



University Hospitals

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

AGE WELL. BE WELL. EVENTS FEBRUARY, 2023

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

UH Locations

AVON HEALTH CENTER

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

GEAUGA MEDICAL CENTER

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

PORTAGE MEDICAL CENTER

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

AHUJA MEDICAL CENTER

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

GENEVA MEDICAL CENTER

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

RICHMOND MEDICAL OFFICE BUILDING

27155 Chardon Road
Richmond Hts., OH 44143
440-585-6500

BEDFORD MEDICAL OFFICE BUILDING

88 Center Road
Bedford, OH 44146
440-735-3900

LAKE WEST MEDICAL CENTER

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

ST. JOHN MEDICAL CENTER, *A Catholic Hospital*

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

CONNEAUT MEDICAL CENTER

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

TRIPOINT MEDICAL CENTER

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

SAMARITAN MEDICAL CENTER

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

ELYRIA MEDICAL CENTER

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

PARMA MEDICAL CENTER

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

If you no longer wish to receive the Age Well Be Well Calendar of Events, please email Concierge@uhhospitals.org

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Thursday, February 2

12:30 – 1:00 p.m.

Beachwood Senior Center

25325 Fairmount Blvd
Beachwood, OH 44122

Monday, February 6

5:30 - 6:30 p.m.

Warrensville Heights YMCA

44333 Northfield Road
Warrensville Heights, Ohio 44128

Wednesday, February 8

10 - 11:00 a.m.

Solon Senior Center

35000 Portz Parkway
Solon, OH 44139

BIOMETRIC SCREENING EVENTS

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

Wednesday, February 15

9:00 a.m. - 11:00 a.m.

Solon Senior Center

39000 Portz Parkway
Solon, OH 44139

HEART HEALTH SCREENING AND EDUCATION EVENT

February is Heart Health Awareness Month and UH Ahuja Medical Center is hosting a FREE Heart Health screening event. Come and learn from the experts at UH Harrington Heart & Vascular Institute and receive free health screenings

Saturday, February 25

9:00 a.m. - 12:00 p.m.

UH Ahuja Medical Center

Conference Rooms A, B, & C

3999 Richmond Road
Beachwood, OH 44122



Avon Health Center
1997 Healthway Drive
Avon, OH 44011

COMMUNITY PROGRAM

HOPE: CANCER EXERCISE PROGRAM

Currently taking reservations for the next group which starts late March.

Tuesdays and Thursdays
5 - 5:55 p.m.

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. The next program starts mid-June, pending enrollment. For details contact

Christopher.Ross@UHHospitals.org or call 440-988-6973.

Subsidized fee: \$50 (if cost is a concern, please let us know, fee waivers available). Guidance provided by Certified Clinical Cancer Exercise Specialists.

COMMUNITY EVENT

GO RED DAY BLOOD PRESSURE EDUCATION

Friday, February 3
11:00 - 11:30 a.m.

For health month, join Fitness Specialist with experience with cardiac rehab to learn more about blood pressure. Identify risks with high and low, how to reduce blood pressure, exercise guidelines.

HOW TO TRAIN FOR YOUR NEXT (OR FIRST) RUNNING EVENT

Wednesday, February 15
5:45 - 6:15 p.m.

Looking to train for a 5k, half or full

marathon? This presentation will review goal setting, how to structure your workouts and review terms and tips. Outdoor group run for those interested. 1 mile, 2 mile, or 3 mile options.

OUTDOOR FUN RUN
Wednesday, February 15
6:30 p.m.

This run is an option for those that wish to partake in the pre-event education or those that need a later meet up time. This is a mixed level group of runners and run/walkers who run the streets/sidewalks in the Avon community. Dress for the elements and bring wearable or handheld flashlight. Our plan is to do an out and back run which would total 3.11 miles. You don't have to consider yourself a "runner" to attend this event. Beginners who do a run/walk technique are also encouraged to attend.

HEART HEALTH AND LOWERING YOUR RISK FOR CANCER

Tuesday, February 21
6 - 6:55 p.m.

A University Hospitals provider will provide education and answer your questions.

COMMUNITY HEALTH AND SAFETY DAY

Save the Date: Saturday, March 11th
10:00 a.m. - Noon

Join us for this free event that includes: Health Education Tables, Health Screenings, Healthy Food Demonstration with a registered dietitian, and Community Organizations.

