center Lobby

BLOOD PRESSURE SCREENINGS
Closed on all holidays or in inclement weather.

FIRST WEDNESDAY OF EACH MONTH
8:30 – 10 a.m.

UH Avon Health Center
1997 Healthway Drive
Avon, OH 44011

SECOND WEDNESDAY OF EACH MONTH
9:30 – 11 a.m.

Avon Senior Center
Community Meeting Room
36786 Detroit Road
Avon, OH 44011

THIRD TUESDAY OF EACH MONTH
12:30 – 2 p.m.

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

SUPPORT GROUPS

MUSIC, HEALTH AND WELLNESS
THURSDAYS, OCTOBER 24,
NOVEMBER 21, DECEMBER 19
7 – 8 p.m.

UH Elyria Medical Center
Boyton Room, 3rd floor
Training and Development Dept.
Call Samantha at 440-326-4510

NEUROLOGICAL/STROKE
FOURTH THURSDAY OF EACH MONTH
3:30 – 4:30 p.m.

UH Avon Rehabilitation Hospital
37900 Chester Road
Avon, OH 44011
For details call Tanya at 440-695-7111

DIABETES EDUCATION AND HEALTHY LIFESTYLE
The Diabetes Education Program at UH Elyria Medical Center and UH Avon Health Center provides information and support for anyone living with the disease. Whether diabetes is a new diagnosis or improved blood sugar is needed, we are here to

help. A physician referral is required to participate.

Many insurance plans cover diabetes education. Contact your insurance provider to verify coverage. This program is recognized by the American Diabetes Association.

For more information call
Kim Horvath, MEd, RDN, LD, CDE
440-284-5709

INDIVIDUAL DIABETES EDUCATION

MONDAY THROUGH THURSDAY TUESDAY AND WEDNESDAY –
Evening hours are available

Individual Sessions only:
UH Avon Health Center
1997 Healthway Drive
Avon, OH 44011

DIABETES EDUCATION GROUP CLASSES

You must attend an individual session before attending group classes.

WEDNESDAYS
NOVEMBER 6, 13, 20
6 – 8 p.m.

UH Elyria Medical Center

HEALTHY LIFESTYLE MEDICAL NUTRITION THERAPY

The Healthy Lifestyle program offers nutrition counseling with a registered dietitian/nutritionist. If you need to lose weight, gain weight, or have been diagnosed with high cholesterol, pre-diabetes, food intolerances or other conditions which may be better managed by diet, let us help to get you on track.

MONDAY THROUGH THURSDAY TUESDAY AND WEDNESDAY –
Evening hours are available

A physician referral is required. Please contact your insurance provider to verify coverage.

For more information call
Kim Horvath, MEd, RDN, LD, CDE
440-284-5709

THE WELLNESS CLINIC IS NOW OPEN AT UH GEAUGA MEDICAL CENTER

Living with a chronic disease can be challenging. Whether you have recently been diagnosed or have been living with a chronic condition such as hypertension, heart disease, anemia, chronic kidney disease, Type 2 diabetes or respiratory diseases such as asthma and COPD, our clinical experts can coordinate your care and offer a variety of essential services, including:

- Diagnostic testing and preventive screenings
- Identification of early signs and symptoms
- Management of medications and side effects
- Recommendations for diet and exercise
- Administration of IV medication
- Referrals to primary care or specialist physicians
- Coordinate care and enhance communication between physicians and care providers
- Communication to help improve day-to-day wellness through an assigned Nurse Wellness Coordinator
- Connection to tools and resources that help you to better manage your chronic conditions
- Plan of care with your health goals in mind and designed to track and review your monthly progress.

During your initial clinic visit, you will meet with your dedicated Wellness Nurse who will take the time to get to know you and how your chronic conditions affect your daily activities. During your initial visit you will also meet with an Advanced Practice Provider who will ask you about your health goals and from these goals will create a personalized plan of care.

A member of our pharmacy team will review your medications, ensure there are no barriers in obtaining or taking your medications, make you aware of possible interactions and answer your questions.

To learn more, call 216-286-5433 (LIFE)

To schedule an appointment, call 440-285-3030

Wellness Clinic Location: UH Geauga Health Center, Building 1
13221 Ravenna Road, Suite 9, Chardon, OH 44024

Please note: the Clinic is not meant to replace your doctor, but to support your care between regularly scheduled physician visits.

LOCATIONS:

UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH 44024

West Geauga Senior Center
12650 West Geauga Plaza
Chesterland, OH 44026

Outpatient Rehabilitation Center at Geauga YMCA
12360 Bass Lake Road
Chardon, OH 44024

The West Woods Nature Center
9465 Kinsman Road
Novelty, OH 44072

ACTIVITIES

DINNER AND A MOVIE

WEDNESDAYS
OCTOBER 23
NOVEMBER 27
DECEMBER 18
3 – 6 p.m.

West Geauga Senior Center

Please call 440-214-3180 to register. Reservations are only accepted 2 weeks prior to each event.

GARDENING FOR LIFELONG HEALTH

WEDNESDAY
OCTOBER 9 – Fall Harvest
3 – 4 p.m.

UH Geauga Medical Center Café 44
440-214-3180

ELDERBERRIES: SENIORS RIPE FOR ADVENTURE

Geauga Park District Programs
440-214-3180

Fall Wagon Rides UH Wellness TBD

Take a wagon ride through the woods with a naturalist introducing you to autumn's flurry of animal activity before the onset of winter's cold.

THURSDAY, OCTOBER 17
11:30 a.m. – 2:30 p.m.

Swine Creek Reservation
16004 Hayes Road
Middlefield, Ohio 44062

Trail Camera Treasures

UH Wellness – Blood Pressure Screenings & Body Mass Index

The unseen presence of a rich variety of local wildlife including of coyote, fox, deer, otter, weasel, raccoon, turkey vulture and flying squirrel captured on video: a visual treat sure to delight and amaze.

THURSDAY, NOVEMBER 21
1 – 2:30 p.m

The West Woods Nature Center

Coffee and pastries provided

Ansel Savage of the West Woods UH Wellness – Blood Pressure Screenings & Body Mass Index

The legendary and mysterious Ansel Savage of Ansel’s Cave fame steps out of the pasts to set the record straight regarding his 19th Century days of yore in The West Woods.

Coffee and pastries provided.

THURSDAY, DECEMBER 12
1-2:30 p.m.

The West Woods Nature Center
440-214-3180

EXERCISE & FITNESS

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.

MONDAYS
OCTOBER 7, 14, 21, 28
NOVEMBER 4, 11, 18, 25
DECEMBER 2, 9, 16, 23, 30

WEDNESDAYS
OCTOBER 2, 9, 16, 23, 30
NOVEMBER 6, 13, 20, 27
DECEMBER 4, 11, 18

FRIDAYS
OCTOBER 4, 11, 18, 25
NOVEMBER 1, 8, 15, 22, 29
DECEMBER 6, 13, 20, 27
9:30 – 11 a.m.

