



University Hospitals

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

AGE WELL. BE WELL. EVENTS FEBRUARY, 2024

If you are not a member of the **AGE WELL. BE WELL.** Club and would like to join, please visit our website <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well> to register.

UH Locations

AVON HEALTH CENTER

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

GEAUGA MEDICAL CENTER

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

PORTAGE MEDICAL CENTER

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

AHUJA MEDICAL CENTER

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

GENEVA MEDICAL CENTER

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

RICHMOND MEDICAL OFFICE BUILDING

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

BEDFORD MEDICAL OFFICE BUILDING

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

LAKE WEST MEDICAL CENTER

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

ST. JOHN MEDICAL CENTER, *A Catholic Hospital*

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

CONNEAUT MEDICAL CENTER

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

TRIPOINT MEDICAL CENTER

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

SAMARITAN MEDICAL CENTER

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

ELYRIA MEDICAL CENTER

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

PARMA MEDICAL CENTER

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

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

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

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

Wednesday, February 14
10- 11 a.m.

Solon Senior Center
35000 Portz Parkway
Solon, OH 44139

Thursday, February 15
11:30 a.m. - 12:15 p.m.

Beachwood Senior Center
25325 Fairmount Blvd
Beachwood, OH 44122

SUPPORT GROUPS

STROKE SURVIVOR SUPPORT GROUP

University Hospitals Rehabilitation offers a free support group for stroke survivors and their families or caregivers. This group, facilitated by rehabilitation specialists can assist in navigating life after a stroke.

Second Tuesday of each Month
1-2 p.m.

UH Rehabilitation Hospital
23333 Harvard Road
Beachwood, OH 44122

BRAIN INJURY CAREGIVER SUPPORT GROUP

University Hospitals Rehabilitation offers a free support group for the families or caregivers of individuals who have suffered a brain injury. This group, facilitated by rehabilitation specialists, provides practical problem solving around caring for those with a brain injury as well as emotional support.

Fourth Wednesday of each Month
5 – 6:00 p.m.
University Hospitals Rehabilitation Hospital
23333 Harvard Road
Beachwood, OH 44122



Avon Health Center

1997 Healthway Drive
Avon, OH 44011

These group exercise classes and events are free and open to members and non-members aged 15 and older. Pre-registration is required for all activities. Please call 440-988-6801 or email

Renee.Barrett@uhhospitals.org for information and to sign up.

COMMUNITY PROGRAMS

HEART HEALTH WELLNESS PRESENTATION

Join Fitness Specialist Chloe Neely, M.S. for a presentation on heart health for you or someone you love! With February being American Heart month, it is the perfect time to dedicate some time to learning how we can keep our heart strong and healthy throughout our lives. We will be discussing heart disease risks and prevention. The topics of the presentation will include: How do I know if I am at risk? Risk factors for Heart Disease. Coronary Artery Disease: Heart disease progression. Ways we can work to prevent heart disease from developing. Please RSVP so we can provide enough handouts.

Friday, February 16

11:30 a.m. - 12:15 p.m.

PARTNERSHIP PROGRAM

GATHERING PLACE

PARTNERSHIP FOUNDATIONS OF AQUATIC EXERCISE

Explore aquatic exercise for improved strength, endurance and balance during and after cancer treatment. Participants are encouraged, but not required to complete all classes. First priority is given to cancer survivors who have not yet completed an aquatic series. For more information and to register contact Sandy at 216-455-1529 or email

Conochan@touchedbycancer.org

Thursdays February 8 - March 7

10-10:55 a.m.

EXERCISE & FITNESS

SPINNING BOOTCAMP

Build power and strength through a Spinning and Bootcamp combo class. Come and experience “Spinning Bootcamp” class of indoor cycling to increase cardiovascular conditioning as well as mental endurance. Wrap it up with 25-30 minutes of strength training and stretching.

Saturday, February 3

8-8:55 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 12

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 2

8 - 8:45 a.m.

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.

Saturday, February 10

11:00 - 11:55 a.m.

BETTER BALANCE

Join us for this once a month specialty class for a person of any age and ability. The class will focus on improving one’s strength, flexibility, stamina, and sensory concentration. Exercises can be done seated or standing (mat needed). Modifications will be given. The overall goal of the class is to improve these life-long skills to enhance the value of one’s longevity.

Saturday, February 24

11:00-11:55 a.m.

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 24

10:15 a.m.

RACE DAY (90 MINUTES)

This advanced Spinning class is a 90 minute class where the instructor leads you through a road race course on a Spin bike, including hill training.

Sunday, February 25

11:00 a.m. -12:30 p.m.



COMMUNITY PROGRAMS

WALKING CLUB

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

Thursdays, February 1, 8, 15, 22, 29
9:30 - 10:30 a.m.