EXERCISE & FITNESS

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

BEGINNER PILATES

Posture is often the first thing people notice about a person, and those who carry themselves with poise display grace and confidence. This class will help teach the basic fundamentals of Pilates and establish proper form that will benefit you for a lifetime. Exercises can be done on a mat or a chair.

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 13
10 - 10:55 a.m.

IRON YOGA

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

Friday, February 3
8 - 8:45 a.m.



UH Avon Health Center (cont'd)

BEGINNER SPINNING

Learn the proper way for bike set-up in this beginner level Spinning (Group Cycling) exercise class. Instructor will go through basic class formats, including hill and race training, and train teaching watts (power generated from your cycling).

Saturday, February 18

10 - 10:55 a.m.

BEGINNER YOGA

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

Saturday, February 25

11 - 11:55 a.m.



Bedford Community Events

COMMUNITY PROGRAMS

WALKING CLUB

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

Thursdays, Feb. 2, 9, 16, 23

9:30 - 10:30 a.m.

Weather Permitting

**Willard Park Pavilion at
Ellenwood Center**

124 Ellenwood Avenue
Bedford, OH 44146

(Walking inside Ellenwood
Center certain dates)

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

HEALTH SCREENINGS

Maple Hts. Senior Center

15901 Libby Road
Maple Heights, Ohio 44137

Thursday, February 9

10:45 - 12:30 p.m.

RISK ASSESSMENT AND SCREENING CLINIC

UH Bedford Medical Center offers a no-cost risk assessment and screenings including glucose, pulse ox and blood pressure screening. You will be asked a brief series of questions to assess your risk for breast, cervical, colon

and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Based on your answers, recommendations are made for scheduling the recommended testing.

Thursdays, February 9, 23

2 - 4 p.m.

**UH Bedford Medical Office
Building**

Multi-Specialty Clinic
88 Center Street
Suite 210

Bedford, OH 44146

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



For the most up to date information and activities, check us out on [facebook](#)

[Age Well. Be Well](#)

[UH Avon Health Center](#)

[UH Conneaut Medical Center](#)

[UH Elyria Medical Center](#)

[UH Geauga Medical Center](#)

[UH Geneva Medical Center](#)

[UH Portage Medical Center](#)

[UH Parma Medical Center](#)

[UH St. John Medical Center](#)

[UH Samaritan Medical Center](#)

UH Conneaut and Geneva Medical Centers

COMMUNITY PROGRAMS

UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY

Monday - Friday
9 a.m. – 5:30 p.m.

870 West Main Street
Geneva, OH 44041

Provides retail pharmacy services for outpatient prescriptions.
*If you are interested in filling your prescription at this location, please call **440-361-6111** for more information.*

MEDICATION THERAPY MANAGEMENT CLINIC

This pharmacist-led clinic offers medication education and management for the following diseases: Diabetes, Hypertension, Heart Failure, Dyslipidemia, Asthma, COPD, Tobacco Cessation, and Anticoagulation. If you are interested in taking better control of your health and would like to participate in this service, a referral from a physician is required.

Monday – Friday
8 a.m. – 4:30 p.m.

UH Geneva Outpatient Pharmacy

870 West Main Street
Geneva, OH 44041

*Call **440-415-9548** Rachel Norris, Pharmacist, for more information.*



HEALTH SCREENINGS

FREE WALK-IN BLOOD PRESSURE SCREENING

Monday – Friday
9 a.m. - 9 p.m.
Saturday - Sunday
9 a.m. - 5 p.m.

Urgent Care

UH Ashtabula Health Center

3315 N. Ridge Road, E
Suite 700A
Ashtabula, OH 44004
*Call **440-992-0759** for information*

SLEEP MEDICINE

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

UH Center for Advanced Sleep Medicine

810-A West Main Street
Geneva, OH 44041
*Schedule a sleep consultation by calling **440-415-0153***

FREE MAMMOGRAM PROGRAM

FOR UNINSURED AND
UNDERINSURED

UH Conneaut Medical Center

UH Geneva Medical Center

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

HEALTH EDUCATION

DIABETES EDUCATION

INDIVIDUAL SESSIONS

Individualized education, focus areas include: self-monitoring of blood glucose, medication management, meal planning, and prevention of complications.