Taekwondo Center
209 Center Street
Chardon, OH 44024
440-279-2137
Monthly fee: \$45

STRENGTHS AND WEIGHTS

TUESDAYS
OCTOBER 1, 8, 15, 22, 29
NOVEMBER 5, 12, 19, 26
DECEMBER 3, 10, 17, 24, 31

THURSDAYS
OCTOBER 3, 10, 17, 24, 31
NOVEMBER 7, 14, 21
DECEMBER 5, 12, 19, 26
10 – 11 a.m.

West Geauga Senior Center
440-214-3180

BOXING

TUESDAYS
OCTOBER 1, 8, 15, 22, 29
NOVEMBER 5, 12, 19, 26
DECEMBER 3, 10, 17, 24, 31
8:30 – 9:30 a.m.

West Geauga Senior Center
440-214-3180

HEALTH EDUCATION

ORTHO DAY
SATURDAY, OCTOBER 12
9 a.m. – 1 p.m.

Embassy Suites
3775 Park East Drive
Beachwood, OH 44172
To register, call 216-765-3421.

CHRONIC DISEASE SELF-MANAGEMENT CLASS
CDSM has been shown to improve health and communications with doctors, while reducing stress and helping manage symptoms like

fatigue, pain and depression. Learn from trained leaders who understand firsthand what you are experiencing. Set your own weekly goals and make a step-by-step plan to improve your health and your life.

TUESDAYS
OCTOBER 1, 8, 15, 22, 29
NOVEMBER 5
9:30 a.m. – 12 p.m.

Chardon Senior Center
12555 Ravenwood Road
Chardon, OH 44024
Registration is required. Please call 440-279-2126.

Light refreshments provided.

TUESDAYS
OCTOBER 1, 8, 15, 22, 29
NOVEMBER 5
11:15 a.m. – 1:45 p.m.

West Geauga Senior Center
Registration required
440-729-2782

Light refreshments provided.

HEALTH SCREENINGS

YMCA HEALTH & WELLNESS FAIR (Health screenings provided)

MONDAY, OCTOBER 7
9 a.m. – 12 p.m.

YMCA
12460 Bass Lake Road
Chardon, Ohio 44024

No registration required.

BLOOD PRESSURE SCREENINGS

MONDAYS
OCTOBER 14
NOVEMBER 4
DECEMBER 2
8:30 – 10:30 a.m.

West Farmington Senior Center
150 College Street
West Farmington, OH 44491
440-214-3180

WEDNESDAYS

OCTOBER 16
NOVEMBER 27
DECEMBER 18

11:30 a.m. – 12:30 p.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

440-214-3180

THURSDAYS

OCTOBER 3
NOVEMBER 7
DECEMBER 12

11 a.m. – 12 p.m.

West Geauga Senior Center

440-214-3180

TUESDAY, NOVEMBER 12,
THURSDAY, DECEMBER 19

10 a.m. – 12 p.m.

Gauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

440-214-3180

BALANCE SCREENINGS

TUESDAY, OCTOBER 15

1 – 4:30 p.m.

**Outpatient Rehabilitation Center
at Geauga YMCA**

440-214-3101

HEALTH EDUCATION

COPING WITH GRIEF AND LOSS

THURSDAY, NOVEMBER 14

12 – 1 p.m.

**UH Geauga Medical Center-
Education Center**

440-214-3180

Lunch provided.

GUT HEALTH

WEDNESDAY, OCTOBER 9

12 – 1 p.m.

**UH Geauga Medical Center-
Education Center**

440-214-3180

Lunch provided.

GUT HEALTH

WEDNESDAY, NOVEMBER 13

10 – 11 a.m.

Chardon Senior Center

12555 Ravenwood Drive
Chardon, Ohio 44024

TUESDAY, NOVEMBER 19

11 a.m. – 12 p.m.

West Geauga Senior Center

WEDNESDAY, NOVEMBER 27

10:30 – 11:30 a.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, Ohio 44062

HEALTHY SLEEP

THURSDAY, NOVEMBER 21

2 – 3 p.m.

Gauga West Library

13455 Chillicothe Road
Chesterland, Ohio 44026

**EATING HEALTHY
FOR THE HOLIDAYS**

WEDNESDAY, DECEMBER 4

12 – 1 p.m.

West Farmington Senior Center

150 College Street
West Farmington, Ohio 44491

**CREATING AND ACHIEVING
YOUR BUCKET LIST**

THURSDAY, OCTOBER 10

5 – 6 p.m.

UH Geauga Medical Center

Lobby Conference Room

440-214-3180

Light dinner provided.

SUPPORT GROUPS

APHASIA SUPPORT GROUP

MONDAYS

OCTOBER 7
NOVEMBER 4
DECEMBER 2

6 – 8 p.m.

**Outpatient Rehabilitation Center
at Geauga YMCA**

440-214-3101

STROKE SUPPORT GROUP

WEDNESDAYS

OCTOBER 9
NOVEMBER 13
DECEMBER 11

11 a.m. – 12 p.m.

West Geauga Senior Center

440-285-6724

**LIVING WITH LYMPHEDEMA
SUPPORT GROUP**

*No registration required.
Refreshments will be served.*

WEDNESDAYS

OCTOBER 9
NOVEMBER 13
DECEMBER 11

6 – 8 p.m.

**UH Concord Health Center
Community Room**

7500 Auburn Road
Concord, OH 44024

SENIOR ASSESSMENTS

**Memory Loss and Aging –
When to seek help?**

*University Hospitals
Gauga Medical Center
Norma N. Chapman Senior
Assessment Program.*

*Call to Schedule an Assessment
440-285-3035*

**PREVENTATIVE HEALTH
SCREENINGS – WHAT
YOU NEED TO KNOW.**

UH is addressing the needs
of the aging population by
promoting healthy lifestyles
and healthy behaviors.

*Contact Valerie Reed /
Wellness Coordinator
440-904-0064*

FEATURED EVENTS

BREAST HEALTH

The Ashtabula and Eastern Lake County Rural Under-Served Women's Project is an important initiative offering a variety of breast health-related services to women in the communities we serve. The Under-Served Women's Project offers clinical breast examinations and screening mammograms for uninsured and under-insured women ages 40 – 64 well as breast health educational sessions that cover topics like breast self-awareness and breast self-examination. Free mammogram screenings require call-ahead scheduling – call 440-998-0695.

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 call or visit the website to register.

1-844-312-5433 or
UHhospitals.org/AgeWell

EXERCISE & FITNESS

WALK WITH AN EXPERT

THURSDAYS

OCTOBER 3

NOVEMBER 7

DECEMBER 5

8 – 10 a.m.

Ashtabula Towne Square

3315 North Ridge East

Ashtabula, OH 44004

Please call 440-998-0107 to register.

Saybrook Township Park

5941 Lake Road West

Ashtabula, OH 44004

Please call 440-998-0107 to register.

HEALTH EDUCATION

HEART FAILURE EDUCATION

This program is designed to provide you with the most current information that can help you better control heart failure and enjoy a more fulfilling life.