Weather permitting

Ellenwood Center

Willard Pavilion

124 Ellenwood Avenue

Bedford, OH 44146

Call 440-735-2559 to register

LINE DANCING

Join us for a fun-filled evening of line dancing with Line Dancing King, Robert Johnson. This event is completely free of charge and is a great way to improve your overall well-being while staying active through dancing, which is known to promote healthy cardiovascular and mental health. Robert has taught line dancing in Greater Cleveland for over 30 years, so you'll be in good hands.

Wednesday, February 28

Wednesday, March 13

6-7 p.m.

UH Wellness Center

88 Center Road Suite 150

Bedford, OH

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

HEALTH SCREENINGS

BLOOD PRESSURE

SCREENINGS

Wednesdays, February 7, 21

10:30 a.m. - 1:00 p.m.

Bedford Heights Community Center

5615 Perkins Road

Bedford Heights OH 44146

(Bedford Heights 60+ community members only)

BLOOD PRESSURE

SCREENINGS

Wednesdays, February 14, 28

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

Ellenwood Recreation Center

124 Ellenwood Avenue

Bedford, OH 44146

Thursday, February 8

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

Maple Hts. Senior Center

15901 Libby Road

Maple Heights, Ohio 44137

THE NEW UH COMMUNITY WELLNESS CENTER

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

Our community-based wellness center, located in Bedford, will offer a wide range of programs and services that have been tailored to meet the specific needs of the community, including:

Preventive Services:

- Health education classes
- Health screenings
- Community programming

Enhanced Access to Care:

- Telehealth services
- Community health worker on site

Healthy Food:

- Teaching Kitchen

HOURS OF SERVICE:

Monday: 9 a.m. - 6 p.m.

Wednesday: 9 a.m. - 7 p.m.

Friday: 9 a.m. - 5 p.m.

Saturday (1st Saturday of each month): 9 a.m. - 1 p.m.

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

UH COMMUNITY WELLNESS CENTER PROGRAMS FOR THE FIRST SATURDAY OF THE MONTH

BIOMETRIC SCREENINGS

Free health screenings including blood pressure, non-fasting blood sugar, and non-fasting cholesterol.

Saturday, February 3

10:00 am-1 p.m.

COMMUNITY RESOURCES

Talk with the community health worker and get connected with resources for food insecurity, rental and housing assistance, reduce the need for Emergency Services, improved community health and well-being, utility assistance, transportation, mental health services and more.

Saturday, February 3

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

BUILDING A HEALTHY SMOOTHIE

Join Registered Dietitian to learn how to make and build three nutritious smoothies. Educational handouts and recipes will be provided. *There will be a raffle for a free giveaway.*

Saturday, February 3

10 -11 a.m.

THE VOLT FITNESS CHARG'D UP CLASS

Philly Weeden's Charg'd Up cardio class is a high-energy, high Intense class with music that keeps you moving.

Saturday, February 3

12-1 pm

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

COMMUNITY PROGRAMS

UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY

Monday - Friday
9 a.m. – 5:30 p.m.

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

MEDICATION THERAPY MANAGEMENT CLINIC

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

Monday – Friday
8 a.m. – 4:30 p.m.

UH Geneva Outpatient Pharmacy

870 West Main Street
Geneva, OH 44041
Call 440-415-9548 Rachel Norris, Pharmacist, for more information.

SLEEP MEDICINE

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

University Hospitals - Center for Advanced Sleep Medicine

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

FREEDOM FROM SMOKING GROUP QUIT PROGRAM

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

NO COST QUIT PROGRAM

Open to everyone. Light snacks provided

Thursdays (5:30pm – 7:00pm)

Call 440-593-0364 or email kellie.mcginis@uhhospitals.org to RSVP. *Deadline to RSVP is February 29th. Minimum of 3 participants required for class to be held.*

Our first session starts on Thursday, March 7th at 5:30pm

UH Geneva Medical Center

870 West Main St.
Geneva, OH 44041

HEALTH SCREENINGS

FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)

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

FREE WALK-IN BLOOD PRESSURE SCREENINGS

Monday – Friday

9 a.m. - 9 p.m.

Saturday - Sunday

9 a.m. - 5 p.m.

Urgent Care

UH Ashtabula Health Center

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

HEALTH EDUCATION

DIABETES EDUCATION

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

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

IS CHOCOLATE REALLY GOOD FOR ME?

Monday, February 5

11:00 a.m. 12:00 p.m.

Orwell Country Neighbor

39 South Maple St.
Orwell, OH 44076

Tuesday, February 6

11:30 a.m. – 12:30 p.m.

Andover Community Center

181 South Main Street
Andover, OH 44003

Wednesday, February 21

10:30 – 11:30 a.m.

Conneaut Human Resource Center

327 Mill Street
Conneaut, OH 44030
Call 440-593-0364 for Information

SUPPORT GROUPS

BETTER BREATHERS CLUB

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

Wednesday, February 7

(First Wednesday of every month)

4 – 5:30 p.m.

