



University Hospitals

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

AGE WELL. BE WELL. EVENTS FEBRUARY 2025

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

UH Locations

AVON HEALTH CENTER

1997 Healthway Drive
Avon, OH 44011
440-988-6801

AHUJA MEDICAL CENTER

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

BEDFORD MEDICAL OFFICE BUILDING

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

BRUNNER SANDEN DEITRICK WELLNESS CENTER UH FITNESS CENTER IN MENTOR

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

CONNEAUT MEDICAL CENTER

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

ELYRIA MEDICAL CENTER

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

GEAUGA MEDICAL CENTER

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

GENEVA MEDICAL CENTER

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

GLENVILLE COMMUNITY WELLNESS CENTER

10527 Orville Avenue
Cleveland, OH 44106
440- 435-8522

LAKE WEST MEDICAL CENTER

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

PORTAGE MEDICAL CENTER

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

RICHMOND MEDICAL OFFICE BUILDING

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

ST. JOHN MEDICAL CENTER, A Catholic Hospital

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

SAMARITAN MEDICAL CENTER

1025 Center Street
Ashland, OH 44805
419-289-04

TRIPPOINT MEDICAL CENTER

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

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

COMMUNITY PROGRAMS

GO RED FOR WOMEN EVENT

Since 2004, the American Heart Association's signature women's initiative, Go Red for Women, has addressed the awareness and clinical care gaps of women's greatest health threat, cardiovascular disease (CVD). In recognition of this initiative, we will be hosting a Go Red for Women event. We will be offering various health and wellness education, giveaways and FREE blood pressure screenings.

Wednesday, February 5
11 a.m. – 1 p.m.

**UH Ahuja Medical Center
Main Lobby**
3999 Richmond Rd
Beachwood, Ohio 44122



HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

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

Wednesday, February 12
10 – 11 a.m.

Solon Senior Center
35000 Portz Parkway
Solon, Ohio 44139

Thursday, February 20
10 - 11a.m.

Warrensville Heights YMCA
4433 Northfield Road
Warrensville Heights, Ohio 44128

Thursday, February 20
11:30 a.m. - 12:15 p.m.

Beachwood Senior Center
25325 Fairmount Blvd
Beachwood, Ohio 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.

ZOOM MEETING

Fourth Wednesday of each Month
12 p.m.

Join Zoom Meeting

<https://us05web.zoom.us/j/81394268001?pwd=Aluh4o7gZKK9q0whrLnn9u8y9PpLOD.1>

Meeting ID: 813 9426 8001

Passcode: 5uzg9K



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@uhsospitals.org for information and to sign up.

EXERCISE & FITNESS

BEGINNER YOGA

Class is designed for those new to yoga. Participants will improve flexibility and breathing conditioning. The exercises are done on a mat. Standing and seated postures included.

Although this class is not a chair-based class, chairs are available if you'd like something to use to get back off the floor or to have a hand near for balance. **Saturday, February 1**

11-11:55 a.m.

BOSU SPECIALTY WORKSHOP

Learn how to improve your stability and strengthen your core. You will complete various exercises that challenge and improve your leg, abdominal, arm, and glute strength. Challenge your fitness ability by using the BOSU (half ball) to improve your functional training and strength.

Saturday, February 15
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 10
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 7
8 - 8:45 a.m. (Studio 2)

RACE DAY (90 MINUTES)

This advanced stationary group cycling class is a 90 minutes where you are lead through a road race course on a stationary bike, including hill training. This is a great test of mental and physical endurance.

Sunday, February 2
11:a.m. -12:30 p.m.

CARDIO KICKBOXING

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

Thursday, February 13 and 27
6:15-7:00p.m.

WALL PILATES

Wall Pilates is a variation of the traditional Pilates only using a wall for resistance. This innovative approach helps to focus on alignment, balance, and core strength. You can use your feet, arms, back, or side to press against the wall while doing exercises. Participants are encouraged to bring their own mats, but we also have extras should you not own one. Participants should be aware that both standing, lying, and sitting poses will be done.

Saturday, March 1
10:30-11:15 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 15
11:00-11:55 a.m.

THERAPEUTIC ART COMMUNITY GROUP

Looking for some joy with art? Join Art Therapist Jess Grimm with UH Connor Whole Health for the therapeutic art groups. Art has been shown to help reduce stress and give you some time for yourself. Each class is an hour long. This class is open to the community so you are welcome to bring a friend. There are no fees for this class, but sign up is needed so that we have enough supplies. *Second Wednesday of each month.*

February 12, March 12
12 - 1 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 6, 13, 20, 27
9:30 - 10:30 a.m.

Weather permitting

Ellenwood Center

Willard Pavilion

124 Ellenwood Avenue

Bedford, OH 44146

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

COMMUNITY ART THERAPY GROUPS

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

Art interventions will help with: Self-expression, raising self-esteem, self-care, coping with change, self-awareness, relaxation, soothing anxiety, relieving stress, feelings/emotions, and empowerment. *For questions or additional information, contact:*

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

Jessica.Grimm@UHhospitals.org |

Phone: 216-285-4041

Wednesday, February 19

2-4 p.m.

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

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



COMMUNITY MUSIC THERAPY

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

Every 3rd Monday of the Month.

For questions or additional information, contact Bedford

Wellness Center: at 440-252-3285

Email:

Marionna.Mcmillon@uhhospitals.org

Monday, February 17

1 -2 p.m.

UH Wellness Center at Bedford

88 Center Road

Medical Office Building

Bedford, OH 44146

REVERSAL OF HEART DISEASE

Spotlight Speaker: Dr. Caldwell Esselstyne

Reversing heart disease through healthy living involves making conscious dietary choices that promote cardiovascular health. This means prioritizing nutrient-rich foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats.