MONDAYS

NOVEMBER 4, 11, 18

1 – 3 p.m.

UH Community Outreach

1184 Lake Avenue

Ashtabula, OH 44004

Please call 440-593-0206 to register.

SILVER SNEAKERS ASHTABULA

TUESDAYS

OCTOBER 8: Depression

Awareness

NOVEMBER 12: Diabetes

Awareness and Prevention

DECEMBER 10: Healthy Eating for the Holidays

11:15 a.m. – 12 p.m.

Ashtabula YMCA – Silver Sneakers

263 West Prospect Road

Ashtabula, OH 44004

Please call 440-998-0680 to register.

MADISON SENIOR CENTER

TUESDAYS

OCTOBER 15: All about Pneumonia

NOVEMBER 19: Diabetes Awareness and Prevention

DECEMBER 17: Healthy Eating for the Holidays

11:30 a.m. – 12 p.m.

Madison Senior Center

2938 Hubbard Road

Madison, OH 44057

Please call 440-428-6664 to register.

GENEVA HEALTH FORUM AND LUNCHEON

OCTOBER 16: Depression Awareness

NOVEMBER 20: Diabetes Awareness and Prevention

DECEMBER 18: Healthy Eating for the Holidays

11:15 a.m. – 1 p.m.

Geneva Community Center

72 West Main Street

Geneva, OH 44041

Please call 440-998-0680 to register.

HEALTH SCREENINGS

ASHTABULA YMCA

Free Screenings: Blood Pressure, Glucose and Cholesterol

TUESDAY, NOVEMBER 12

8:30 – 9:30 a.m.

YMCA Ashtabula

263 West Prospect Road

Ashtabula, OH 44004

Please call 440-998-0680 to register.

MADISON YMCA

Free Screenings: Blood Pressure, Glucose and Cholesterol

MONDAY, NOVEMBER 25

8:30 – 10 a.m.

Madison YMCA

730 North Lake Street

Madison, OH 44057

Please call 440-998-0680 to register.

LOCATIONS:

UH Parma Medical Center
7007 Powers Boulevard
Parma, OH 44129

UH Parma Health Education Center
7300 State Road
Parma, OH 44134

FEATURED EVENT

BREAST HEALTH

General surgeon, Varun Kapur, MD and breast surgeon, Pamela Li, MD will offer insights into breast disease.

THURSDAY, OCTOBER 17
6 p.m.

UH Parma Medical Center Auditorium

Call **440-743-4932** to register.
Light refreshments.

HOW'S YOUR SLEEP?

Find out if you suffer from a sleep disorder and learn about treatment options. Presented by John Andrefsky, MD, UH Neurological Institute.

THURSDAY, NOVEMBER 14
6 p.m.

UH Parma Medical Center Auditorium

Call **440-743-4932** to register.
Light refreshments.

HEALTH EDUCATION

HAPPY, HEALTHY HOLIDAYS

You will learn ways to help you keep the holidays happy and healthy. Learn how to plan before the party and how to limit the stress of holiday meals and parties.

TUESDAY, NOVEMBER 12
4:30 – 5:30 p.m.

UH Parma Medical Center Cafeteria

Call **440-743-4932** to register.

MEDICAL WEIGHT LOSS

Learn about the New Directions Medically Supervised Weight Loss Program.

For more information or to register, call **440-743-2995**.

BARIATRIC SURGERY

If you are interested in weight loss surgery at UH Parma Medical Center, register for one of our new, free patient information sessions. Learn about the surgical weight loss program from a UH Parma Medical Center bariatric surgeon.

TUESDAYS
OCTOBER 8
DECEMBER 10
5:30 – 6:30 p.m.

UH Parma Medical Center

Metabolic Clinic
Medical Arts Center 2
6707 Powers Boulevard, Suite 303
Parma, OH 44129

For more information or to register, call **216-844-5274**.

To attend an online information session, visit UHhospitals.org/weightloss.

JOINT REPLACEMENT

This is a one-time informational session for patients scheduled for or contemplating total joint replacement surgery at UH Parma Medical Center.

Call **440-743-4024** for details, dates and times.

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition counseling experience throughout each person's life cycle, Claudia Ulintz, RDN, LD offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. Participants must obtain a physician's referral prior to their visit.

UH Parma Medical Center

Schedule an appointment at **440-743-2150**.

YMCA'S DIABETES PREVENTION PROGRAM

Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay type 2 diabetes? The YMCA's Diabetes Prevention Program can help you reach your healthy living goals. The program has been shown to reduce the number of new cases of diabetes by 58%. The reduction was even greater for adults over 60. This year-long small group program is for people who are at high risk for becoming diabetic. Generous financial scholarships are available. For more information, leave a message at 440-574-0580 or email healthyliving@clevelandY.org. You do not have to be a YMCA member to join this program.

CHAIR YOGA

For people with physical limitations and people who don't think they can keep up in a regular yoga class. Focus will be on body awareness, breath and relaxation.

TUESDAYS (6 sessions)
SEPTEMBER 10, 17, 24
OCTOBER 1, 8, 15

TUESDAYS (6 sessions)
OCTOBER 29
NOVEMBER 5, 12, 19
DECEMBER 3, 10
6:30 – 7:30 p.m.

UH Parma Health Education Center

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

\$8 WALK-IN FEE OR \$48 FOR 6 SESSIONS

YOGA

Dress comfortably and bring a small blanket or towel and a water bottle to all yoga classes. Yoga mats provided. Attain body awareness, relaxation and body/mind balance through a system of exercises and breathing.

BEGINNERS/GENTLE

MONDAYS (6 sessions)
SEPTEMBER 9, 16, 23, 30
OCTOBER 7, 14

6:30 – 8 p.m.

MONDAYS (6 sessions)
OCTOBER 28

NOVEMBER 4, 11, 18

DECEMBER 2, 9

6:30 – 8 p.m.

WEDNESDAYS (6 sessions)

SEPTEMBER 11, 18, 25

OCTOBER 2, 9, 16

6:30 – 8 p.m.

WEDNESDAYS (6 sessions)

OCTOBER 30

NOVEMBER 6, 13, 20

DECEMBER 4, 11

6:30 – 8 p.m.

MODERATE

THURSDAYS (6 sessions)

SEPTEMBER 12, 19, 26

OCTOBER 3, 10, 17

7 – 8:30 p.m.

THURSDAYS (6 sessions)

OCTOBER 31

NOVEMBER 7, 14, 21

DECEMBER 5, 12

7 – 8:30 p.m.

UH Parma Health Education Center
440-743-4932

\$10 WALK IN FEE OR \$60 FOR 6 SESSIONS

BALANCE AND FALL PREVENTION

Therese Lord, Doctor of Physical Therapy from UH Parma Medical Center will discuss the definition of a fall, who is at risk for falls and different ways to prevent them. This session also covers

what can contribute to falls, including dizziness, and options for treatment. A few basic exercises to help and/or maintain your balance will also be discussed.

TUESDAY, OCTOBER 1

5 p.m.

UH Parma Health Education Center

Call 440-743-4932 to register.