*Call **440-593-0373** Lori Ann Slimmer, RN, M.Ed., CDCES for information.*

HEALTH EDUCATION

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

DIABETES EDUCATION

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

OUTPATIENT NUTRITION COUNSELING

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

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 SCREENING

TUESDAY FEBRUARY 21
12:30 – 2 p.m.

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

VIRTUAL TALKS

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

Cultivating Your Nourish Know-How

Healthy eating is a key component of a healthy lifestyle. This week's self-care tips will provide some reminders to help you nourish your body and spirit with healthy food choices and habits.

Today's tip: Make batch cooking your friend! Cooking up larger batches of your favorite healthy meals on the weekend so you can easily reheat portions throughout the week or freeze portions for a later date can help combat the temptation to eat out or choose convenience foods when you don't feel like cooking during the busy work week.

Today's Self-Care Tip provided by: Jenna Bradesca, MMS, PA-C, DipACLM, Physician Assistant, UH Connor Whole Health



UH Geauga Medical Center

COMMUNITY PROGRAMS

Call 440-214-3180 to register

LUNCH AND A MOVIE

Thursday, February 2

12 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, OH 44026

WOMEN'S HEALTH

Friday, February 10

12 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, OH 44026

BONE HEALTH

Tuesday, February 14

1 p.m.

West Farmington Senior Center

150 College Street
West Farmington, OH 44491

SIMPLE COOKING WITH HEART

Presentation & Cooking Demo

Wednesday, February 15

3-5 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road
Chardon, OH 44024

Elderberries Geauga Park Program

Thursday, February 16

1-2:30 p.m.

Blood Pressure Screenings

The West Woods

9465 Kinsman Road
Novelty, OH 44072

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, February 6

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street
West Farmington, OH 44491

BLOOD PRESSURE SCREENING

Thursday, February 16

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

Gauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

Heart Health Screening & Education Event

Walk-up Screenings:

- Blood Glucose
- Blood Pressure
- Total Cholesterol
- Pulmonary Function
- Hands-only CPR

Pre-registered Screenings:

- Carotid Vascular

Saturday, February 25

9 a.m. - 12 p.m.

UH Geauga Medical Center

Front Lobby

13207 Ravenna Road
Chardon, OH 44024

To register for the pre-registered screening, call 440-901-6558

EXERCISE & FITNESS

WALKING FOR WELLNESS

Walking has shown to help with weight management, reducing stress and increasing energy levels. Group walking programs can help you reach your personal wellness goals *(In collaboration with Geauga Dept. on Aging)*

Wednesdays | 1 p.m.

February 1

Punderson State Park

Park at the lodge

11755 Kinsman Road
Newbury, OH 44065

February 8

Big Creek Park

Deep Woods Lodge

9160 Robinson Road
Chardon, OH 44024

February 15

Chapin Forest Reservation

Pine Lodge

10381 Hobart Road
Kirtland, OH 44094

February 22

West Woods

9465 Kinsman Road
Novelty, OH 44072

Call 440-279-2167 to register

FIGHTING AGAINST PARKINSON'S

(In collaboration with Geauga Dept. on Aging)

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

Mondays, February 6, 13, 27

Wednesdays, February 1, 8, 15, 22

Fridays, February 3, 10, 17, 24

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024

Cost \$45

Call 440-279-2137 for information.



UH Geauga Medical Center (Con't.)

SUPPORT GROUPS

APHASIA SUPPORT GROUP

Monday, February 6

6 p.m.

Outpatient Rehab Services at YMCA

12460 Bass Lake Road

Chardon, OH 44024

Call 440-214-3101 for information

DIABETES SUPPORT LUNCH MEAL PLANNING

Tuesday, February 21

2 p.m.

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call 440-279-2137 for information

LIVING WITH LYMPHEDEMA

Wednesday, February 15

6p.m.

Concord Health Center

Community Room

7500 Auburn Road

Concord, OH 44077

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

Cardiac Rehab Support Group

Nutrition and Heart Disease

Heart Healthy Trail Mix Demo

Wednesday, February 22 | 6 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

Call 440-285-6824 for information

PREVENTATIVE HEALTH

SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?

