



University Hospitals

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

UHhospitals.org

AGE WELL. BE WELL. EVENTS
FEBRUARY, 2022

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

UH Locations

AVON HEALTH CENTER

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

ELYRIA MEDICAL CENTER

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

PORTAGE MEDICAL CENTER

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

AHUJA MEDICAL CENTER

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

GEAUGA MEDICAL CENTER

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

RICHMOND MEDICAL CENTER

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

BEDFORD MEDICAL CENTER

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

GENEVA MEDICAL CENTER

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

ST. JOHN MEDICAL CENTER,

A Catholic Hospital
29000 Center Ridge Road
Westlake, OH 44145
440-835-8000

CONNEAUT MEDICAL CENTER

158 West Main Road
Conneaut, OH 44030
440-593-1131

PARMA MEDICAL CENTER

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

SAMARITAN MEDICAL CENTER

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

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

EXERCISE CLASSES

Avon Health Center
1997 Healthway Drive
Avon, OH 44011

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

IRON YOGA

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

Friday, February 4
8 - 8:45 a.m.

AQUA PILATES

This type of Pilates differs from the traditional version because the exercises are done in an upright position in the pool. This workout is easier on your joints while the water increases the resistance of the moves.

Monday, February 14
10 - 10:45 a.m.

BEGINNER YOGA

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

Saturday, February 26
11 - 11:45 a.m.

HEALTH EDUCATION

BRAIN HEALTH

Join Personal Trainer and Brain Health Trainer Kelly Kacenjar to learn the latest science on brain health and what specific exercises are good to incorporate. Handouts provided.

Tuesday, February 15th

10:30-11:15 a.m.

Email Renee.Barrett@uhhospitals.org or call 440-988-6801 for information and to register.

GROUP FUN RUN WITH JORDAN SMITH, LONG DISTANCE RUNNING COACH

Join our community of runners. Runners of varying paces are welcome (typically 9-13 minute mile). Just show up and put one foot in front of the other. Bring flashlight or headlamp and dress for the weather. We will head into the community of Avon.

Wednesday, February 16

6 p.m.

Email Jordan.Smith@uhhospitals.org with questions

IS YOUR DIET AGING YOU?

Learn why eating a Mediterranean type diet is recommended and how it can help slow the aging process. Enjoy a sample of an easy recipe that may be used as a side dish or a meal. Presented by Registered Dietitian, Kim Horvath, MEd, RDN, LD, CDCES.

Wednesday, March 9

6 - 6:45p.m.

Email Renee.Barrett@uhhospitals.org or call 440-988-6801 for information and to register.

DIABETES EDUCATION

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

OUTPATIENT NUTRITION COUNSELING

Offering either virtual or in-person. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health.

Monday through Thursday

(late afternoon and evenings on Tuesday and Wednesday)

Call **440-284-5709** Kim Horvath, MEd, RDN, LD, CDCES



UH Bedford Medical Center

DIABETES EDUCATION CLASS SERIES

Empower yourself with knowledge to prevent complications from diabetes. Join us for 6 weekly classes taught by Jennifer Lattur, MS, RDN, CDCES, and Dietitian at Bedford Medical Center

Thursdays

February 10, 17, 24

March 3, 10, 17

10 - 10:45 a.m.

Maple Heights Senior Center

15901 Libby Road, 2nd Floor

Maple Heights, OH 44137

Call **216-587-5481** to register.

Space is limited

Wednesdays

February 16, 23

March 2, 9, 16, 23

11 a.m. - 12 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue

Bedford, OH 44146

Call **440-735-6570** to register.

Space is limited

HEALTH EDUCATION

VIRTUAL DIABETES SELF-MANAGEMENT CLASSES

Participants attend one Nutrition for Diabetes Class and one Diabetes Self-Management Class in any order then follow up with a diabetes educator.

NUTRITION FOR DIABETES

Tuesday, February 8

5 - 7 p.m.