UH Geneva Medical Center

1st Floor Pulmonary Rehab Dept.

870 West Main Street

Geneva, OH 44041

Call 440-415-0243 for information

CANCER SUPPORT GROUP

Tuesday, February 20

5 – 6 p.m.

Casa de Frida

3315 N. Ridge Rd. E.

Ashtabula, OH 44004

Call 440-593-0364 for information

COMMUNITY PROGRAMS

Monday through Thursday
(Late afternoon and evenings on
Tuesdays and Wednesdays)
Call **440-284-5709**

DIABETES EDUCATION

Comprehensive individualized education on blood glucose monitoring, medication management, nutrition and preventing complications. A physician referral is required. Check your insurance to verify coverage.
Call Sara Deal MS, RDN, CNSC, LD at **440-284-5709** for information

HEALTH SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-827-5440**. Closed on all holidays or in inclement weather.

BLOOD PRESSURE SCREENING

Tuesday, February 20
12:30 – 2 p.m.
Avon Lake Senior Center
Old Firehouse Community Center
100 Avon Belden Road
Avon Lake, OH 44012

REGISTER TO BECOME A MEMBER TODAY

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

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

February is National Heart Month



COMMUNITY PROGRAMS

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

LUNCH AND A MOVIE

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

Thursday, February 1

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, OH 44026

A MATTER OF BALANCE, MANAGING CONCERNS ABOUT FALLS

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

Wednesdays, March 6, 13, 20, 27

Fridays, March 8, 15, 22, 29

1 - 3 p.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, Ohio 44062
Call **440-279-2167** to register

EXERCISE BENEFITS FOR ARTHRITIS

Exercising and staying active can delay or help prevent many diseases and disabilities. Exercise can help treat many chronic diseases such as diabetes, arthritis and heart disease. Please join us and learn more about exercise benefits for arthritis.

Tuesday, February 6

12:30 - 1:30 p.m.

West Farmington Senior Center

150 College Street
West Farmington OH 44491

NAVIGATING THE HEALTHCARE SYSTEM

Visiting the emergency room or being admitted to the hospital can be overwhelming. Understanding the process, expectations from the emergency room, to hospital admission to discharge can help alleviate patient and family concerns. Staying connected with your care team is essential for successful patient-centered care. Ensuring one's safety and care is a critical step in the delivery of quality patient care.

Tuesday, February 13

2-3 p.m.

Bainbridge Library

17222 Snyder Road
Bainbridge, OH 44023

ELDERBERRIES PROGRAM

Do groundhogs really come out of hibernation in the beginning of February? How do they get ready for their slumber? Join Geauga Park District Naturalist, Renell to get answers to these questions and more as we dish the dirt on groundhogs! UH Resource table provided with health education information, upcoming programs & Blood Pressure screenings provided.

A collaboration with the Geauga County Department on Aging and Geauga Park District. Refreshments served.

*Registration required. , Call **440-214-3180** to register*

Thursday, February 15

1 - 2 p.m.

Refreshments provided

The West Woods

9465 Kinsman Road
Novelty, OH 44072

HANDS ONLY CPR

Wednesday, February 21

12 - 1 p.m.

Gauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, February 5

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street
West Farmington OH 44491

Wednesday, February 21

10 a.m.-12 p.m.

Gauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

HEART HEALTH EVENT

February Is Heart Health Awareness Month and University Hospitals Geauga Medical Center, a Campus of UH Regional Hospitals is hosting a free Heart Health Event. Come learn from the experts at UH Harrington Heart & Vascular Institute and receive free blood screenings, heart health and nutrition education.

Tuesday, February 13

10 a.m. - 1 p.m.

UH Geauga Medical Center (Lobby)

13207 Ravenna Road
Chardon, OH 44024

BETTER BREATHERS CLUB

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

Second Tuesday of the month

Tuesday, February 15

2 p.m.

UH Geauga Medical Center

Seidman Conference Center
13207 Ravenna Road
Chardon, OH 44024

Call **440-285-6355** for information

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 7

Maple Highlands Trail (Mountain Run Station)

12700 Chardon-Windsor Rd
Chardon, OH 44024

February 14

Chapin Forest Reservation (Meet at Pine Lodge)

10381 Hobart Road
Kirtland, OH 44094

February 21

Welton's Gorge

13973 Hale Road
Burton, OH 44021

February 28

Sunnybrook Preserve

12474 Heath Road
Chesterland, OH 44026

FIGHTING AGAINST PARKINSON'S

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

Mondays, February 5, 12, 26

Wednesdays, February 7, 14, 21, 28

Fridays, February 2, 9, 16, 23

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024

Call 440-279-2137 for Information

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, February 5
6 p.m.