Norma N. Chapman Senior Assessment Program

Call 440-285-6408 to schedule an Assessment

RISK ASSESSMENTS

Call Wellness Coordinator

440-214-3330

DIABETES SELF-MANAGEMENT EDUCATION

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

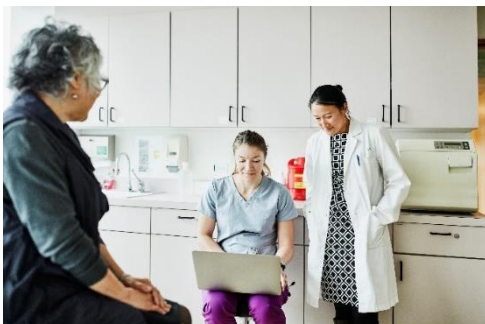
Call Diabetes Educator at 440-214-8233

MEDICATION MANAGEMENT CLINIC

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

Diabetes, high blood pressure, high cholesterol, heart failure and smoking cessation. Pharmacists will help you organize your medications, answer questions about your health condition or medications.

Call 440-214-3122 for information



HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

Early detection saves lives and prevents serious health issues. Some forms of diabetes in its early stages, such as Type 2 diabetes, may not display symptoms. However chronic diabetes can lead to damage to the eyes, kidneys, nerves, blood vessels and heart. UH Lake Medical Centers will be providing FREE blood pressure screenings in the main lobby area.

SATURDAY, FEBRUARY 4

9:00 a.m. - 12:00 p.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

SATURDAY, FEBRUARY 18

9:00 a.m. - 12:00 p.m.

Lake West Medical Center

3600 Euclid Avenue
Willoughby, OH 44094

STROKE AWARENESS & HEALTH SCREENINGS

Join us for a presentation covering stroke risks, warning signs and prevention. UH Lake Health providing FREE screenings for glucose, cholesterol and blood pressure.

TUESDAY, FEBRUARY 21

6:30 - 7:30 p.m.

Willowick Public Library

263 E 305th Street
Willowick, OH 4409

This event is free to attend, however, registration is required. For more Info or to register visit <https://welibrary.libcal.com/event/9995489>

HEALTH EDUCATION

HEART HEALTH WITH Dr. ZELLERS, DO

Heart disease is a leading cause of death in the United States. February is American Heart Month. Join Dr. Zellers, DO for a discussion about heart health. This event is free to attend.

WEDNESDAY, FEBRUARY 1

1-2 p.m.

Concord Township Community Ctr

7671 Auburn Road
Painesville, OH 44077

GO RED WITH UH LAKE HEALTH

Go Red Is the American Heart Association's signature women's Initiative designed to increase women's health awareness and serve as a catalyst for change to improve the lives of women globally. It's not just about wearing red. It's about all women making a commitment to take charge of their own heart health. Stop by UH Lake Health Tripoint or UH Lake West campus lobbies.

FRIDAY, FEBRUARY 3

10:00 a.m. - 1:00 p.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, Ohio 44077

Lake West Medical Center

36000 Euclid Ave
Willoughby, Ohio 44094

HEALTHY LIVING COMMUNITY EVENT AWARENESS &

Join University Hospitals, Leadership Lake County and community partners for a health fair including screenings for blood

pressure, glucose, Hg A1C, and cholesterol. Activities include learning how to prepare a healthy snack, taking part in music therapy sessions, breathing and stretching exercises, and CPR demonstrations. Healthy lung information, healthy heart and stroke information will be available. University Hospitals' Clinical research team and Rainbow's Injury Prevention team will be on hand. Take a brain tour. Meet our community health workers. Learn early heart attack care and more. The first 75 families will receive a bag of locally grown produce from Lake County's Rainbow Farms. This event is free to attend.

SATURDAY, FEBRUARY 4

9:00 a.m. - 2:00 p.m.

Thomas W. Harvey High School

200 Walnut Avenue
Painesville, OH 44077

BREAST CANCER SUPPORT GROUP

Open to all patients with breast cancer or who are recovering from breast cancer. Meetings will be held in person. Masks and social distancing are required. To register / info contact:

Melissa.Loop@UHhospitals.org
440-375-8121

WEDNESDAY, FEBRUARY 15

6-7 P.M.