HEALTH SCREENINGS**HERNIA SCREENING**

Do you experience swelling, a bulge or pain in the abdomen, pelvis or groin area? Find out if you have a hernia.

SATURDAY, NOVEMBER 2

8 – 11 a.m.

UH Parma Medical Center

Medical Arts Center 2,
 6707 Powers Boulevard, Suite 304

Appointment required

216-767-8435

BALANCE SCREENING

15 minute appointment using the Berg balance assessment.

THURSDAY, NOVEMBER 7

12 – 3 p.m.

UH Parma Health Education Center

Must make an appointment. Call
440-743-4932.

BLOOD PRESSURE SCREENING (Walk-In)

FIRST AND THIRD WEDNESDAYS

OCTOBER 2, 16

NOVEMBER 6, 20

DECEMBER 4, 18

1 – 2 p.m.

UH Parma Health Education Center

440-743-4932

COMMUNITY BLOOD PRESSURE SCREENING

FIRST WEDNESDAY OF EACH MONTH

9 – 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road

North Royalton

FIRST THURSDAY OF EACH MONTH

10 a.m. – 12 p.m.

Brooklyn Senior Center

7727 Memphis Road, Brooklyn

SECOND TUESDAY OF EACH MONTH

9 – 10 a.m.

Broadview Heights Community

Center

9543 Broadview Road, Broadview Heights

SECOND THURSDAY OF EACH MONTH

8 – 10 a.m.

Seven Hills Recreation Center

7777 Summitview Road, Seven Hills

SECOND FRIDAY OF EACH MONTH

9 – 11 a.m.

Parma Senior Center

7001 West Ridgewood, Parma

SECOND FRIDAY OF EACH MONTH

10 a.m. – 12 p.m.

Independence Senior Center

6363 Selig Drive, Independence

THIRD TUESDAY OF EACH MONTH

10 a.m. – 12 p.m.

Parma Heights Senior Center

9275 North Church Drive, Parma Heights

GLUCOSE SCREENING (Walk-In)

FIRST AND THIRD WEDNESDAY OF EACH MONTH

OCTOBER 2, 16

NOVEMBER 6, 20

DECEMBER 4, 18

1 – 2 p.m.

UH Parma Health Education Center

440-743-4932

BONE DENSITY SCREENING FOR WOMEN

Testing is done on the heel without socks or pantyhose.

NOVEMBER 20

9 – 11 a.m. or 5 – 6:30 p.m.

UH Parma Health Education Center

Appointment required.

Call 440-743-4932.

CHOLESTEROL SCREENING

Includes total cholesterol, HDL, LDL, triglycerides and blood sugar. A 12-hour fast is recommended for best results.

NOVEMBER 20

9 – 11 a.m.

\$30

UH Parma Health Education Center

Appointment required.

Call 440-743-4932.

NON-FASTING CHOLESTEROL SCREENING

Includes total cholesterol, HDL and blood sugar. No fasting necessary.

NOVEMBER 20

11 – 11:30 a.m.

5 – 6:30 p.m.

UH Parma Health Education Center

Appointment required.

Call 440-743-4932.

SUPPORT GROUPS**ALZHEIMER'S SUPPORT**

For caregivers only

FIRST TUESDAY OF THE MONTH

7 – 8:30 p.m.

SECOND FRIDAY OF THE MONTH

1:30 – 3 p.m.

UH Parma Health Education Center

1-800-272-3900

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.

EVERY FRIDAY

10 – 11 a.m.

UH Parma Health Education Center

440-237-3967

PARKINSON'S DISEASE

SECOND TUESDAY OF THE MONTH

1 – 2:30 p.m.

UH Parma Health Education Center

For more information, call

216-524-6354.

STROKE & ARTHRITIS INFORMATION AND SUPPORT

THIRD MONDAY OF EVERY MONTH

1 – 2:30 p.m.

UH Parma Health Education Center

For more information, call

440-743-4041.

POST-LSVT SPEECH THERAPY

For those living with Parkinson's disease and who have completed the Lee Silverman Voice Treatment Program.

SECOND THURSDAY OF THE MONTH

11:30 a.m. – 12:30 p.m.

UH Parma Health Education Center

For more information, call

440-743-4160.

UH DIGESTIVE HEALTH INSTITUTE**BARIATRIC SURGERY SUPPORT GROUP**

Education and support for bariatric surgery patients and others interested in weight-loss surgery.

FOURTH WEDNESDAY OF THE MONTH

6 – 7 p.m.

UH Parma Medical Center

Medical Arts Center 2

6707 Powers Boulevard, Suite 303

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 call or visit the website to register.

1-844-312-5433 or
UHhospitals.org/AgeWell

LOCATION:

UH Portage Medical Center
6847 N. Chestnut Street
Ravenna, OH 44266

FEATURED EVENT

DISCOVER, NOURISH & PREVENT – A HEALTHY LIVING EXPO

At University Hospitals, we know that adults who take an active role in making smarter health choices are more likely to live a longer, healthier life. Join UH medical experts for a Healthy Living Expo to discover new approaches to managing your health and achieving optimal well-being.

SATURDAY, OCTOBER 19

9 a.m. - 1 p.m. Doors open 8 a.m.

Kent State University Hotel & Conference Center

215 S. Depeyster Street
Kent, OH 44240

For more information or to register, call 330-520-0146.

HEALTH EDUCATION

DIABETES SELF-MANAGEMENT EDUCATION

Classes will cover the disease process and offer strategies to control diabetes, managing diabetes with nutrition, and understanding diabetes medications.

THURSDAYS

OCTOBER 3, 10, 17

3 – 5 p.m.

UH Portage Medical Center
Medical/Surgical Classroom

To register for a class, please call: 330-297-2575.

BOO THE FLU

Lunch and Learn. Come join us for an update on the flu. Flu vaccines available after the presentation.

THURSDAY, OCTOBER 31

11 a.m. – 1 p.m.

ACTIVITIES

RELAX AND TAKE TIME FOR YOU – STRESS MANAGEMENT SERIES

Come learn about the harmful effects of chronic stress and what you can do to manage stress better. All classes include a presentation and light physical activity.

ADVANCE DIRECTIVES

Understand the benefits of advance directives. Forms will be provided.

TUESDAY, OCTOBER 29

4 – 5 p.m.

UH Portage Medical Center
Medical Arts Building – Room 150

To register, please call 330-297-2575.

HOLIDAY STRESS RELIEF

TUESDAY, NOVEMBER 19

4 – 5 p.m.

UH Portage Medical Center
Medical Arts Building – Room 150

To register, please call 330-297-2575.

HEALTHY HOLIDAYS

TUESDAY, DECEMBER 17

4 – 5 p.m.

UH Portage Medical Center
Medical Arts Building – Room 150

To register, please call 330-297-2575.

RED CROSS BLOOD DRIVES

THURSDAY, OCTOBER 3

1 – 7 p.m.

MONDAYS

OCTOBER 28

NOVEMBER 25

12 – 6 p.m.