UH Geauga Medical Center (Conference Center)

13207 Ravenna Road
Chardon, OH 44024
Call 440-214-3101 for information

CARDIAC SUPPORT

GROUP: HOW TO CONTROL CHOLESTEROL AND GLUCOSE THROUGH DIET. COOKING DEMO & LUNCH PROVIDED

Tuesday, February 20
12 -1:30 p.m.

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024
Call 440-285-6824 for information or to register

PARKINSON'S SUPPORT GROUP

Tuesday, February 20
12:30 -1:30 p.m.

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024
Call 440-279-2137 for information

DIABETES SUPPORT GROUP: DIABETES & HEART HEALTH

Tuesday, February 20
2 -3 p.m.

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024
Call 440-279-2137 for information

LIVING WITH LYMPHEDEMA

Wednesday, March 20
6-7 p.m.

Concord Health Center

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

SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?

UH Geauga Medical Center

Norma N. Chapman Senior Assessment Program
13207 Ravenna Road
Chardon, OH 44024

Call 440-285-6408 to schedule an Assessment

RISK ASSESSMENTS

Call Wellness Coordinator at 440-214-3330

DIABETES SELF-MANAGEMENT CLINIC

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

MEDICATION MANAGEMENT CLINIC

This clinic is staffed by pharmacists who are highly trained experts in the following areas: Diabetes, high blood pressure, high cholesterol, heart failure and smoking cessation. Pharmacists will help you organize your medications, answer questions about your health condition or medications.
Call 440-214-3122 for information

COMMUNITY PROGRAMS

LIVE HEALTHIER LUNCH & LEARN

Do you have diabetes? Do you want to learn strategies to live healthier and prevent disease? Enjoy a lunch and learn featuring University Hospital's Harrington Heart and Vascular Institute's Center for Integrated and Novel Approaches in Vascular – Metabolic Disease health talk series. The topic of this discussion is: Nutritional Double Trouble for People with Obesity on GLP-1 Based Therapies – Myth or Reality? It will be presented by physician scientist Odd Erik Johansen, MD, PhD, MBA from Nestle Health Science. GLP-1 medications are currently utilized for the treatment of diabetes and obesity. The program will cover managing cardiometabolic conditions of diabetes, heart, and kidney disease.

To find out more or register feel free to call 440-313-2030 or email

Bridgett.macmichael@uhhospitals.org

Friday, February 8

11:30 a.m. – 1:00 p.m.

Tripoint Medical Center

Lubrizol Conference Room (*enter through the Physician's Pavilion*)

7590 Auburn Road

Painesville, OH 44077

GO RED AT UH LAKE WEST

The American Heart Association's National Wear Red Day is February 2nd and February is American Heart Month. We are taking this opportunity to raise awareness about cardiovascular disease and to promote our common goal: the eradication of heart disease and stroke. Stop by UH Lake West Medical Center's main lobby for resources, health screenings including blood pressure, glucose, and cholesterol. All are welcome to join in this free event for prizes and screenings.

Friday, February 2

9 a.m. – 1 p.m.

Lake West Medical Center (Lobby)

36000 Euclid Avenue

Willoughby, OH 44094

BLOOD PRESSURE SCREENING AT AN INDOOR TRIATHALON

Join us for our first ever indoor mini triathlon! You can also stop by to participate in a free blood pressure screening from 10 am – 1 pm. The blood pressure screenings are open to everyone, no need to register. The mini triathlon starts at 8 am and requires registration, so call 440-701-7515 with triathlon questions or go to <https://www.gcxc racing.com/indoortriathlon>

Saturday, February 24

10 a.m. – 1 p.m.

UH Brunner Sanden Dietrick Wellness Center

8655 Market Street

Mentor, OH 44060

HEART HEALTHY BINGO

Join us at the Concord Recreation Center for heart healthy BINGO fun! University Hospitals Lake Health will provide free blood pressure, prizes and health education. For questions regarding this FREE BINGO programming and event registration call 440-639-4650

Wednesday, February 28

10 a.m. – 4 p.m.

Concord Community Center

7671 Auburn Rd

Concord, Ohio 44077

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

No appointment necessary! UH Lake Medical Centers will be providing FREE blood pressure screenings in the main lobby area.

Saturday, February 3

9 a.m. – 12 p.m.

Tripoint Medical Center

7590 Auburn Road

Painesville, OH 44077

Saturday, February 17

9 a.m. – 12 p.m.

Lake West Medical Center

36000 Euclid Avenue

Willoughby, OH 44094

SUPPORT GROUP

BREAST CANCER SUPPORT GROUP

Open to all patients with breast cancer or who are recovering from breast cancer. Meetings will be held in person. Call **440-375-8121** to register or for information email james.buck@uhhospitals.org
Wednesday, February 21
6 – 7 p.m.