UH Mentor Medical Center
(Entrance with the large flagpole)
7590 Auburn Road
Painesville, OH 44077



HEALTH SCREENINGS

BLOOD PRESSURE

Free Blood Pressure Screenings at the locations below (walk in).

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

Wednesday, February 1

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

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

(glucose screening included)

Wednesday, February 1

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road

North Royalton, OH 44133

Wednesday, February 8

8 - 9:30 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

Thursday, February 9

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue

Brooklyn, OH 44144

Friday, February 10

10 - 11:30 a.m.

Independence Senior Center

6363 Selig Dr.

Independence, OH 44131

Friday, February 10

10 - 11:30 a.m.

Parma Senior Center

Donna Smallwood Activity Center

7010 W. Ridgewood Dr.

Parma, OH 44129

Tuesday, February 14

8:30-10 a.m.

Broadview Hts. Senior Center

9543 Broadview Rd.

Broadview Hts., OH 44147

Tuesday, February 28

9 - 10:30 a.m.

North Royalton Y.M.C.A.

11409 State Rd.

North Royalton, OH 44133

SUPPORT GROUPS

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

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

FOOD ADDICTS ANONYMOUS

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

Wednesdays

February 1, 8, 15, 22

5 - 6 p.m.

PARKINSON'S DISEASE

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

Tuesday of each month.

Tuesday, February 14

1 - 2:30 p.m.

STROKE & ARTHRITIS SUPPORT GROUP

Offers information and support to anyone suffering with arthritis or has had a stroke including their support person or caregiver. Second Monday of each month.

Monday, February 13

12:30 - 2 p.m.

For more information and/or questions call **440-743-4127**

HEALTH EDUCATION

SELF-CARE AND SELF-COMPASSION

In-person presentation
Self-care and self-compassion are two important, but often overlooked skills that can enhance one's ability to provide ideal care. This presentation will provide resources on self-care and self-compassion, as well as tools to enhance one's ability to recognize and practice.

Call 440-743-4932 to register.

Friday, February 3

12:30 p.m.

Parma Senior Center

Donna Smallwood Senior Center

7010 W. Ridgewood Dr.

Parma, OH 44129

BLOOD DRIVE

Thursday, February 16

11am - 5pm

UH Parma Medical Center

7007 Powers Boulevard, Parma

OH 44129

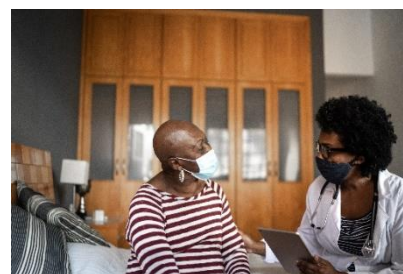
Please consider donating... there is a national blood shortage. Save a life today!

The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime.

Thank you for supporting the American Red Cross blood program!

Masks required

[Click here](#) to register.



DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions.

Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by UH and may be required by your insurance. Check with your insurance in advance regarding coverage.

Call Allison Danko, MS, RD, LD **440-743-2155** for more information

COMPREHENSIVE PAIN CENTER

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

HEARTBURN CENTER

Chronic conditions like heartburn and GERD will be treated in a comprehensive way by centralizing specialties of Gastroenterology, thoracic and surgical. This center will streamline services for patients.

Click [here](#) to read more about the **Heartburn Center at Parma Medical Center**
Call **216-758-8611** to schedule an appointment at the Heartburn Center

UH CONNOR WHOLE HEALTH

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

Services Offered

- Chiropractic care
- Massage Therapy
- Acupuncture

UH Parma Medical Center

Medical Arts Building 4
6115 Powers Boulevard
Parma, OH 44129

[Click here](#) for more information
Call **216-877-9651** to schedule an appointment

UNIVERSITY HOSPITALS SCIENCE OF HEALTH PODCAST- MANAGING CHRONIC PAIN - WHERE TO START

Speaker is Kutaiba Tabbaa, MD,
Director of University Hospitals
Parma Medical Center's
Comprehensive Pain Center
Click [here](#) to listen to this
informative podcast