Incorporating foods like leafy greens, berries, nuts, and fatty fish into your diet can significantly support heart function. Additionally, reducing the intake of processed foods, added sugars and saturated fats is crucial for maintaining a healthy heart. By adopting these healthier eating habits, individuals can improve their overall heart health and potentially reverse the effects of heart disease.

Tuesday, February 11

1-2 p.m.

To register or for more information, Visit Eventbrite, or call 440-735-4270, or visit UHhospitals.org/Bedford.

UH Wellness Center at Bedford 88

Center Road

Medical Office Building

Bedford, OH 44146

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



COOKING DEMONSTRATION

Join Chef Paul Hamalainen & Registered Dietitian Bailey Gordon for a great nutrition education session. More than half of Americans struggle to cook basic recipes, but it doesn't have to be that way! Join our Cooking 101 series to master essential skills, discover simple yet delicious recipes, and gain the confidence you need to make cooking a fun and rewarding part of your life.

Monday, February 17
12- 1p.m.

LUNCH & LEARN: Understanding Cholesterol and Your Diet

Cholesterol is a type of fat that is essential for your body, but having too much of it can lead to health problems. It's important to understand how cholesterol functions and how your diet can impact your cholesterol levels.

Monday, February 3
12-1 p.m.

To register for the event, visit us on Eventbrite at "UH Community Wellness Center at Bedford"

UH Wellness Center at Bedford 88
Center Road, Suite 150
Medical Office Building
Bedford, OH 44146
For more information or to register, call 440-735-4270.



LUNCH & LEARN: Small steps to a Healthier Heart

Making simple lifestyle changes can greatly enhance your heart health. By taking small, manageable steps, you can significantly improve your heart health and overall well-being. Nutritional education will guide you on this journey

Monday, February 24
12-1 p.m.

WELL-BEING DIMENSIONS WORKSHOP SERIES

Mindfulness and Meditation:

Explore the Masterclass Series Mindfulness and Meditation, featuring the renowned Jon Kabat-Zinn. Discover powerful techniques and insights that will enhance your well-being and empower you to cultivate a more profound sense of awareness daily. Light refreshments will be provided. Contact Susan Packard at 216 525-3285 if you have any questions.

Friday, February 14
2- 3 p.m.

UH Wellness Center at Bedford

88 Center Road
Medical Office Building
Bedford, OH 44146

To register for the event, visit us on eventbrite at "UH Community Wellness Center at Bedford." For more information or to register, call 440-735-4270.

LINE DANCING

Come and enjoy a lively evening of line dancing with Lady Q! Whether you're a seasoned dancer or a beginner, this fun-filled event promises great music, energetic moves, and a chance to meet new friends. Don't miss a night of rhythm, laughter, and unforgettable memories!

Wednesday, February 5 & 19
6 - 7 p.m.

TAI CHI

Tai Chi is generally safe for all ages and fitness levels. It is a gentle way of reducing stress and anxiety while increasing flexibility and balance. Your instructor, Sandy Frazer, is certified with the Tai Chi For Health Institute and associated with the Arthritis Foundation. Please join her for an introduction to Sun Style Tai Chi. Please wear loose clothing and comfortable shoes.

Monday, February 10
1 -2 p.m.

BEGINNER YOGA

Beginner yoga classes are designed to be slower-paced than all-level courses, providing a supportive environment for new practitioners. These sessions focus on developing a strong understanding of foundational poses, ensuring students can safely achieve proper alignment. In this nurturing setting, participants learn the mechanics of each pose, allowing them to build strength, flexibility, and confidence as they progress in their practice.

Wednesday, February 5
1 - 2 p.m.

UH Wellness Center at Bedford

88 Center Road, Suite 150
Medical Office Building
Bedford, OH 44146

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

THE VOLT FITNESS CHARG'D UP CLASS

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

Saturday, February 1
12-1 p.m.

CHAIR YOGA

This is a gentle form of yoga designed to be practiced while seated or with the support of a chair. It focuses on promoting relaxation, enhancing flexibility, and improving balance. Suitable for individuals of all ages and fitness levels, this practice allows participants to enjoy the benefits of yoga without the need for specialized equipment or standing postures. Each session typically includes a series of gentle stretches, breathing exercises, and mindful movements, all aimed at fostering a sense of tranquility and well-being.

Friday, February 21
10:30 - 11:30 a.m.

To register for the event, visit us on Eventbrite at "UH Community Wellness Center at Bedford."

UH Wellness Center at Bedford
88 Center Road
Medical Office Building
Bedford, OH 44146

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

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesday, February 5 & 19
10 a.m. - 1 p.m.

Bedford Heights Community Center
5615 Perkins Road
Bedford Heights, OH 44146
(Bedford Heights 60+ community members only)

Wednesday, February 12 & 26
11 a.m. - 1 p.m.

Ellenwood Recreation Center
124 Ellenwood Avenue Bedford, OH 44146

Thursday, February 13
10:45 a.m.-1230 p.m.

Maple Heights Senior Center
15901 Libby Road
Maple Heights, Ohio 4



BIOMETRIC SCREENINGS

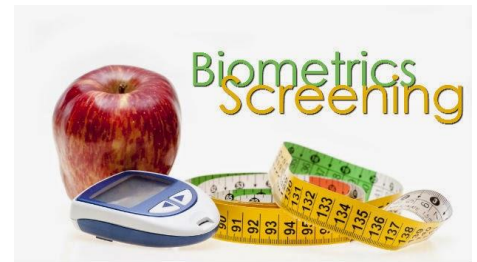
FREE health screenings and education will be provided, including blood pressure, non-fasting blood sugar and non-fasting cholesterol.

Saturday, February 1
9 - 11 a.m.

Monday, February 10
2 - 3:30 p.m.

Friday, February 21
1 - 2 p.m.

UH Wellness Center at Bedford
88 Center Road, Suite 150
Medical Office Building
Bedford, OH 44146



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>

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 physician referral 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 440-415-015

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.



HEART HEALTH

Monday, February 3

11 a.m.-12 p.m.