UH Tripoint Medical Center

Women's Center Waiting Area

7590 Auburn Road

Concord, OH 44060

STROKE SUPPORT GROUP

Many stroke survivors and their loved ones/caregivers experience a range of emotions and challenges after a stroke. Our team is here to help. Join us for our FREE, family friendly, all-inclusive stroke support group. All ages are welcome. **Benefits of Joining include:** Educational topics, guest support through your journey, cooking demonstrations, helpful tips, connection with others, speakers, music therapy, fun contests. Call **440-759-5114** to register or for information

Alecia.Crognale@UHhospitals.org |

Wednesday, February 14

6 – 8 p.m.

UH Brunner Sanden Dietrick

Wellness Center (Conf. Room A)

8655 Market Street

Mentor, OH 44060

Our Mission

To Heal. To Teach.

To Discover.

COMMUNITY PROGRAMS

DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This program is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage. Call *Caitlyn Kandzer, RD, LD, our dietitian at 440-743-2155 for more information*

PARMA WOUND CARE CENTER

The University Hospital Parma Wound Care Center is ready to follow up with your wound care. Our goal is same or next day appointments. The Parma Wound Center has Podiatric, Vascular, and Plastic Surgeons, as well as Infectious Disease and Family Medicine providers. Please reach out with any questions or concerns.

Jessica Bustillos, Program Director
(567) 284-1663

UH Parma Medical Center

Medical Arts Building 2
6707 Powers Boulevard
Parma, OH 44129

JOIN THE VOLUNTEERS AT UH PARMA MEDICAL CENTER

Volunteers deliver the support necessary to ensure that UH Parma Medical Center continues to provide excellent, personalized care. The volunteer program at UH Parma Medical Center, promotes community wellness and also raises funds for the benefit of the hospital's healing environment.

Like all the team members at UH Parma Medical Center, our volunteers ascribe to a high standard of personal care and service with a dedicated purpose and mission.

If interested in volunteering, we would love to hear from you. To begin your experience with our team of volunteers, please [download the application](#) and mail the completed form to:

Parma Hospital Volunteer Services

7007 Powers Boulevard
Parma, OH 44129-5495

For questions and additional information about the volunteer services available at UH Parma Medical Center, please call 440-743-4287 or e-mail kimberly.tomblin@UHhospitals.org.

ORTHOPEDIC SERVICES AND SURGERY AT UNIVERSITY HOSPITALS PARMA MEDICAL CENTER

At UH Parma Medical Center in Parma, our surgeons provide the most advanced orthopedic surgical care in the region. Our experienced team of orthopedic surgeons offers comprehensive, specialized services for a range of bone and joint conditions providing one-stop shopping for all your orthopedic needs.

Click on the web address to read more <https://www.uhhospitals.org/locations/uh-parma-medical-center/services/orthopedics>

HEALTH EDUCATION

PARMA CITY SCHOOL DISTRICT - COMMUNITY HEALTH FAIR

All are welcome! Visit the UH Parma tables for resources and education information. UH Parma will be performing health screenings, blood pressures; non-fasting cholesterol; Glucose & stroke assessments.

Saturday, February 24

8 a.m. – 12 p.m.

Seven Hills Recreation Center

7777 Summitview Drive.
Seven Hills., OH 44131

BLOOD DRIVE

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

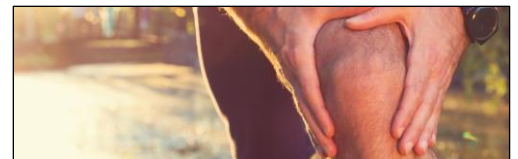
The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime. Thank you for supporting the American Red Cross blood program! [Click here](#) to register.

Thursday, February 15

11 a.m. – 5 p.m.

UH Parma Medical Center

7007 Powers Boulevard
Parma, OH 44129



HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

Free Blood Pressure Screenings at these locations (walk in).

Call 440-743-4932 for information

Wednesday, February 7

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Wednesday, February 7

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road

North Royalton, OH 44133

Thursday, February 8

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue

Brooklyn, OH 44144

Friday, February 9

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

Independence Senior Center

6363 Selig Drive

Independence, OH 44131

Friday, February 9

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard

Parma, OH 44129

Tuesday, February 13

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road

Broadview Hts., OH 44147

COMMUNITY BLOOD PRESSURE SCREENINGS (con't).

Wednesday, February 14

8 – 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

Tuesday, February 27

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road

North Royalton, OH 44133

EXERCISE & FITNESS

PARKINSON'S DISEASE EXERCISE CLASS – DELAY THE DISEASE

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

Wednesdays, February 7, 14, 21, 28

12:30 – 2 p.m.

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information

SUPPORT GROUPS

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information

STROKE & ARTHRITIS SUPPORT GROUP

Offers information and support to anyone suffering with arthritis or has had a stroke including their support person or caregiver. Second Monday of each month. For more information and / or question, call 440-743-4127

Monday, February 12

12:30 – 2 p.m.