UH Portage Medical Center
Medical Arts Building Atrium

THURSDAYS

NOVEMBER 7

DECEMBER 5

1 – 7 p.m.

MONDAY, DECEMBER 30

12 – 6 p.m.

UH Portage Medical Center
Medical Arts Building Room 150

EXERCISE & FITNESS

WATER EXERCISE CLASSES

Space is limited and all classes require pre-registration.

ADVANCED SENIOR WELLNESS

MONDAYS, WEDNESDAYS, FRIDAYS

11 – 11:45 am

BASIC SENIOR WELLNESS

MONDAYS AND FRIDAYS

12 – 12:45 p.m.

TUESDAYS AND THURSDAYS

11 – 11:45 a.m.

FRIDAYS

5:30 – 6:15 p.m.

SATURDAYS

10 – 10:45 a.m.

One visit: \$3.00

10 visit punch pass \$30.00

Children age 2 and under are free.

Children under age 14 welcome

Monday, Friday and Saturday.

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 call or visit the website to register.

1-844-312-5433 or UHhospitals.org/AgeWell

WATER AEROBICS

TUESDAYS AND THURSDAYS

7 – 7:45 a.m.

5:30 – 6:15 p.m.

6:30 – 7:15 p.m.

MONDAYS AND WEDNESDAYS

4:30 – 5:15 p.m.

5:30 – 6:15 p.m.

FRIDAYS

4:40 – 5:15 p.m.

SATURDAYS

9 – 9:45 a.m.

UH Portage Medical Center

Medical Arts Building Rehab

Center Pool

Once a week: \$12.00 per month

*Call 330-297-2770 for information
or to register.*

SUPPORT GROUPS

*To register for all Support Groups
call 330-297-2576.*

Location for Support Groups is:

UH Portage Medical Arts Building
Room 150

PARKINSON'S SUPPORT GROUP

TUESDAYS, OCTOBER 15,

NOVEMBER 19

1 – 3 p.m.

**STROKE AND CARDIAC
SUPPORT GROUP**

TUESDAYS, OCTOBER 8,

NOVEMBER 12

4 – 5 p.m.

DIABETES SUPPORT GROUP

TUESDAYS

OCTOBER 1

DECEMBER 3

5 – 6 p.m.

OSTOMY SUPPORT GROUP

MONDAYS

OCTOBER 7

NOVEMBER 4

7 – 9 p.m.

MONDAY, DECEMBER 2

6 – 9 p.m.

**ALZHEIMER'S CAREGIVER
SUPPORT GROUP**

TUESDAYS

OCTOBER 1

NOVEMBER 5

DECEMBER 3

6:30 – 8:30 p.m.

UH Portage Medical Center

Meeting Room A

To register, call 330-297-2576.

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1-844-312-5433 or **Uhhospitals.org/AgeWell**

LOCATIONS:

[UH Richmond Medical Center](#)
27100 Chardon Road
Richmond Heights, OH 44143

[Community Partnership on Aging](#)
[Ross DeJohn Community Center](#)
6306 Marsol Road
Mayfield Heights, OH 44124

[Community Partnership on Aging](#)
[Lyndhurst Community Center](#)
1341 Parkview Drive
Lyndhurst, OH 44124

[Community Partnership on Aging](#)
[South Euclid Community Center](#)
1370 Victory Drive
South Euclid, OH 44121

FEATURED EVENT

COMMUNITY MUSIC EXPLORATION

Join Daniel Rose, MT-BC, UH Richmond Medical Center and Connor Integrative Network, for singing and socializing! You will enjoy meeting with other Age Well. Be Well. members while you play instruments and sing along to your favorite songs.

MONDAYS

OCTOBER 14
NOVEMBER 11
DECEMBER 9
3:30 – 4 p.m.

Tapestry Senior Living Wickliffe
28500 Euclid Avenue
Wickliffe, OH 44092

Please call 440-735-4739.

TUESDAYS

OCTOBER 15
NOVEMBER 19
DECEMBER 17
2:30 – 3 p.m.

Governor's Village
280 North Commons Blvd
Mayfield Village, OH 44143

Please call 440-735-4739.

ZUMBA GOLD

Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

MONDAYS

OCTOBER 7, 21, 28
NOVEMBER 4, 18, 25
DECEMBER 2, 9, 16, 23, 30
9:30 – 10:30 a.m.

Community Partnership on Aging
Lyndhurst Community Center

Please call 216-650-4029 to register.

Fees vary based on class.

HEALTH SCREENINGS

BLOOD PRESSURE, GLUCOSE & CHOLESTEROL SCREENINGS

Physicians from the Richmond Primary Care Internal Medicine Residents Clinic will be present to discuss your screening results.

WEDNESDAY, OCTOBER 9

9 a.m. – 12 p.m.

UH Richmond Medical Center
Main Lobby

No fasting or registration required.

ACTIVITIES

DINNER AND A MOVIE

TUESDAY, NOVEMBER 12
3 – 5 p.m.

NOVEMBER MOVIE TITLE: "No Reservations" – (2007)
Comedy/Drama/Romance

UH Richmond Medical Center
4th Floor Auditorium

Reservations are ONLY accepted during the week prior to each event.

Please call 440-735-4739.

MONDAY AFTERNOON BOOK DISCUSSION

MONDAY, NOVEMBER 11
2 – 3 p.m.

Cuyahoga County Library
Mayfield Branch
Large Meeting Room 100
500 SOM Center
Mayfield Village, OH 44143

NOVEMBER TITLE: "Clock Dance"
by Anne Tyler

Copies of the book are available one month prior to the discussion date

ADULT COLORING CLASS

Coloring isn't just for kids. Coloring offers grown-ups a chance to relax, escape from life's stress and improve fine motor skills. Come learn about the color wheel, techniques of shading and blending as well as how to choose color schemes that will ensure a masterpiece worthy of hanging on the fridge or even framing on your wall. All levels of artistic ability are welcome to join us as we explore our inner artist. Coloring books and pencils will be provided. Feel free to attend as many classes as you would like.

TUESDAYS

OCTOBER 8, 22
NOVEMBER 12, 26
DECEMBER 10 (NO CLASS 12/24)
10 – 11 a.m.

UH Richmond Medical Center
Café

Class size is limited. Please call 440-735-4739.

MAKE & TAKE CRAFTS

Simple crafts that you make & take with you!

WEDNESDAYS

OCTOBER 16, 23, 30
NOVEMBER 6, 20
DECEMBER 4, 18
1 – 2 p.m.

Community Partnership on Aging
South Euclid Community Center
The cost is \$3.00 per person. Please call 216-650-4029 to register.

EXERCISE & FITNESS

SENIOR EXERCISE

A light workout to music.

WEDNESDAYS

OCTOBER 2, 9, 16, 23, 30

NOVEMBER 6, 13, 20, 27

DECEMBER 4, 11, 18

THURSDAYS

OCTOBER 3, 10, 17, 24, 31

NOVEMBER 7, 14, 21

DECEMBER 5, 12, 19, 26

10:30 – 11:30 a.m.