Orwell Country Neighbor

39 South Maple St.

Orwell, OH 44076

Tuesday, February 4

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

Andover Community Center

181 South Main Street

Andover, Ohio 44003

Call 440-593-0364 to RSVP

Wednesday, February 19

10:30 - 11:30 a.m.

Conneaut Human Resource

Center 327 Mill Street

Conneaut, Ohio 44030

Call 440-593-0364 to RSVP

OILS FOR LIFE

LEARN ABOUT HOW OILS

WORK AND RECEIVE

SAMPLES TO WORK WITH AT HOME

Monday, February 17

11 a.m. – 12 p.m.

Country Neighbor

39 S. Maple Street

Orwell, Ohio 44076

Wednesday, February 26

10:30-11:30 a.m.

Conneaut Human Resource

Center 327 Mill Street

Conneaut, Ohio 44030

Call 440-593-0364 to RSVP



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

HEALTH SCREENINGS

FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)

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

FREE WALK-IN BLOOD PRESSURE SCREENINGS

Monday – Friday

9 a.m. - 9 p.m.

Saturday - Sunday

9 a.m. - 5 p.m.

Urgent Care

UH Ashtabula Health Center

3315 N. Ridge Road, E

Suite 700A

Ashtabula, OH 44004

Call **440-992-0759** for information

SUPPORT GROUPS

BETTER BREATHERS CLUB

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

First Wednesday of every month
4 – 5:30 p.m.

UH Geneva Medical Center

1st Floor Pulmonary Rehab Dept.

870 West Main Street

Geneva, OH 44041

Call **440-415-0243** for information

CANCER SUPPORT GROUP

Wednesday, February 19

5-6 p.m.

Casa De Frida

3315 N. Ridge Rd. E

Ashtabula, OH 44004

Call **440-593-0364** for Information

UH VIRTUAL TALKS

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

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



REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event calendars, please email conciierge@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 any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-827-5440**. Closed on all holidays or in inclement weather.

Monday through Thursday

(Late afternoon and evenings on Tuesdays and Wednesdays)

Call **440-284-5709**

BLOOD PRESSURE SCREENING

Tuesday, February 18

12:30 – 2 p.m.

Avon Lake Senior Center

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

DEMENTIA FRIENDLY LIFE CAFE

The Memory Cafe is open to all individuals from 10am-2pm. Blood Pressures will be provided from 11:15am-12:45pm by a nurse from University Hospitals Community Outreach Dept. The memory cafe offers engagement and support for people with dementia as well as their caregivers. For more information go to: www.dflife.org.

Wednesday, February 5

11:15 a.m. - 12:45 p.m.

Faith Baptist Church

400 North Lake Street
Amherst, OH 44001

SLEEP MEDICINE

Detailed adult sleep studies are conducted by an experienced team of UH board certified providers and registered sleep technologists to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (Sleep walking/night terrors), excessive daytime sleepiness, Pulmonary related sleep issues, Snoring, and Insomnia. Nighttime, daytime, and home sleep studies available.

*For a sleep provider consult, call **216-844-REST***

*To schedule a sleep study at Elyria or Avon sleep lab, call **440-326-5464***

DIABETES EDUCATION

Comprehensive individualized education on nutrition, blood glucose monitoring, and preventing complications of diabetes. A physician referral is required. Check your insurance to verify coverage. **Office Hours Monday, Wednesday and Fridays.** Call Susan Campbell RD, LD at **440-284-5709** for information



HEALTHY@UH PODCASTS

Medical information on the internet can be complex, difficult to understand and sometimes based on misinformation. UH is helping to change that by posting Healthy@UHpodcasts, representing a source of truth and establishing our institution as a leading provider of medical information online.

You can also go to

<https://www.uhhospitals.org/healthy-at-UH> and have the

opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser.

<https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>

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>

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 6

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

NAVIGATING THE HEALTH CARE SYSTEM

Going to the emergency room or being admitted to the hospital can be a stressful experience. Knowing what to expect throughout the journey—from the emergency room visit to admission and discharge—can ease concerns for both patients and their families.

Maintaining communication with your care team is key to receiving patient-centered care and ensuring the best possible outcomes. Above all, prioritizing safety and effective care is essential to delivering high-quality patient care.

Monday, February 3

12 - 1 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

SIMPLE COOKING WITH HEART

Join us for a healthy, hands on cooking demonstration presented by our very own Executive Chef Joe Matteucci.

3 p.m. Presentation: Be Kind to Your Heart - Let's Talk Statins, David Motz Rph, PharmD, BCPS

Cooking demo begins at 3:30 p.m.

Wednesday, February 5

3-5 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

SAVE THE DATE: MAMMA MIA

Berkshire High School has invited seniors to the dress rehearsal for their spring musical "Mamma Mia!" Please park near door #9. Follow signs to the Board Office and park in either of the two closes parking lots. Everyone will need to sign in at the front office and then a staff member will direct us to the school auditorium. *Please RSVP to Sandy McLeod: 440-279-2137*

Friday, April 11

8:30 a.m. Coffee & Donuts

9 a.m. Performance

Berkshire High School

14155 Claridon-Troy Road

Burton, OH 44021

CUISINE & CULTURE - CHINESE NEW YEAR

Come and enjoy a typical Hungarian meal while we learn about the beautiful mix of tradition, culture and cuisine in Hungary. We will enjoy games, trivia, top destinations and see what Hungary has to offer. *Lunch will be provided. Space is limited. Must be registered with the Geauga Dept. on Aging. Registration required, call Melissa Wheeler at 440-279-2167*

Thursday, February 27

12 - 1:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, February 3

8:30 -10 a.m.