DIABETES SELF-MANAGEMENT

Tuesday, February 22

5 - 7 p.m.

*Doctor referral is required - check with your insurance for coverage. Call **440-735-4700** to register for presentation on Zoom.*

HEALTH SCREENINGS

HEART HEALTH SCREENING AND EDUCATION

Friday, February 4

Friday, February 18

12 - 1:30 p.m.

Maple Heights Senior Center

15901 Libby Road, 2nd Floor

Maple Heights, OH 44137

BLOOD PRESSURE SCREENINGS

Wednesday, February 16

9:30 - 11:00 a.m.

Ellenwood Recreation Center

124 Ellenwood Avenue

Bedford, OH 44146

Wednesday, February 16

12 - 2:30 p.m.

Oakwood Village Community Center

23035 Broadway Avenue

Oakwood, Village, OH 44146

PREVENTIVE HEALTH

HEALTH RISK ASSESSMENTS

Our team of health care providers ask a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Based on your answers, recommendations are made for scheduling the recommended testing.

To schedule a free risk assessment call 440-735-2559

Hampson Mole Breast Health Suite at UH Elyria Medical Center



Hampson Mole Breast Health Suite at UH Elyria Medical Center is a high risk breast clinic. Patients with any breast related concerns, including those who may be high risk may call 440-329-7521 for an appointment. If you have a family history of breast cancer or are told you have dense breast tissue on your mammogram, you may be a high risk patient. You can start with your primary care provider or simply make an appointment to be seen in the Hampson Mole Breast Health Center for high risk evaluation. We will take a thorough history, ensure you are up to date on your

breast imaging, and complete a breast cancer risk assessment. If you are deemed high risk, you have options, including ways to either watch you more closely, or actually reduce your risk of developing breast cancer. It is so important to know your risk factors and know your risk of developing breast cancer so you can take advantage of the options we have to help diagnose breast cancer at an early stage. This will allow for less aggressive treatment and good outcomes. If you are unsure about your risk, make an appointment today for further evaluation.

UH Conneaut and Geneva Medical Centers

HEALTH EDUCATION

CANCER AWARENESS

Wednesday, February 2
11:30 a.m. – 12:30 p.m.

Andover Senior Center

181 South Main Street
Andover, OH 44003
Call **440-593-0364** for information

CANCER AWARENESS

Monday, February 7
11 a.m. – 12 p.m.

Orwell Country Neighbor

39 S. Maple Street
Orwell, OH 44076
Call **440-593-0364** for information

SMOKELESS PROGRAM

5 - 6 p.m.

Monday, February 7 (Introduction)

Monday, February 14

Tuesday, February 15

Thursday, February 17

Friday, February 18

UH Geneva Medical Center

Training Center
830 West Main Street
Geneva, OH 44041
Call **440-593-0364** for information

DIABETES EDUCATION

Individualized diabetes education,
focusing on:

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

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

HEALTH SCREENINGS

MAMMOGRAM PROGRAM

(Un-insured and Under-insured)
Call **440-593-0374** to see if you qualify for this program

SUPPORT GROUPS

CANCER SUPPORT GROUP

Speaker: Rebecca Fronk (Doterra)
Wednesday, February 16
5 – 6 p.m.

UH Geneva Medical Center

Training Center
830 West Main Street
Geneva, OH 44041
Call **440-593-0364**

UH Elyria Medical Center

HEALTH EDUCATION

Monday through Thursday

(late afternoon and evenings on
Tuesdays and Wednesdays)

Call **440-284-5709** *Kim Horvath, MEd, RDN, LD, CDCES*

DIABETES EDUCATION

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

OUTPATIENT NUTRITION COUNSELING

Offering either virtual or in-person. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health.

HEALTH SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-284-5709**. Closed on all holidays or in inclement weather.

BLOOD PRESSURE SCREENINGS

Tuesday, February 15
12:30 – 2 p.m.