EXERCISE & FITNESS

PARKINSON'S DISEASE EXERCISE CLASS – DELAY THE DISEASE

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

Wednesdays

February 1, 8, 15, 22
12:30 – 2 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134
Call **440-743-4932** for information

UH Portage Medical Center

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Friday, February 10

11 am – 5 pm

UH Portage Medical Arts Building, Atrium

Ravenna, Ohio 44266

To make an appointment, please visit RedCrossBlood.org



SAIL FALLS PREVENTION CLASS

SAIL – Stay Active & Independent for Life

A new class that is an evidence based falls prevention program to build strength, balance & flexibility. It will be offered at two locations:

Streetsboro Senior Center

9307 State Route 43

Streetsboro, OH 44241

INFO/RSVP: **330-626-2398**

Portage County Senior Center

705 Oakwood Street

Ravenna, OH 44266

INFO/RSVP: **330-297-3456**

HEARTH HEALTH LUNCH & LEARN

Sponsored by University Hospitals Portage Medical Center and the Avenue of Aurora. A fee of \$4 will be charged and a healthy lunch will be provided. Pre-registration is required. For Information or to register call 330-562-4333

Monday, February 6

12– 1 p.m.

Aurora Senior Center (Walker Building)

129 W. Pioneer Trail

Aurora, OH 44202

HEARTH HEALTH SCREENING & EDUCATION EVENT

Learn from the experts at the UH Harrington Heart and Vascular Institute and receive FREE health screenings including: Blood Pressure, Body Mass Index, Pre-diabetes, Stroke Risk Assessments and Nutrition & Heart Health education.

Tuesday, February 14

8 a.m. – 12 p.m.

UH Portage Medical Arts Building Room 150

6847 North Chestnut Street

Ravenna, OH 44266

RSVP required by Feb. 10th

Call 330-297-2576 to register



HEALTH EDUCATION

VIRTUAL SMOKING CESSATION CLASSES

Call **330-297-2576** for information

AMPUTEE WALKING CLINIC

Thursday, February 2

3 - 5 pm

UH Portage Medical Arts Building

Atrium

6847 N. Chestnut Street

Ravenna, OH 44266

SUPPORT GROUPS

PARKINSON'S SUPPORT GROUP

Tuesday, February 21

2 – 4 p.m.

UH Portage Medical Arts Building

Room 150

6847 N. Chestnut Street

Ravenna, OH 44266

DIABETES SUPPORT GROUP

Tuesday, February 7

4 – 5 p.m.

UH Portage Medical Arts Building

Room 150

6847 N. Chestnut Street

Ravenna, OH 44266

SUPPORT FOR GRIEVING ADULTS

The Grief Place

INFO: www.thegriefcareplace.org

330-686-1750.

Kelly's Grief Center

INFO: www.kellysgriefcenter.com

330-593-5959

WOMEN'S HEALTH

FREE MAMMOGRAMS

For underinsured or uninsured women.

UH Portage Medical Center

6847 North Chestnut Street

Ravenna, Ohio 44266

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

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

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

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

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

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

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

Richmond Community Events

COMMUNITY PROGRAMS

WALKING CLUB

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

Tuesdays, Feb. 7, 14, 21, 28
12 – 1 p.m.

Weather Permitting

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



HEALTH EDUCATION

The Grief Recovery Method

Support for residents and their families who have experienced grief originating from various losses including death, health, safety, trust, faith, divorce, employment and relationships. Danyell Goggans, a licensed psychotherapist will offer support and guidance for healing and moving on in life. Individuals will have the opportunity to sign up for a free 8-week grief recovery workshop at the same location once a week.

Tuesday, February 16

11: 30 a.m. – 12:30 p.m.

Kiwanis Lodge Community Center

27285 Highland Road
Richmond Heights, OH 44143
Call 440-735-2559 to register
Registration is encouraged but not required.

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, February 13

10: 30 a.m. – 12:30 p.m.

Kiwanis Lodge Community Center

27285 Highland Road
Richmond Heights, OH 44143

RISK ASSESSMENT AND SCREENING CLINIC

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

Tuesdays, February 7, 21

10 – 11:30 a.m.