West Farmington Senior Center 150

College Street

West Farmington OH 44491

Monday, February 10

10 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

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 5

WalterC Best (Sunset Shelter)

11620 Ravenna Road

Chardon, OH 440724

February 12

Chapin Forest

10381 Hobart Road

Kirtland, OH 44094

February 19

Punderson State Park

11755 Kinsman Road

Newbury, OH 44065

February 26

Big Creek Maple Highland Trail (Across from Tupelo Pond)

9280 Ravenna Road

Chardon OH 44024



UH Geauga Medical Center, (con't).

FIGHTING AGAINST PARKINSON'S

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

Mondays, Feb. 3, 10, 24

Wednesdays, Feb. 5, 12, 19, 26

Fridays, Feb. 7, 14, 21, 28

Chardon Senior Center

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



Our Mission

**To Heal. To Teach.
To Discover.**

PEDALING FOR PARKINSON'S

Pedaling for Parkinson's is where participants ride Pelton bikes indoors. Pedaling for Parkinson's provides an opportunity for people with Parkinson's to make positive improvements in their quality of life. (A collaboration with the Geauga County Department on Aging and Ohman Family Living)

M / W / F Class

1:30-2:30 p.m.

T / TH Class

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

Ohman Family Living at Holly

10190 Fairmount Road
Newbury, OH 44065
Call **440-632-3653** for
Information

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, February 3

6 p.m.

UH Geauga Medical Center (Conference Center)

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

PARKINSON'S SUPPORT GROUP

Tuesday, February 18

12:30 -1:30 p.m.

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024
Call **440-279-2137** to register

CARDIAC SUPPORT GROUP

Monday, May 19

Meetings held quarterly
12 -1:30 p.m.

Lunch Provided

UH Geauga (Conference Center)

13207 Ravenna Road
Chardon, OH 44024
Call **440-285-6824** to register

DIABETES SUPPORT GROUP

Tuesday, February 18
2 -3 p.m.

Chardon Senior Center

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

OSTOMY SUPPORT GROUP:

(Meetings held every other month)

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024
Call **440-285-6210** for information

BETTER BREATHERS CLUB

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

Second Tuesday of the month

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024
Call **440-285-6355** for information

CAREGIVER SUPPORT GROUP

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

Maplewood at Chardon

12350 Bass Lake Road
Chardon, OH 44024
Call **440-285-3300** or
chardonrsvp@maplewoodsl.com for
more information

LYMPHEDEMA SUPPORT GROUP

Topic and location to be determined

Call **440-214-3101** for
information or Email:

Cathy.Jewell@uhhospitals.org or
Patricia.schroeder@uhhospitals.org

UH Geauga Medical Center, (con't).

A MATTER OF BALANCE, MANAGING CONCERNS ABOUT FALLS: CLASS ONE

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, February 5, 12, 29, 26

Fridays, February 7, 14, 21, 28

1 - 3 p.m.

Middlefield Senior Center

15820 Ridgewood Drive

Middlefield, Ohio 44024

Call 440-279-2167 to register

A MATTER OF BALANCE, MANAGING CONCERNS ABOUT FALLS: CLASS TWO

Monday, March 3, 10, 17, 24

Fridays, March 7, 14, 21, 28

1-3 p.m.

Chardon Senior Center

470 Center Street

Chardon Ohio 44024

Call 440-279-2167 to register

RISK ASSESSMENTS

Call Wellness Coordinator at
440-214-3330

SMOKING CESSATION

Call 440-285-6015 for more
information

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

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

ELDERBERRIES PROGRAM

Join Geauga Park District and
discover the secrets of pure Geauga
Gold...maple syrup! Join us for
lunch in the lodge, followed by a
hands-on program in the sugarbush
and sugar house. UH Resource table
provided with health education
Information, upcoming programs &
Blood Pressure Screenings Provided.

Lunch sponsored by Ohman Family

Living at Briar **Registration**

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

Thursday, February 20

1 – 2:30 p.m.

The West Woods

9465 Kinsman Road

Novelty, OH 44072



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

SAVE THE DATE:

CELEBRATING WOMEN'S HISTORY MONTH WITH BARI STITH, PhD.

Dr. Bari Stith will present on
“Remember the Ladies”: Woman’s
Place in Old Geauga. We hear so
much about Geauga’s great fire,
great snow, great Yankee migration,
and the tales of our menfolk as they
wrestled a county from the forest and
developed the communities we know
and love today. But what about the
ladies? What were their adventures
and how did they define “woman’s
place” in Geauga County’s heritage?
Where can we find the visual
remnants of their stories to remind us
of their contributions today? And
what can WE do (and are doing) to
ensure that future Geaugans
“remember the ladies.”

Tuesday, March 11

2 p.m.

Jennings Building Notre Dame

Village (Dining Room)

10950 Pine Grove Trail

Chardon, OH 44024

Call 440-279-2137 to register.

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 conciierge@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>

Glenville Community Wellness Center

COMMUNITY PROGRAMS

**UH Community Wellness Center at
Glenville 10527 Orville Avenue
Cleveland, OH 44106**

To register or for questions: <https://www.eventbrite.com/o/uh-community-wellness-center-at-glenville-73039239633>
india.robinson@UHhospitals.org |
Phone: 216-237-5017

Call **216-237-5017** to sign up for any session. Walk-ins welcome if registration is not full.

Hours of Service:

Monday: 9 a.m. - 6 p.m. Wednesday:
by schedule
Friday: 9 a.m.-5 p.m.
Saturday (1st Saturday of each
month): 9 a.m.- 1 p.m.

USING SMART TOOLS FOR HEALTHY YOU 2025

Take charge of your health with the power of technology! This workshop provides hands-on instruction on using health trackers, smart tools, and apps to set and achieve your wellness goals. Learn how to track progress, participate in health challenges, and virtually connect with others for encouragement and accountability.

Discover the smart way to stay motivated, monitor your health, and build a supportive community—all while working toward a healthier YOU in 2025!

Saturday, February 1
10 a.m. – 1 p.m.