Avon Lake Senior Center

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



Car Seat Installations for Caregivers and Grandparents

For all caregivers who need help with car seat installations or have questions about the safest way to transport their children or grandchildren in motor vehicles, getting expert advice and assistance just got a little easier. University Hospitals Rainbow Babies and Children's along with UH St. John and Parma Medical Centers will partner with the following west side fire stations to provide car seat checking stations, by Nationally Certified Child Passenger Safety (CPS) Technicians.

UH Rainbow's Injury Prevention Center has had a car seat fitting station at the hospital's main campus in University Circle for more than 10 years. In response to community requests, UH Rainbow is making it easier for westside families to get expert help in choosing and installing car seats with the opening of car seat fitting stations at five area fire stations. The service is provided free-of-charge, at the following fire departments:

Thursday, February 3
2 – 5 p.m.
Olmsted Falls Fire Station
9274 Columbia Road
Olmsted Falls, OH 44138
Appointment required.
Call 440-827-5440 to schedule

Thursday, February 10
2 – 5 p.m.
North Royalton Fire Station
7000 Royalton Road
North Royalton, OH 44133
Email Kathy Salvo for scheduling
ksalvo@northroyalton.org

Thursday, February 24
2 – 5 p.m.
North Olmsted Fire Station
24291 Lorain Road
North Olmsted, OH 44070
Appointment required.
Call 440-827-5440 to schedule

Thursday, February 10
2 – 5 p.m.
North Ridgeville Fire Station
7000 Ranger Way
North Ridgeville, OH 44039
Appointment required.
Call 440-827-5440 to schedule

Thursday, February 17
2 – 5 p.m.
Bay Village Fire Station
28100 Wolf Road
Bay Village, OH 44140
Appointment required.
Call 440-827-5440 to schedule



UH Geauga Medical Center

COMMUNITY PROGRAMS

LUNCH & MOVIE

Due to very limited space, and to ensure a fun experience for all, registration is required. Reservations will only be accepted beginning January 20.

Thursday, February 3
12 – 2:30 p.m.

West Geauga Senior Center
8090 Cedar Road
Chesterland, OH 44026
Call 440-214-3180 to register

**ELDERBERRIES: GEAUGA
PARK PROGRAM
UH WELLNESS: TBD**

*(In collaboration with Geauga Dept. on
Aging and Geauga Park District)*

Thursday, February 17

1 - 2 p.m.
Light refreshments provided.

The West Woods
9465 Kinsman Road
Novelty, Ohio 44072
Call 440-214-3180 to register

HEALTH EDUCATION

EARLY HEART ATTACK CARE

Wednesday, February 2
12 - 1 p.m.

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

HEALTH SCREENINGS

BLOOD PRESSURE

Monday, February 7
8:30 - 10 a.m.
West Farmington Senior Center
150 College Street
West Farmington, OH 44491

Thursday, February 10
10 a.m. – 12 p.m.

Gauga YMCA
12460 Bass Lake Rd
Chardon, OH 44024

ALL ABOUT FALLS & BALANCE SCREENINGS

Monday, February 7
12 - 1 p.m.

Gauga YMCA
12460 Bass Lake Rd
Chardon, OH 44024
Call 440-214-3180 to register

WALKING FOR WELLNESS

(In collaboration with Geauga Dept. on Aging)

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

Wednesdays

1 – 2:30 p.m.

Call **440-279-2167** to register

Wednesday, February 2

Punderson State Park

11755 Kinsman Road
Newbury, OH 44065

Wednesday, February 9

Orchard Hills

11340 Caves Road
Chesterland, OH 44024

Wednesday, February 16

Maple Highland Trail

(Big Creek Spur)
9280 Ravenna Road
Chardon, OH 44024

Wednesday, February 23

Penitentiary Glen Reservation

Nature Center
8668 Kirtland Chardon Road
Willoughby, OH 44094

FIGHTING AGAINST PARKINSON'S

(In collaboration with Geauga Dept. on Aging)

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

Mondays, February 7, 14, 28

Wednesdays, February 2, 9, 16, 23

Fridays, February 4, 11, 18, 25

Everybodies Gym

357 Washington Street
Chardon, OH 44024

Cost \$45

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

PREVENTATIVE HEALTH

SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?