PARKINSON'S DISEASE

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

Tuesday, February 13

1 – 2:30 p.m.

FOOD ADDICTS ANONYMOUS

Having trouble staying on a diet or eating plan? Do you crave sugar and high-carb foods? Are you shaky, angry or moody when you skip a meal? Do you think about food all the time? This group can help. No registration required, walk-in meeting.

Mondays, February 5, 13, 20, 27

5 - 6 p.m.

REGISTER TO BECOME A MEMBER TODAY

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

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

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, February 19

11 a.m. – 5 p.m.

UH Portage Medical Arts Building,
Atrium

Ravenna, Ohio 44266

To make an appointment, visit

RedCrossBlood.org or scan QR code:



SAIL FALLS PREVENTION CLASS

SAIL – Stay Active & Independent for Life

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

Streetsboro Senior Center

9307 State Route 43

Streetsboro, OH 44241

INFO/RSVP: 330-626-2398

Portage County Senior Center

705 Oakwood Street,

Ravenna, OH 44266

INFO/RSVP: 330-297-345

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition experience throughout each person's life cycle, David Yakunich, MS, RDN, LD offers individual outpatient nutrition counseling to help improve your health and wellbeing. A physician referral is required prior to your visit. *Call 216-844-1499 to schedule*

**UH Portage Medical Center –
Portage Professional Center Suite
#200**

Portage Professional Center

6847 North Chestnut Street

Ravenna, OH 44266

VIRTUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

UH PORTAGE WOUND CARE & HYPERBARIC MEDICINE CENTER

The University Hospitals Portage Wound Care Center offers comprehensive wound care close to home. Our goal is same day or next day appointments and the Portage Wound Care Center has specialists to treat many non-healing wound issues. Call today to get scheduled for an appointment! *Call 330-422-7755 to schedule*

UH Streetsboro Health Center

9318 State Route 14,

Streetsboro, OH 44241

NO COST CORONARY ARTERY CALCIUM SCORE TEST

University Hospitals Harrington Heart & Vascular Institute offers a screening test called cardiac CT imaging for coronary artery calcium scoring. This test has been shown by many studies in medical literature to predict future risk of heart attack. **While coronary artery calcium scoring is costly at other health systems and generally not covered by insurance, UH offers this test at no cost. To receive a no-cost calcium score test you must have an order from your physician.**

Yes, I have an order: Call 216-452-8082 to schedule an appointment with Radiology.

No, I do not have an order: Contact your Primary Care Provider to discuss if this test is right for you and request an order.

HEALTH EDUCATION

WELLNESS GOALS FOR THE NEW YEAR

Get ready for a new year of health and wellness. Information to help you reach your wellness goals and free BMI screenings will be provided

Thursday, January 4

11 a.m. – 1:30 p.m.

UH Portage Medical Center, Cafeteria

6847 N. Chestnut Street,

Ravenna, OH 44266

HEART HEALTH PRESENTATION AND INFORMATION

A UH Portage Medical Center Registered Nurse, Marc Stream will speak about maintaining a healthy heart. Heart Health Information will be provided.

Saturday, February 17

10 a.m. – 1 p.m.

Haymaker Farmer's Market

Unitarian Universalist Church of

Kent, Hobbs Hall

217 N. Mantua Street

Kent OH 44240

HEART HEALTH LUNCH & LEARN

UH Portage Medical Center Registered Nurse, Marc Stream will present: Early Heart Attack Care. This talk will define what a heart attack is along with signs, symptoms, and early treatment. Sponsored by University Hospitals Portage Medical Center and the Anna Maria 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 19

11:30 a.m. – 1:00 p.m.

Aurora Senior Center (Walker Building)

129 W. Pioneer Trail

Aurora, OH



HEART HEALTH SCREENING & EDUCATION EVENT

February is Heart Health Awareness Month and University Hospitals Portage Medical Center is hosting a free Heart Health Screening event. Come and learn from the experts at the UH Harrington Heart & Vascular Institute and receive free health screenings and enjoy a heart healthy cooking demonstration.

Screenings Provided:

- Total Cholesterol
- Blood Pressure
- Body Mass Index
- Pre-Diabetes
- Nutrition Information

Tuesday, February 27

10:00 a.m. – 1:30 p.m.

UH Portage Medical Arts Building, Room 150

Pre-registration is required. For more information and to register call **330-297-2576**.



SUPPORT GROUPS

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

BEYOND STROKE SUPPORT GROUP (Virtual quarterly meetings)

AMPUTEE WALKING CLINIC

Thursday, February 8

3 - 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
Call **330-593-5959** for Information

DIABETES SUPPORT GROUP

Tuesday February 6

4 - 5 p.m.