Community Partnership on Aging
South Euclid Community Center

Please call 216-650-4029.

Fees vary based on the class.

INTERMEDIATE LINE DANCING

Remember oldies like the Bossa Nova or learn new dances such as Cupid Shuffle and Cha Cha Slide! There is a fee for this class that is based on a 10-week session. Flexible options are available and drop-ins are welcome for a fee of \$4 per person, per class. This is not a beginner class.

Fee: \$4 per person

FRIDAYS

OCTOBER 4, 11, 18, 25

NOVEMBER 1, 8, 15, 22

DECEMBER 6, 13, 20, 27

9:30 – 10:30 a.m.

Community Partnership on Aging
Ross DeJohn Community Center

Please call 216-650-4029.

GENTLE YOGA

Our instructor can work with ANY ability level!

FRIDAYS

OCTOBER 4, 11, 18, 25

NOVEMBER 1, 8, 15, 22

DECEMBER 6, 13, 20, 27

12 – 1 p.m.

Community Partnership on Aging
Ross DeJohn Community Center

Please call 216-650-4029.

Fees vary based on the class.

TAI CHI

Tai Chi has been called 'Meditation in Motion' and can improve flexibility, muscle tone, joint function, aerobic conditioning and can reduce stress and lower blood pressure.

MONDAYS

OCTOBER 7, 21, 28

NOVEMBER 4, 11, 18, 25

DECEMBER 2, 9, 16, 23, 30

10:30 – 11:30 a.m.

Community Partnership on Aging
Lyndhurst Community Center

Please call: 216-650-4029 to register

Fees vary based on class.

HEALTH EDUCATION

HEARING SCREENINGS

Presented by Lindsay Reynolds, M.A., CCC-SLP
UH Warrensville Outpatient & Neuro Rehab

WEDNESDAY, OCTOBER 2

Hearing Screenings:

10 – 11:30 a.m.

Blood Pressure, Glucose & Cholesterol Screenings
10:30 – 11:30 a.m.

Community Partnership on Aging
Ross DeJohn Community Center

Please call 440-735-4739

AGING IN PLACE

Presented by Shalom Plokin
Right at Home

WEDNESDAY, NOVEMBER 6

Talk: 10 – 10:30 a.m.

Blood Pressure, Glucose & Cholesterol Screenings
10:30 – 11:30 a.m.

Community Partnership on Aging
Ross DeJohn Community Center

Please call 440-735-4739

WHAT YOU NEED TO KNOW WHEN YOU GO THE HOSPITAL

Presented by Annie O'Neill

AGE FIT CONSULTING

Presented by Kathy Cline
Daniel P. Seink Co. Ohio Elder Law Attorneys

WEDNESDAY, DECEMBER 4

Talk: 10 – 10:30 a.m.

Blood Pressure, Glucose & Cholesterol Screenings
10:30 – 11:30 a.m.

Community Partnership on Aging
Ross DeJohn Community Center

Please call 440-735-4739

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1-844-312-5433 or
UHhospitals.org/AgeWell

LOCATIONS:

St. John Medical Center
29000 Center Ridge Road
Westlake, OH 44145

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

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

**HEALTH TALKS &
HORS D'OEURVES**

HERNIA HEALTH TALK

Keynote Speaker, Victoria Wu MD
MONDAY, OCTOBER 7
5 – 6 p.m.

UH St John Medical Center
Community Outreach Department
Suite R Community Room
Register at 877-597-6348

THE OPIATE CRISIS

Keynote Speaker: Abdullah
Kabbara DO

Connor Integrative Health
Network will also provide an
acupuncture presentation for
non-pharma pain relief.

THURSDAY, NOVEMBER 7
6 p.m.

UH St. John Medical Center
Building 2, Auditorium B
Register at 877-597-6348
Light appetizer

ROUNDTABLE HEALTH TALKS

Every day, new information is reported about our health and how our life choices affect our health. Often times the information is conflicting or contradicting. Does it make you question what you know? UH St. John Medical Center is offering a monthly speaker series featuring presentations by professionals discussing different aspects of current health concerns. Join us for health and wellness information and discussion, while you enjoy nourishment from UH SJMC hospital food service.

**NEUROSURGERY: IMAGING OF
THE HEAD AND SURGICAL
THEATER'S VIRTUAL BRAIN
SURGERY**

Education, visualization and demonstrations that will blow your mind.

THURSDAY, OCTOBER 24
6 p.m. | Doors open at 5:30 p.m.

Westlake Recreation Center
28955 Hilliard Boulevard
Westlake, OH 44145
Register at 877-597-6348

SCREENINGS

For more information about our programs, contact the Outreach Department at UH St. John Medical Center at 440-827-5440. No screenings offered on holidays. Screenings may be canceled on days with inclement weather.

BLOOD PRESSURE SCREENINGS

FIRST MONDAY OF EACH MONTH
10:30 a.m. – 12 p.m.

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

THIRD MONDAY OF EACH MONTH
1 – 2 p.m.

UH St. John Medical Center
Main Lobby

**FOURTH MONDAY OF EACH
MONTH**
6 – 7:30 p.m.

Westlake Recreation Center
28955 Hilliard Boulevard
Westlake, OH 44145

**FIRST WEDNESDAY OF EACH
MONTH**
9 – 10:30 a.m.

West Shore Family YMCA
1575 Columbia Road
Westlake, OH 44145

**SECOND WEDNESDAY OF EACH
MONTH**
9:30 – 11 a.m.

Lakewood Senior Center
16024 Madison Avenue
Lakewood, OH 44107

BALANCE SCREENINGS

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

**BLOOD PRESSURE,
CHOLESTEROL, GLUCOSE AND
BONE DENSITY SCREENINGS**

MONDAY NOVEMBER 4
10:30 a.m. – 12 p.m.

North Olmsted Senior Center
28114 Lorain Road
North Olmsted, OH 44070

*No fasting is required.
No reservations necessary.*

**THE MENTAL HEALTH CRISIS HOTLINE IS
1-800-888-6161**

AUDIOLOGY SCREENINGS

Screenings, testing and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Dept.

Please call 440-835-6160.

WALK FOR WELLNESS

Brisk walking has been linked to many health benefits, including a reduced risk of diabetes, heart disease, stroke and some cancers. In a collaborative effort, Great Northern Mall and UH St. John Medical Center provide an ongoing mall walking program. A free health talk by a UH St. John Medical Center health care professional will be offered, along with blood pressure screenings by a community outreach nurse.

SECOND WEDNESDAY OF EACH MONTH

9 – 10 a.m. Health Talk

9 – 10:30 a.m. Blood Pressure Screenings

Great Northern Mall Food Court
4954 Great Northern Boulevard
North Olmsted, OH 44070

Walkers meet near the Food Court.

CLASSES & COMMUNITY PROGRAMS

SENIOR RESOURCE FAIR

Learn about in-home and senior living options at this free event. Light lunch will be provided.

THURSDAY, NOVEMBER 21

11 a.m. – 1 p.m.