Geauga Health Center

Norma N. Chapman
Senior Assessment Program
13221 Ravenna Road
Chardon, OH 44024
Call **440-285-6408** to schedule

RISK ASSESSMENTS

Call Wellness Coordinator at
440-904-0064

DIABETES SELF- MANAGEMENT EDUCATIONS

For newly diagnosed or for anyone just looking for additional information on how to live well with diabetes

Call Diabetes Educator at
440-214-8233

MEDICATION MANAGEMENT CLINIC

This clinic is staffed by pharmacists who are highly trained experts in the following areas:

- diabetes
- high blood pressure
- high cholesterol
- heart failure
- smoking cessation

Pharmacists will help you organize your medications, answer questions about your health condition or medications. Call **440-285-3037** for information.

SUPPORT GROUPS

LIVING WITH LYMPHEDEMA

Wednesday, February 16

6 - 8 p.m.

Concord Health Center

Community Room
7500 Auburn Road
Concord, OH 44077
Call **440-214-3100**



UH Parma Medical Center

COMMUNITY EVENT

BLOOD DRIVE

Thursday, February 24
11 a.m. – 5 p.m.

UH Parma Medical Center
7007 Powers Boulevard
Parma, OH 44129
Masks required
[Click here](#) to register.

HEALTH EDUCATION

FALL PREVENTION

Learn the definition of a fall, who is at risk for falls and different ways to prevent falls. It will also cover briefly what can contribute to falls and some options for treatments. A few basic exercises to help and/or maintain your balance will also be discussed.

Thursday, February 22
4:30 – 5:30 p.m.

To register for presentation and receive the link [click here](#), or call 440-743-4932. Space is limited.

EARLY LUNG NODULE DETECTION WITH LOW-DOSE CT SCANS

Screening by the Lung Nodule Center of high-risk individuals for suspicious nodules.
Call 440-743-8520 to schedule

DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by UH and may be required by your insurance. Check with your insurance in advance regarding coverage. Call Melanie Hocker, MS, RD, LD at 440-743-2155

SUPPORT GROUPS

UH Parma Health Education Center
7300 State Road
Parma, OH 44134
Call 440-743-4932 for information
Masks and social distancing are required

FOOD ADDICTS ANONYMOUS

Having trouble staying on a diet or eating plan? Do you crave sugar and high-carb foods? Are you shaky, angry or moody when you skip a meal? Do you think about food all the time? This group can help.
Fridays, February 4, 11, 18, 25
10 - 11 a.m.

PARKINSON'S DISEASE

Tuesday, February 8
1 - 2:30 p.m.

UH Portage Medical Center

HEALTH EDUCATION

SELF-MANAGEMENT EDUCATION CLASSES

Free diabetes education for anyone newly diagnosed or who may need help.
Call 330-297-2575 for information

VIRTUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

AMPUTEE WALKING CLINIC

Thursday, February 3
3 - 5 p.m.

Portage Medical Center
Medical Arts Building, Room 150
6847 North Chestnut Street
Ravenna, OH 44266
Call 330-297-2576 to register

HEALTH SCREENINGS

HEART HEALTH SCREENING

Wednesday, February 16
8:30 a.m. - 12 p.m.

Portage Medical Center
Medical Arts Building Room 150
6847 North Chestnut Street
Ravenna, OH 44266
INFO/RSVP: 330-297-2576

RUNNING AND THROWING SCREENING

Saturday, February 26
9 a.m. - 1 p.m.