Monday, February 17
3 - 5 p.m

HEALTHY YOU WITH UH COOKING DEMONSTRATION WITH CHEF BARNES

Join Executive Chef Dashon Barnes for an engaging cooking demonstration that blends culinary expertise with a focus on health and wellness. Explore the rich history behind favorite dishes, learn tips for "recipe rehab" to make meals healthier, and gain practical insights for creating flavorful, nutritious dishes that support a balanced lifestyle. This interactive experience is perfect for anyone looking to elevate their cooking while prioritizing wellness. Come hungry for knowledge and inspiration!

Every Thursday in February
3-5 p.m.

YOGA WITH STEPHANIE

Discover the benefits of yoga in a welcoming class designed for everyone, regardless of age or experience. This session focuses on gentle stretches, mindful breathing, and simple poses to promote flexibility, strength, and relaxation. Whether you're new to yoga or a seasoned practitioner, our all-ages class offers a supportive space to unwind, connect, and enhance overall well-being. Participants can do chair or mat yoga. Bring your own mats or we will have mats available for use.

Every Monday in February
10-11 a.m.

Every Tuesday in February
5:15 - 6 p.m.

EXERCISE PROGRAMS

DANCE FOR CHANGE LINE DANCE INSTRUCTION WITH LADY Q

Join us after work for an exciting fitness experience that combines the joy of dancing with a full-body workout! Our Line Dancing Fitness Class is designed to get you moving, improve your coordination, and boost your mood—all while having a blast. no partner needed but bring a friend or two for a fun experience.

Monday, February 3
11:15 a.m. -12 p.m.

AGE WITH VIBRANCY AEROBICS FOR 55 AND OLDER

Stay active and energized while Ageing with Vibrancy, a fun and uplifting aerobics class designed for adults 55 and over! This low-impact class combines gentle stretches, rhythmic movement, and light dance to improve flexibility, balance, and cardiovascular health. Set to an enjoyable mix of music, offers a welcoming environment where you can move at your own pace while staying active and connected. Dionne Is a certified fitness instructor who encourages movement with low impact classes that are self-paced.

Every Tuesday in February
11 a.m. – 12 p.m.



Glenville Community Wellness Center

COMMUNITY PROGRAMS

**UH Community Wellness Center at
Glenville 10527 Orville Avenue
Cleveland, OH 44106**

To register or for questions: <https://www.eventbrite.com/o/uh-community-wellness-center-at-glenville-73039239633>
india.robinson@UHhospitals.org |
Phone: 216-237-5017

Call **216-237-5017** to sign up for any session. Walk-ins welcome if registration is not full.

Hours of Service:

Monday: 9 a.m. - 6 p.m. Wednesday:
by schedule
Friday: 9 a.m.-5 p.m.
Saturday (1st Saturday of each
month): 9 a.m.- 1 p.m.

COOKING DEMONSTRATION BAKING PALATE PLEASURES WITH K MICHELLE

Discover the art of healthy indulgence with Palate Pleasures by Chef K Michelle! This unique health and wellness class is a celebration of wholesome ingredients and creative baking techniques that transform classic treats into guilt-free delights. Led Chef K Michelle, this interactive experience will guide you through the world of healthy baking, teaching you how to craft delicious desserts and baked goods that nourish your body without compromising flavor.

Wednesday February 5, 12, 19

1 – 3 p.m.

DANCE FITNESS WITH SHANAE

Get ready to move, groove, and sweat in this high-energy dance fitness class led by Shanae! Designed for all fitness levels, this fun and dynamic session blends dance moves with a full-body workout to boost your mood, improve coordination, and keep you energized. No dance experience required—just bring your enthusiasm and a desire to have fun!

Every Tuesday & Thursday
6 p.m.

BLACK HISTORY MONTH: GLENVILLE CINEMA DAY “THE COLOR OF LAW”

Join us for Black History Month: Glenville Cinema Day, featuring a special screening of *The Color of Law*. This event explores the groundbreaking work by Richard Rothstein, shedding light on the history of systemic racism in housing policies and its lasting impact on communities like Glenville. Engage in a thought-provoking discussion following the screening as we examine the legacy of these policies and their relevance today. Together, let's reflect, learn, and inspire change.

Monday, February 10

11 a.m. - 2 p.m.

FREE SKIN AND HAIR SCREENING

Take charge of your skin health with our Free Skin and Hair Screening! Get checked for moles, rashes, fungi, cane and other skin concerns by experienced professionals. No appointment is needed, but participants are encouraged to register in advance for faster check-in. Walk-ins welcome! Stay proactive about your well-being—your skin will thank you!

Thursday, February 6

5 - 7 p.m.

DEVELOPMENT WORKSHOP SERIES: HOW RACISM IMPACTS ACEs

Discover the connection between Adverse Childhood Experiences (ACEs) and how they impact Adverse Community Environments (ACEs) in this insightful workshop. Part of our Development Workshop Series, this session explores the ripple effect of trauma on individuals and communities, offering strategies for building resilience and fostering well-being. Join us to deepen your understanding and make a difference in your personal and professional environments.

Friday, February 28

10 a.m. to 1 p.m.



COMMUNITY PROGRAMS

UH LAKE GOES RED 2025

Cardiovascular disease is the number one killer of women and nearly 45% of women ages 20+ are living with some form of cardiovascular disease. Since 2004, the American Heart Association's signature women's initiative has been Go Red For Women, to address women's greatest health threat, cardiovascular disease. University Hospitals Community Outreach will be offering blood pressure checks, cholesterol and glucose screenings as well as and CPR demonstrations. American Heart Association and University Hospitals educational information will be available along with give-aways and prizes.

Friday, February 7

8 a.m. - 12 p.m.

**UH Tripoint Medical Center
(Main Lobby)**

7590 Auburn Road
Painesville, Ohio 44077

Friday, February 7

1:30 - 5 p.m.