St. John Medical Center
Auditorium A & B

DIABETES EDUCATION CLASSES

This four-week series offers education on diabetes self-management, including what diabetes is and how it is diagnosed. Participants will learn how to make healthy food choices and achieve healthy meal planning. Ways to safely incorporate physical activity to improve blood sugar control and monitoring will be discussed, as well as what causes blood sugar to rise and how to handle fluctuations. Finally, we will cover ways to protect your eyes, heart, blood vessels, nerves, kidneys and feet. One-on-one education (Suite 100) is for instruction on individualized meal planning, blood glucose monitoring and insulin administration. Counseling for weight loss and lifestyle modification is also available. Group classes are held on the third floor; one-on-one education takes place on the first floor. A physician referral is required to participate.

TUESDAYS

NOVEMBER 5, 12, 19, 26

6 – 7:30 p.m.

Westlake Family Health Center

For scheduling and pre-access call 440-827-5668.

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition counseling experience throughout each person's life cycle, Marge Robison, MPH, RDN, LD offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. Participants must obtain a physician's referral prior to their visit.

Westlake Family Health Center

Please call 440-835-4426, Ext. 3.

COMMUNITY YOGA

This is a general class that focuses on posture, breathing, meditation and relaxation. This class is taught by Colleen Brezine, CNM, and Certified Yoga Trainer. Please bring a yoga mat, towel and water.

TUESDAYS

5 – 6 p.m.

SATURDAYS

8 – 9 a.m.

Connor Integrative Health

2nd Floor-Group Room
19800 Detroit Road
Rocky River OH 44116

Fee: \$5 – \$10 donation suggested

COMMUNITY NUTRITION PROGRAMS

West Shore Primary Care dietitian Julie Wise, MS, RDN, LD, CDE holds monthly community nutrition programs at local Community Senior Centers. Topics range from One-Dish Dinners to Immune Health and Healthy Eating on a Budget.

Current program locations include North Royalton, Parma and Brooklyn Senior Centers.

Please call 440-250-8660.

AMERICAN HEART ASSOCIATION HEARTSAVER CPR/AED

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

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

For information, please call 216-849-5013.

**AMERICAN HEART
ASSOCIATION FAMILY &
FRIENDS CPR**

This course is ideal for new grandparents, babysitters and others interested in learning how to save a life, but do not need a CPR course completion card to meet a job requirement. It teaches how to perform CPR or choking rescue on adults, children and infants. Cost \$20.

For more information, call Kim at 440-827-5460.

**BRING IT ON!
SENIOR WALKING AND
WELLNESS CHALLENGE**

Who has the best senior center around? Join the Senior Walking and Wellness Challenge and find out. The participants must be at least 50 years of age and will receive a pedometer to track their steps. Begin and end this six week walking challenge with free biometric screenings. Screenings include cholesterol, blood glucose, blood pressure, BMI and waist circumference.

**SENIOR WALKING CHALLENGE
KICK OFF**

THURSDAY, SEPTEMBER 5
9 a.m. – 5 p.m.

FINAL SCREENING

THURSDAY, OCTOBER 17
9 a.m. – 5 p.m.

AWARDS CEREMONY

MONDAY, OCTOBER 21
12 p.m.

Westlake Recreation Center
28955 Hilliard Boulevard
Westlake, OH 44145

Participants will be given a screening time.

**Walking and Wellness Screening
Schedule:**

Initial – September 5th and Final
Screening October 17th 2019

North Ridgeville Senior Center
9 a.m. – 10:30 a.m.
Phone: (440) 353-0828

Bay Village Senior Center
10:30 a.m. – 11:15 a.m.
Phone: (440) 899-3409

Lakewood Senior Center
11:15 a.m. – 12 p.m.
Phone: (216) 521-1515

Rocky River Senior Center
11:15 a.m. -12 p.m.
Phone: (440) 333-6660

North Olmsted Senior Center
12 p.m. – 1 p.m.
Phone: (440) 777-8100

Avon Senior Center
12 p.m. – 1 p.m.
Phone: (440) 934-2417

Westlake Senior Center
1 p.m. – 3 p.m.
Phone: (440) 899-3544

Avon Lake Senior Center
3 p.m. – 3:30 p.m.
Phone: (440) 930-4135

To participate, call your local City Senior Center.

SUPPORT GROUPS

**A SECOND CHANCE: LUNG
TRANSPLANT SUPPORT GROUP**

This group is for anyone who is considering or has received a lung transplant. Family and friends are welcome.

MONDAY, OCTOBER 14
MONDAY, DECEMBER 9
6 – 8 p.m.

Westlake Family Health Center
Suite 300

*Call 440-250-2042 or email
Evelyn.Gorton@UHHospitals.org.*

**MOOD DISORDER SUPPORT
GROUP**

We offer support for those with depression and bi-polar disorders. Our vision is one of hope. Together we strive for wellness and recovery.

**EVERY TUESDAY OF EACH
MONTH**

7 – 8:30 p.m.

UH St John Medical Center
Community Outreach Department
Suite R Community Room

*For more information, call
Bobby Klinko at 440-539-9415 or
Laura Vanni at 216-267-5923.*

BETTER BREATHERS CLUB

This is a support group designed for people living with lung disease.

TUESDAYS

OCTOBER 1
DECEMBER 3
1 – 2:30 p.m.

Westlake Family Health Center
Suite 300

*Call 440-250-2042 or email
Evelyn.Gorton@UHHospitals.org.*

CAREGIVERS CLUB

This group will focus on those individuals who are faced with the challenges of overseeing a parent or spouse through their senior years.

TUESDAYS

OCTOBER 15
NOVEMBER 19
DECEMBER 17
11:30 a.m. – 1 p.m.

UH St John Medical Center
Community Outreach Department
Suite R Community Room

HOPE GROUP

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

FIRST WEDNESDAY OF EACH MONTH

5:30 – 7:30 p.m.

UH St John Medical Center

Community Outreach Department
Suite R Community Room

Please call 440-827-5440.

GAMBLERS ANONYMOUS

Contact Gamblers Anonymous 626-960-3500 for a meeting in your area or go to gamblersanonymous.com.

EVERY SATURDAY OF EACH MONTH

10 – 11 a.m.

Please call 440-752-3315.

OVEREATERS ANONYMOUS

EVERY SUNDAY OF EACH MONTH

10 – 11 a.m.

UH St. John Medical Center

Building 2
Auditorium B

COMMUNITY ASSISTANCE INFORMATION (2-1-1)

This is a free and confidential information and referral line run by the United Way. Call 2-1-1 for help to find resources for health care and social services in your area. This information may include listings of local support groups as well as resources for food, housing, employment, counseling and volunteer opportunities.

LOW-COST IMMUNIZATIONS

Affordable immunizations are offered by the Cuyahoga County Board of Health. Appointments required. Please call 216-201-2041 or visit ccbh.net/immunization-clinic.

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 and "Simply to Go" items. There is a \$10 limit per customer for the discount: after that, the items are full price.