UH Richmond Medical Office Building

27155 Chardon Road Suite 106
Richmond Heights, OH 44143
Call **440-735-2559** to schedule an appointment.

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

All classes & programs will be held at the UH Samaritan Medical Center, AUDITORIUM
663 East Main
Ashland, OH 44805

HEALTH EDUCATION

HEARTSAVER CPR TRAINING FOR THE COMMUNITY

Wednesday, February 15
2 - 4 p.m.

BASIC LIFE SUPPORT CPR TRAINING

Wednesday, February 22
2 – 4 p.m.

****CPR classes are limited to 10****
Call **419-207-7856** to register

RED CROSS BLOOD DRIVE

Friday, February 10
12 p.m. – 6 p.m.

Thursday, February 23

9 a.m. – 3 p.m.

HEALTH SCREENINGS

BIOMETRIC SCREENINGS

Blood Pressure, bone density and stroke risk assessments

Tuesday, February 14
9 a.m. - 10:30 a.m.

Ashland YMCA

207 Miller Street
Ashland, OH 44805

SMOKING CESSATION

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

UH St. John Medical Center, a Catholic Hospital

COMMUNITY PROGRAMS

SENIOR SUPPER CLUB

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

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

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

Daily | 4 – 5:30 p.m.

HEALTH SCREENINGS

BALANCE SCREENING

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

HEALTH SCREENINGS (Cholesterol, Glucose, Blood Pressure)

THURSDAY, FEBRUARY 9

9:30 a.m. – 12 p.m.

Westshore Family YMCA

1575 Columbia Rd
Westlake OH 44145

TUESDAY, FEBRUARY 28

10 a.m. – 12 p.m.

Westlake Center for Community Services

Community Meeting Room
28975 Hilliard Blvd
Westlake OH 44145
RSVP- 440-899-3544

BLOOD PRESSURE SCREENINGS

WEDNESDAY, FEBRUARY 8

9:00 – 10:30 a.m.

Cove Community Center

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

THURSDAY, FEBRUARY 9

10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

MONDAY FEBRUARY 13

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road
Fairview Park OH 44126

THURSDAY, FEBRUARY 23

11:30 a.m. – 1 p.m.

Westlake Center for Community Services

Community Meeting Room
28975 Hilliard Blvd
Westlake OH 44145

AUDIOLOGY SCREENING

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

*Please call **440-835-6160**.*

HEALTH EDUCATION

DIABETES EDUCATION CLASSES

This four-week series offers comprehensive diabetes self-management education provided by the diabetes team, including a diabetes nurse and registered dietician. Services are billable to your insurance provider. A physician referral is required to participate. (We can assist with this.)

Class topics include: Basic and advanced information about diabetes management, making healthy food choices and meal planning, incorporating physical activity into lifestyle, safe and appropriate use of medications, blood sugar monitoring and management of high or low readings and how to prevent long term complications.

*For scheduling or questions regarding these classes, call **440-827-5341***

OUTPATIENT NUTRITION COUNSELING

Marge Robinson, MPH, RDN, LD, offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. A physician referral is required prior to visit.

St. John Health Center

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

DIABETES EDUCATION

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

St. John Health Center

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

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

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

*This is a free class, but you must register at www.uhems.org. Call **216-849-5013***

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

SUPPORT GROUPS

HOPE GROUP

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

WEDNESDAY, FEBRUARY 1

5:30 – 7:30 p.m.

UH ST. JOHN MEDICAL CENTER

Community Outreach Department SUITE R
29160 Center Ridge Road
Westlake OH 44145
For more information, call **440-827-5440**

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. An appointment is required. Call 440-827-5440 to schedule (if not otherwise noted)

**** NOTE: Olmsted Falls Fire Station is no longer providing this service**

North Ridgeville Fire Station

7000 Ranger Way
North Ridgeville, OH 44039

THURSDAY, FEBRUARY 9
1 – 4 p.m.

North Royalton Fire Station

7000 Royalton Road
North Royalton, OH 44133

THURSDAY, FEBRUARY 16
2– 5 p.m.

ksalvo@northroyalton.org

Bay Village Fire Station

28100 Wolf Road
Bay Village, OH 44140

THURSDAY, FEBRUARY 23
2– 5 p.m.

North Olmsted Fire Station

24291 Lorain Road
North Olmsted, OH 44070



To schedule at:

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

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