**UH Lake West Medical Center
(Main Lobby)**

36000 Euclid Ave
Willoughby, Ohio 44094

SUPPORT GROUP

STROKE SUPPORT GROUP

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

Alecia.Crognale@UHhospitals.org |

Tuesday, February 11
6 – 8 p.m.

**UH Brunner Sanden Dietrick
Wellness Center** (Conf. Room A)
8655 Market Street
Mentor, OH 44060



HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

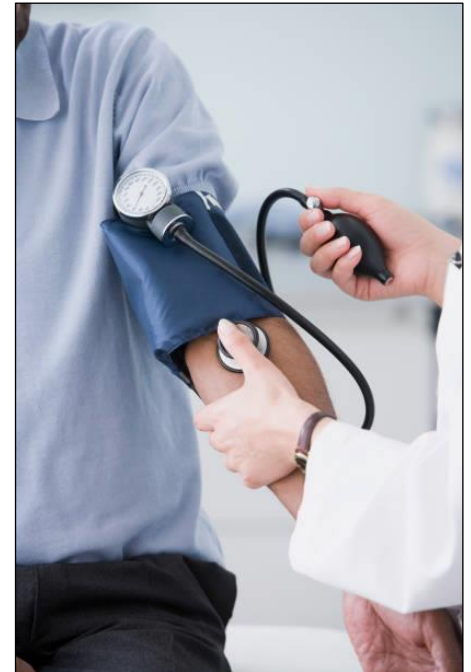
No appointment necessary! UH Lake Medical Centers will be providing FREE blood pressure screenings in the main lobby area.

Saturday, February 1
9 – 10 a.m.

Tripoint Medical Center
7590 Auburn Road
Painesville, OH 44077

Saturday, February 15
9 – 12 p.m.

UH Lake West Medical Center
36000 Euclid Avenue
Willoughby, OH 44094



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>

COMMUNITY PROGRAMS

UH LAKE BLACK HISTORY MONTH CELEBRATION

February is Black History Month, a fantastic opportunity to celebrate African Americans' achievements throughout US history and related to healthcare. University Hospitals Community Outreach will be offering blood pressure checks, cholesterol and glucose screenings & CPR education. There will be educational information and prizes.

Tuesday, February 18
8 a.m. - 12 p.m.

**UH Lake West Medical Center
(Main Lobby)**
36000 Euclid Ave
Willoughby, Ohio 44094

Tuesday, February 18
1:30 - 5:00 p.m.

**UH Tripoint Medical Center
(Main Lobby)**
7590 Auburn Road
Painesville, Ohio 44077

HEALTH AT HARVEY

Discover healthy living at Harvey High School in Painesville. University Hospitals Community Outreach will be offering blood pressure checks, cholesterol and glucose screenings, bone density as well as give aways, including fresh produce, CPR, and more. Community partners will be also on hand with resources and give aways.

Saturday, February 22
9 a.m. - 1 p.m.

Thomas W. Harvey High School
200 W. Walnut Ave
Painesville, Ohio 44077

UH BRUNNER SANDEN DIETRICK FITNESS CENTER MINI TRIATHLON

University Hospitals Community Outreach will be offering blood pressure checks and give-aways during this exciting event. For more about this event: <https://www.gcxcracing.com/indoortriathlon> or scan:



Sunday, February 23
8 a.m. - 1 p.m.

**UH Brunner Sanden Dietrick
Fitness Center**
8655 Market St
Mentor, Ohio 44060



HEART BINGO

February is American Heart Month, a great time to focus on cardiovascular health. Join us for a fun mix of heart facts and BINGO! This program requires sign up through the Concord Township Community Center: call 440-639-4650 to sign up. Blood pressure checks will be available.

Wednesday, February 26
1 - 2:00 p.m.

**Concord Township Community
Center**
7671 Auburn Road
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 1
9 - 10 a.m.

Tripoint Medical Center
7590 Auburn Road
Painesville, OH 44077

Saturday, February 15
9 - 12 p.m.

UH Lake West Medical Center
36000 Euclid Avenue
Willoughby, OH 44094

UH FITNESS CENTER IN MENTOR

BRUNNER SANDEN DEITRICK WELLNESS CENTER

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

COMMUNITY EVENT

MEDICALLY BASED FITNESS - UH MENTOR FITNESS CLASS

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

UNIVERSITY HOSPITALS WEIGH LOSS PROGRAM

If you're tired of feeling trapped in the cycle of yo-yo dieting then you will want to learn more about University Hospitals Weight Loss Program. Our expert team can help you achieve sustainable fat loss, crave healthy foods, reduce problematic cravings, decrease medication, improve your mood, strengthen your immune system, and boost your self-confidence. Join our program and experience the difference! For more information, contact Shawn Cooper, RD at Shawn.Cooper@UHhospitals.org or 440-701-7537.

NUFIT SERIES

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

Tuesday, February 18

6-7 p.m.

Fitness: All About the Core, Core Exercises, Benefits of Training your Core

Nutrition: Heart Smart Food Choices



UH MENTOR FITNESS CENTER

2nd Annual UH Indoor Mini Triathlon

Sunday, February 23, 2025



0.5-mile Swim
(16 laps = 32 lengths)
*Must be able to complete in 30 minutes

**12.4-mile
Bike Ride**

3-mile Run

Please register before **January 6, 2025** to join our preparation lectures!
Registration Fee: \$65 *Limit 75 Spots

The event will take place at the
UH Fitness Center in Mentor
Sunday, February 23, 2025 at 8 a.m.

Hope to see you there!



Scan the QR code
to sign up

COMMUNITY PROGRAMS

DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This program is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage. *Call 866-844-2273 for more information*

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 6

11 a.m. – 5 p.m.

UH Parma Medical Center

7007 Powers Boulevard
Parma OH 44129

JOIN THE VOLUNTEERS AT UH PARMA MEDICAL CENTER

Volunteers deliver the support necessary to ensure that UH Parma Medical Center continues to provide excellent, personalized care. The volunteer program at UH Parma Medical Center, promotes community wellness and also raises funds for the benefit of the hospital's healing environment. Like all the team members at UH Parma Medical Center, our volunteers ascribe to a high standard of personal care and service with a dedicated purpose and mission.