MONDAY – FRIDAY

4 – 7 p.m.

SATURDAY AND SUNDAY

4 – 5:30 p.m.

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

You must present your card to receive the discount.

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 call or visit the website to register.

1-844-312-5433 or UHhospitals.org/AgeWell

LOCATIONS:

UH Samaritan Medical Center
1025 Center Street
Ashland, OH 44805

UH Administrative Services Building
663 East Main Street
Ashland, OH 44805

FEATURED EVENTS

DRUMS ALIVE

Drums Alive is a movement and drumming wellness activity that takes a “whole mind, whole body” approach. It incorporates movement, music, sound, rhythm and relaxation to engage your mind and your body into extraordinarily FUN physical activity. Join music therapist, Angel Foss for a fun “moving” experience. All ages and abilities welcome.

EVERY TUESDAY THROUGH NOVEMBER 26
4:45 – 5:30 p.m.

UH Administrative Services Building

Please call 419-289-0491 X-3038 to register or email Angelique.Foss@UHHospitals.org

COMMUNITY MUSIC MAKING FOR WELL-BEING

Join UH Samaritan music therapist, Angel Foss, MT-BC, for a fun-filled hour of music making and socializing. You will enjoy engaging with other members of the local community through singing and playing simple percussion instruments to some of your favorite songs. NO previous musical experience needed.

WEDNESDAYS NOVEMBER 13 DECEMBER 11

10:30 – 11:30 a.m.

UH Samaritan Medical Center East Tower Conference Room

Please call 419-289-0491 X-3038 to register or email Angelique.Foss@UHHospitals.org

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

Participants receive a pedometer and walk under the supervision of a respiratory therapist. Therapists monitor heart rate and SPO2 before and after walking as well as keep record of steps accomplished each time for goal-setting and monthly progress report.

Open to anyone in the community that has COPD and would like to participate.

EVERY TUESDAY AND THURSDAY
10 a.m.

Ashland Family YMCA
207 Miller Street
Ashland, OH 44805

Time and place subject to change. Please call for an update before you join us.

To register, call 419-207-2453.

UHSMC HARMONICA GROUP

Who knew respiratory exercises could be such a blast? Open to the public for those with COPD and their caregivers. All equipment and music is provided.

EVERY THURSDAY
11:30 a.m.

UH Samaritan Medical Center Pulmonary Rehab Department, 2nd Floor

To register, call 419 207-2303.

HEALTH EDUCATION

FAD DIETS

A fad diet is a diet that is popular for a time. It is touted as the latest and the greatest, the diet to end all diets. A fad diet is similar to fads in fashion – some stand the test of time while others are soon considered hideous. Fad diets are often promoted as requiring little effort and producing a “quick fix”. Are all new diets great? Are all new diets hoax and hype? Join us as we ask Hannah Solomon, MS, RDN, LD, and Clinical Nutrition Manager for UH Samaritan these very questions.

THURSDAY, OCTOBER 10
5:30 p.m.

UH Administrative Services Building

Please call 419-207-2563 to register or email Steven.Baldrige@UHHospitals.org

ANXIETY

Since anxiety is a normal part of life, it’s important to handle your anxiety in a healthy way. But how do you know if your reaction to anxiety is cause for concern? What are the symptoms of an anxiety disorder? When should you see a doctor? UH Samaritan’s Todd Yordy, MA, LPCC-S will have the answers to all of these questions and more at this free presentation

THURSDAY, OCTOBER 24
5:30 p.m.

UH Administrative Services Building

Please call 419-207-2563 to register or email Steven.Baldrige@UHHospitals.org

MAKE BRAIN HEALTH YOUR HOBBY

There is no single reason for all mental decline so it would be silly to think there is a pill that will keep us all mentally sharp until we pass our 100th birthday. Brain health takes a long term approach – like a hobby. Join us as we consider ways to make brain health our hobby.

THURSDAY, NOVEMBER 7

5:30 p.m.

UH Administrative Services Building

Please call 419-207-2563 to register or email Steven.Baldrige@UHhospitals.org

SURVIVAL GUIDE FOR THE HOLIDAYS

The holiday season seems to be designed with one purpose in mind – to ruin our health through great tasting food. Is there any good advice for making wise food choices during the holiday season? Some might suggest “If it tastes good SPIT IT OUT!” but Clinical Nutrition Manager for UH Samaritan, Hannah Solomon, MS, RDN, LD, has some better suggestions.

THURSDAY, NOVEMBER 21

5:30 p.m.

Please call 419-207-2563 to register or email Steven.Baldrige@UHhospitals.org

CHILDHOOD TRAUMA’S LIFELONG IMPACT

Did you know your bad habits of today may be influenced by something that happened to you years ago in childhood? Local professionals well versed in the ACE study are finding it has revolutionized healthcare and is effectively addressing the myriad social problems our community faces today. Join UH Samaritan’s Todd Yordy, MA, LPCC-S to learn more about the ACE study and how it may apply to you or a loved one.

THURSDAY, DECEMBER 12

5:30 p.m.

UH Administrative Services Building

Please call 419-207-2563 to register or email Steven.Baldrige@UHhospitals.org

THE COPD COFFEE CLUB

The informal group setting provides a relaxed environment to share concerns and experiences for ongoing help, advice and support. Family members and caregivers are welcome.

WELLNESS-PREPARING FOR COLD AND FLU

TUESDAY, OCTOBER 8

1 p.m

UH Samaritan Medical Center Cardiac/Pulmonary Rehab 2nd floor

UNDERSTANDING STRESS

TUESDAY, NOVEMBER 12

1 p.m

UH Samaritan Medical Center East Tower Conference Room

HEALTHY HOLIDAY EATING

TUESDAY, DECEMBER 10

1 p.m

UH Samaritan Medical Center East Tower Conference Room

For more information or to register, please call 419-207-2453.

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1-844-312-5433 or UHhospitals.org/AgeWell



University Hospitals

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

UHhospitals.org

730 SOM Center Road, Suite 210
Mayfield Heights, OH 44143

NON-PROFIT ORG
US POSTAGE
PAID
Cleveland Ohio
Permit #1764

GET MOVING FOR YOUR HEALTH

The CDC suggests that regular physical activity is one of the most important things you can do for your health.

Regular exercise is a natural mood lifter and provides many other health benefits including, stress management, physical fitness and a decreased risk for chronic diseases. Begin slowly with exercises that are easily accomplished and advance gradually. You don't have to make big life changes to see the benefits, just move. Build more activity into your day, one step at a time.

Many find it difficult to stick to some form of exercise and others don't know where to start. Experts say the key to starting or staying with any form of physical activity is to have fun. Get off the couch and enjoy getting fit. Try exploring community programs such as University Hospitals' walking programs.

What is it about walking that makes it more successful than other exercise? Part of it is the simplicity. By putting one foot in front of the other, you can walk off excess weight, lower blood pressure and reduce your risk of stroke, certain cancers, depression, osteoporosis, diabetes, high cholesterol and heart disease by helping to clear artery-clogging plaque. *Are you walking yet?*

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