UH Portage Medical Arts Building, Room 150

6847 N. Chestnut Street
Ravenna, OH 44266

NEW! HEALTHY HEART SUPPORT GROUP

This program is free and open to the community for anyone who wants to learn more about improving their cardiovascular health and wellness.

What you can expect:

- Regular health talks by UH providers & professionals.
- Networking and peer support through group participation.
- Local resource support, access and education to assist you in understanding, maintaining and improving your health.

Thursday, February 15

4 – 5 p.m.

Portage Medical Arts Building, Room 150

6847 North Chestnut Street,
Ravenna, OH 44266

WOMEN'S HEALTH

FREE MAMMOGRAMS

For underinsured or uninsured women.

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

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

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

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

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

Find a Primary Care Provider or Specialist online at

<https://www.uhhospitals.org/doctors> or call **(877) 251-0176**

For COVID-19 information, testing and vaccine sites, visit

<https://UHHospitals.org/healthcare-update> or call **(216) 273-3218**

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



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, February 6, 13, 20, 27
12 – 1 p.m.

Weather permitting

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



UNIVERSITY HOSPITALS RICHMOND HEIGHTS: HEALTH & WELLNESS DAY

Health & Wellness Events including but not limited to: Join our executive chef, Tony Verona, and Registered Dietitian, Bailey Gordon, for a cooking demonstration. Learn how to prepare healthy meals with simple ingredients. You can sample food, and recipes will be given—**registration is required.** To register for the cooking demonstration, visit us on Eventbrite at **“UH Richmond Wellness.”**

Tuesday, February 13
1 - 2 p.m.

BIOMETRIC SCREENINGS

Blood pressure, Non-Fasting Cholesterol & Glucose screenings, and education from our Community Outreach Nurse.

Tuesday, February 13
12 - 3 p.m.

SOCIAL INFLUENCES OF HEALTH SCREENING

Meet our Certified Community Health Worker and connect to community resources to improve your overall wellness.

Tuesday, February 13
12 - 3 p.m.

DIGITAL HEALTH WORK

Work with our Digital Health coordinator to get access to MyChart navigation and low-cost internet, and learn how to use your technology devices.

Tuesdays, February 13
12p - 3 p.m.

Additional Activities:

Join a certified instructor from *In The Now Yoga Meditation Wellness* for a chair stretching class.

Tuesday, February 13
12 - 1 p.m.

For any questions or to register, please call 440-735-4270.



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

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

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



BENEFITS OF YOGA

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

COMMUNITY PROGRAMS

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

Friday, February 9
2 - 4 p.m.

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

*Call 419-207-7856 to register
Class limited to 10*



AMERICAN HEART ASSOC. HEARTSAVER CPR TRAINING FOR THE COMMUNITY

Tuesday, February 13
2 - 4 p.m.

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

*Call 419-207-7856 to register
Class limited to 10*

RED CROSS BLOOD DRIVE

Friday, February 2
11 a.m. – 5 p.m.

Thursday, February 15
9:30 a.m. – 3:30 p.m.

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

SMOKING CESSATION

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

HEALTH SCREENINGS

BIOMETRIC SCREENINGS

Wednesday, February 14
9 – 10:30 a.m.

Ashlnd YMCA

FirstFloor Conference Room
207 iller Street
Ashland, OH 44805

EXERCISE & FITNESS

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

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

The Keith Field House

Ashland High School
Ashland, OH 44805

ASHLAND HEART TROTTERS WALKING CLUB

Walking support group for
cardiac/pulmonary rehab patients
Monday, Wednesday, Friday
11:30 a.m.-12:00 p.m.

Freer Field

Ashland, Ohio 44805
Subject to cancellation for inclement
weather
Call 419-207-2453 for Information



REGISTER TO BECOME A MEMBER TODAY

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

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

COMMUNITY PROGRAMS

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

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

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

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

SENIOR SUPPER CLUB

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

EVERYDAY

4 – 5:30 p.m.

For more information, call North Olmsted Senior Center 440-777-8100 or Westlake Center for Community Services 440-899-3544. You must present your card to receive the discount.



OUTPATIENT NUTRITION COUNSELING

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

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

DIABETES EDUCATION CLASSES

The Diabetes Education Program at UH St. John Medical Center is committed to empowering the community to gain the knowledge, skills and confidence to thrive with diabetes.

Diabetes Self -Management

Classes: Day to day management of diabetes involves a lot of decision making: checking your blood sugar, knowing your diabetes numbers, taking medication, preventing complications, learning how to cope with chronic disease and staying motivated to make changes. We will also learn how to set goals to stay motivated.

Participants can choose what they would like to learn during class.

Nutrition for Diabetes Class: We will discuss nutrition, reading labels, meal planning and exercise to help manage diabetes. Bring recipes, food labels and all of your questions.