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

Parma Hospital Volunteer Services

7007 Powers Boulevard
Parma, OH 44129-5495

For questions and additional information about the volunteer services available at UH Parma Medical Center, please call 440-743-4287 or email

kimberly.tomblin@UHhospitals.org.

HEART HEALTH

To recognize heart month, UH Parma will have a healthcare professional talk about how to keep your heart healthy. Blood pressure screening following the presentation. *Must R.S.V.P. to 440-888-8820*

Wednesday, February 12

10 - 11 a.m.

Donna Smallwood Activities Center

7010 Powers Boulevard
Parma, OH 44129

SPIRITUAL CARE VOLUNTEERS

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



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>

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

Free Blood Pressure Screenings at these locations (walk in).
Call 440-743-4932 for information

Wednesday, February 5

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

(Glucose Screening Included)

UH Parma Health Education Ctr.
7300 State Road
Parma, OH 44134

Wednesday, February 5

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road
North Royalton, OH 44133

Tuesday, February 11

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road
Broadview Hts., OH 44147

Wednesday, February 12

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive
Seven Hills, OH 44131

Thursday, February 13

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue
Brooklyn, OH 44144

Friday, February 14

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

Independence Senior Center

6363 Selig Drive
Independence, OH 44131

Friday, February 14

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard
Parma, OH 44129

Tuesday, February 25

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road
North Royalton, OH 44133

EXERCISE & FITNESS

PARKINSON'S DISEASE

EXERCISE CLASS - DELAY THE DISEASE

For those diagnosed with Parkinson's with their spouse; support person or caregiver. Learn simple exercises that can help make daily life easier and also improve balance and build strength. Classes are taught by professionals trained in the Delay the Disease Program. *No registered required. Join anytime.*

Wednesdays, February 5, 12, 19, 26

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

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. Second Tuesday of each month. For more information and / or questions call 440-743-4932

Tuesday, February 11

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

Monday, February 10

12:30 - 2 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. For information call Laurie at 440- 482-3688. Every meeting has an option to join via zoom. Join the meetings online:

<https://join.freeconferencecall.com/edatintegration> Pin code: 741776 or call 518-263-8271 pin: 741776#.

Fridays, February 7, 14, 21, 28

4:30 p.m.

BEREAVEMENT SUPPORT GROUP

Join our new bereavement support group as we share our experiences and receive support for loss, grief and coping with change, in a confidential and informal environment. If you have questions, reach out to Chaplain Marian Mihas at

marian.mihas@uhhospitals.org or call the Parma Pastoral Care Department at 440-743-4295

Thursday, February 13

1 - 2 p.m.

UH Parma Medical Center

7007 Powers Boulevard
Parma, OH 44134

Conference Room E (third floor)

Our Mission

*To Heal. To Teach.
To Discover.*

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, February 17

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

VIRUAL 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.



UH HEART HEALTH EXPO

Join us for a free cardiovascular education program to learn how to maximize your heart health and limit the impact of potential risk factors on your future health. Enjoy a healthy breakfast, heart screenings, educational talks by heart experts, exhibitors and more.

Saturday, February 15

9 a.m. – 12 p.m.

**The NEW Center at Northeast Ohio
Medical University**

4211 State Route 44

Rootstown, OH 44272

This event is FREE, but space is limited. Call 330-297-2576 to register



UH Portage Medical Center, (con't).

HAYMAKER FARMER'S MARKET

Join us at the Farmer's Market where we will be offering information on keeping your holidays healthy!

Saturday, February 22

10 a.m. – 1 p.m.

Unitarian Universalist Church of Kent, Hobbs Hall

217 N. Mantua Street
Kent, Ohio 44240

HEALTH SCREENINGS

FREE BLOOD PRESSURE SCREENINGS

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

Wednesday, February 5

11 a.m. - 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street
Ravenna, OH 44266

Tuesday, February 11

11 a.m. – 1 p.m.

Renaissance Family Center

9005 Wil Verne Drive
Windham, OH 44288

Wednesday, February 19

11 a.m. – 1 p.m.

UH Portage Professional Center - Lobby

6847 N. Chestnut Street
Ravenna, OH 44266

Saturday, February 15

9 a.m. – 12 p.m.

The NEW Center at NEOMED

4211 State Route 44
Rootstown OH 44272

HEARING TESTING

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

For more information call
330-297-2427

COFFEE TALK WITH A DIETITIAN – NUTRITION FOR A HEALTHY HEART

Enjoy coffee and conversation with a UH Portage Dietitian to learn more about the important role of good nutrition and how it relates to heart health.

Tuesday, February 18

10 - 11 a.m.

UH Portage Professional Center,
2nd Floor

6847 N. Chestnut Street
Ravenna, OH 44266

Pre-registration is required. Call
330-297-2576

HEALTHY HEART LUNCH AND LEARN: "UPDATE ON CARDIAC DEVICE THERAPY"

Join us for this free lunch event. Jeanne Alger, RN from the UH Harrington Heart & Vascular Institute will be presenting a review of heart rhythm treatments using pacemakers and defibrillators.

Thursday, February 27

11:30 a.m. – 1 p.m.

UH Portage Medical Arts Building, Room #150

6847 N. Chestnut Street
Ravenna, OH 44266

Pre-registration is required. Call
330-297-2576

FREE FITNESS CLASSES

Free fitness classes are back at UH Portage Medical Center, Mangin Fitness Room. Space is limited and pre-registration is required.

YOGA FOR EVERYONE

Tuesday, February 4, 18

11:30 a.m.– 12 p.m.

DANCE FITNESS (no experience needed)

Tuesday, February 11, 25

12:00 pm – 12:30 pm

SAIL (Stay Active Independent Lifestyle)

Tuesday, February 18

9:15 - 9:45 a.m.