Portage Medical Center
Medical Arts Building Room 150
6847 North Chestnut Street
Ravenna, OH 44266
INFO/RSVP: 330-297-2576

WOMEN'S HEALTH

FREE MAMMOGRAMS

For underinsured or uninsured women
Portage Medical Center
6847 North Chestnut Street
Ravenna, OH 44266
Call 330-297-2338 to find out if you qualify for this screening.

SUPPORT GROUPS

- Alzheimer's Association Caregiver Support
- Beyond Stroke Support Group
- Breast Cancer Support Group
- Diabetes Support Group
- Ostomy Support Group
- Parkinson's Support Group
Call 330-297-2576
- Hope and Healing Support Group for Grieving Adults
Call 330-241-6282

UH Richmond Medical Center

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, February 14
11 a.m. - 12 p.m.

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

VIRTUAL TALKS

Virtual / Online events are
Available on our website
UHhospitals.org/AgeWell
Under the Virtual Events tab

PREVENTIVE HEALTH

HEALTH RISK ASSESSMENTS

Our team of health care providers ask a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Based on your answers, recommendations are made for scheduling the recommended testing.

To schedule a free risk assessment call **440-735-2559**



STARTING IN MARCH

Look for location in March calendar

DIABETES EDUCATION CLASS SERIES

Empower yourself with knowledge to prevent complications from diabetes. Join us for 6 weekly classes taught by Crystal Seals, RDN, LD, CDCES, and Dietitian at Richmond Medical Center.

UH Samaritan Medical Center

EXERCISE & FITNESS

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

Walking support group for COPD patients
Tuesdays and Thursdays
10 a.m.

The Keith Field House
Ashland High School
Ashland, OH 44805

HEALTH EDUCATION

SMOKING CESSATION

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

BLS FOR THE COMMUNITY

Tuesday, February 17
2 - 4 p.m.

HEARTSAVER FOR THE COMMUNITY

Tuesday, February 22
2 - 4 p.m.

Samaritan on East Main

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

HEALTH SCREENINGS

BIOMETRIC, BLOOD PRESSURE, BONE DENSITY AND STROKE SCREENINGS

Call **419-207-7856** for appointment



UH St. John Medical Center, a Catholic Hospital

HEALTH EDUCATION

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. A physician referral is required prior to visit.

St. John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145
Call 440-835-4426

DIABETES EDUCATION

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

St. John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145
Call 216-844-1499 to schedule

HEALTH SCREENINGS

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

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

 facebook

BALANCE SCREENINGS

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

AUDIOLOGY

Testing and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Department.
Call 440-835-6160

BLOOD PRESSURE SCREENINGS

Wednesday, February 9
9:30 – 11 a.m.

Lakewood Senior Center
16024 Madison Avenue
Lakewood, OH 44107

Monday, February 14
11 a.m. – 12 p.m.

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

Thursday, February 24
11:30 a.m. – 1 p.m.

Westlake Center for Community Services
Community Meeting Room
28975 Hilliard Boulevard
Westlake, OH 44145

[Age Well. Be Well](#)

[UH Avon Health Center](#)

[UH Bedford Medical Center](#)

[UH Conneaut Medical Center](#)

[UH Elyria Medical Center](#)

[UH Geauga Medical Center](#)

AMERICAN HEART ASSOCIATION - HEARTSAVER CPR/AED

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

SENIOR SUPPER CLUB

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

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

Present your card at **St. John Medical Center Cafeteria** to receive a 40 percent discount on all food except bottled beverages, specialty snacks and "Simply to Go" items. There is a \$10 limit per customer for the discount; after that, the items are full price. You must present your card to receive the discount.

Daily | 4 – 5:30 p.m.

[UH Geneva Medical Center](#)

[UH Portage Medical Center](#)

[UH Parma Medical Center](#)

[UH Richmond Medical Center](#)

[UH St. John Medical Center](#)

[UH Samaritan Medical Center](#)