Diabetes Educator Follow-up:

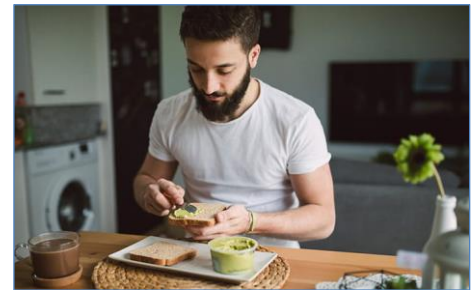
After attending the above classes, participants schedule a one on one appointment with their diabetes educator. Together they will collaborate to track goals and discuss individual needs that may not have been covered during the group class discussions.

For scheduling or questions regarding these classes or virtual options, call DeAna Lewis 440-827-5341

Individualized education sessions available for more personalized support. If you would like a plan based on your unique needs and preferences for meal planning, physical activity and diabetes self-management then these classes are for you. A physician referral is required.

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

For scheduling or questions, call 216-844-1768



UH VIRTUAL TALKS

University Hospitals provides live webinars focused on the prevention, diagnosis and treatment of a wide range of health conditions. Each session includes a presentation from experts followed by an audience Q&A session. These events are free and registration is required. Missed a live session? Don't worry, we record our talks so you can watch previous sessions. Visit the website below.

<https://www.uhhospitals.org/Health-Talks>

EXERCISE & FITNESS

STROKE SURVIVORS EXERCISE PROGRAM

There are many benefits to continuing regular physical exercise after a stroke. However, stroke survivors often face many challenges when attempting to find a place to exercise. University Hospitals Outpatient Rehab has created a program at the Westlake Community Center Exercise Room to help guide participants through their exercise program and answer questions. This program is intended for people who had a stroke and have graduated to outpatient rehabilitation and those who are looking for support while creating a regular exercise routine. People must be able to get off and on the machines independently or with help from a caregiver. We are asking each participant to discuss this with their physician and have a medical clearance form filled out. **There is a \$50 initiation fee and then an ongoing \$25 monthly fee to participate.**

Tuesdays and Thursdays
3-4:30 p.m.

Westlake Center for Community Services
28975 Hilliard Blvd
Westlake OH 44145

Please call UH SJMC Outpatient Rehab at 440-414-6050 with questions or to register for the program.

Our Mission
*To Heal. To Teach.
To Discover.*

HEALTH SCREENINGS

HEALTH SCREENINGS *(Cholesterol, Glucose, Blood pressure, Stroke Risk Assessments)*

Thursday, February 15
10 a.m. -12 p.m.

Westlake Center for Community Services

Community Meeting Room
28975 Hilliard Blvd
Westlake, OH 44145
Call 440-889-3544 to register

BLOOD PRESSURE SCREENINGS

Thursday, February 1
11:30 a.m. -1 p.m.

Westlake Center for Community Services

Community Meeting Room
28975 Hilliard Blvd
Westlake, OH 44145

Thursday, February 8
10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

Monday, February 12
10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road
Fairview Park OH 44126

Wednesday, February 14
9:00 – 10:30 a.m.

Cove Community Center

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

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.*

BALANCE SCREENING

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

SUPPORT GROUPS

HOPE GROUP

A support group for newly diagnosed breast cancer individuals and for breast cancer survivors
Wednesday, February 7
5:30 – 7:30 p.m.

UH St. John Medical Center

Community Outreach Department
Suite R
29160 Center Ridge Road
Westlake, OH 44145

Call 440-827-5440 for information



Car Seat Installations for Caregivers and Grandparents

For all caregivers who need help with car seat installations or have questions about the safest way to transport their children or grandchildren in motor vehicles, getting expert advice and assistance just got a little easier. University Hospitals Rainbow Babies and Children's along with UH St. John and Parma Medical Centers will partner with the following west side fire stations to provide car seat checking stations, by Nationally Certified Child Passenger Safety (CPS) Technicians. UH Rainbow's Injury Prevention Center has had a car seat fitting station at the hospital's main campus in University Circle for more than 10 years. In response to community requests, UH Rainbow is making it easier for Westside families to get expert help in choosing and installing car seats with the opening of car seat fitting stations at area fire stations. *The service is provided free-of-charge, at the following fire departments, but an appointment is required. Call 440-827-5440 to schedule (if not otherwise noted).*

Thursday, February 8

1 – 4 p.m.

North Royalton Fire Station

7000 Royalton Road
North Royalton, OH 44133

Email Kathy Salvo for scheduling

ksalvo@northroyalton.org

Thursday, February 15

2 – 5 p.m.

Bay Village Fire Station

28100 Wolf Road
Bay Village, OH 44140

Thursday, February 22

2 – 5 p.m.

North Olmsted Fire Station

24291 Lorain Avenue
North Olmsted, OH 44070

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



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**.