Registration is required for each class. Please call 330-297-2576 to schedule.

SUPPORT GROUPS

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

BEYOND STROKE SUPPORT GROUP (Virtual quarterly meetings)

SUPPORT FOR GRIEVING ADULTS

The Grief Place

INFO: www.thegriefcareplace.org
330-686-1750

Kelly's Grief Center

INFO: ww.kellysgriefcenter.com Call
330-593-5959 for Information

DIABETES SUPPORT GROUP

Tuesday, February 4

4 - 5 p.m. (meets every other month)

UH Portage Medical Arts Building, Room 150

6847 N. Chestnut Street
Ravenna, OH 44266

AMPUTEE WALKING CLINIC

Thursday, February 6

3 – 5pm

UH Portage Medical Arts Building, Room 150

6847 North Chestnut Street,
Ravenna, OH 44266



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.

Tuesday, February 4, 11, 18, 25
12 – 1 p.m.

Weather permitting

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

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

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

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

UNIVERSITY HOSPITALS RICHMOND HEIGHTS: HEALTH & WELLNESS DAY

Dinner on a Budget: A Cooking Demonstration: Join executive chef Paul Hamalainen and Registered Dietitian Bailey Gordon for a cooking demonstration with a holiday theme, tasty, nutritious and easy-to-make a recipe.

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

Thursday, February 13
12 - 1 p.m.

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



COMMUNITY RESOURCES

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

Thursday, February 13
10 a.m. - 1 p.m.

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

Other community vendors will have tables with valuable 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 conciierge@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>

FREE ART EXPERIENCE

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

Thursday, February 13
10 a.m. - 1 p.m.



DIGITAL HEALTH

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

Thursday, February 13
10 a.m. - 1 p.m.

Our Mission
To Heal. To Teach.
To Discover.

BEGINNER YOGA MAT

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

Thursday, February 13
10:30 - 11:30 a.m.

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



BENEFITS OF YOGA

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



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

COMMUNITY PROGRAMS

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

Wednesday, February 5
2 - 4 p.m.

**UH Samaritan Medical Center
Clinical Lab**
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

Friday, February 21
2 - 4 p.m.

**UH Samaritan Medical Center
Clinical Lab**
663 East Main Street
Ashland, OH 44805
*Call 419-207-7856 to register Class
limited to 10*

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>

RED CROSS BLOOD DRIVE

Friday, February 7
11 a.m. – 5 p.m.

Thursday, February 20
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*



EXERCISE & FITNESS

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

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

The Keith Field House
Ashland High School
Ashland, OH 44805

ASHLAND HEART TROTTERS WALKING CLUB

Walking support group for
cardiac/pulmonary rehab patients
Monday, Wednesday, Friday
11:30 a.m.-12:00 p.m
Freer Field
Ashland, Ohio 44805
Subject to cancellation for inclement
weather
Call 419-207-2453 for Information



COMMUNITY PROGRAMS

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

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

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for health care providers. A course completion card will be provided. *This is a free class, but you must register at www.uhems.org. Call 440-735-3513 for information*

SENIOR SUPPER CLUB

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

EVERYDAY

4 – 5:30 p.m.

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



OUTPATIENT NUTRITION COUNSELING

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

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

DIABETES EDUCATION CLASSES

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

Diabetes Self -Management

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

Participants can choose what they would like to learn during class. **Nutrition for Diabetes Class:** We will discuss nutrition, reading labels, meal planning and exercise to help manage diabetes. Bring recipes, food labels and all of your questions.

Diabetes Educator Follow-up:

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

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

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

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

For scheduling or questions, call 216-844-1768

BALANCE SCREENING

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

HEARING TESTING

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

Please call 440-835-6160.

SUPPORT GROUPS

HOPE GROUP

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

Wednesday, February 5
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

EXERCISE & FITNESS

STROKE SURVIVORS EXERCISE PROGRAM

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

Tuesdays and Thursdays

3-4:30 p.m.

Westlake Center for Community Services

28975 Hilliard Blvd

Westlake OH 44145 *Please call UH SJMC Outpatient Rehab at 440-414-6050 with questions or to register for the program.*

HEALTH SCREENINGS

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

BLOOD PRESSURE SCREENINGS

Thursday, February 6

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

Westlake Center for Community Services

Community Meeting Room

28975 Hillard Blvd

Westlake, OH 44145

Monday, February 10

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road

Fairview Park OH 44126

Wednesday, February 12

9:00 – 10:30 a.m. Cove

Community Center

12525 Lake Avenue (enter off

Clifton) Lakewood, OH 44107

Thursday, February 13

10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room

28114 Lorain Road

North Olmsted, OH 44070

HEALTH SCREENINGS

Join us for free cholesterol, glucose, and blood pressure screenings. Other departments will also be present to discuss health information. *Please call 440-899-3544 to register and for more information.*

Tuesday, February 18

9 –11 a.m.

Westlake Center for Community Services

28975 Hilliard Blvd

Westlake OH 44145



REGISTER TO BECOME A MEMBER TODAY

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

Car Seat Installations for Caregivers and Grandparents

For all caregivers who need help with car seat installations or have questions about the safest way to transport their children or grandchildren in motor vehicles, getting expert advice and assistance just got a little easier. University Hospitals Rainbow Babies and Children's along with UH St. John and Parma Medical Centers will partner with the following west side fire stations to provide car seat checking stations, by Nationally Certified Child Passenger Safety (CPS) Technicians. UH Rainbow's Injury Prevention Center has had a car seat fitting station at the hospital's main campus in University Circle for more than 10 years. To schedule at: North Ridgeville Fire Station located at 7000 Ranger Way, North Ridgeville, OH 44039
Register: <https://www.nridgeville.org/ChildSafetySeat.aspx> or call 440-327-5311.
*****Installation for North Ridgeville residents only***

