



University Hospitals

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

AGE WELL. BE WELL. EVENTS JANUARY 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
419-289-0491

RIPOINT 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

AHUJA MEDICAL CENTER HEARTSAVER CPR/AED TRAINING

University Hospitals is committed to the mission of Building Lifesaving Communities. To support this mission, UH provides Heartsaver CPR/AED training through Community Benefit without any financial commitment from individual community members. American Heart Association Heartsaver CPR/AED courses are designed for anyone with little or no medical training who needs a course completion card for their job (lifeguard, school employee or student, daycare worker, etc.) or any community members who want to be prepared to help in during a cardiac arrest. *Spots are limited so please register at: <https://uhems.org/event-search?c=5>*

Thursday, January 16
5:30 – 8:30 p.m.

**UH Ahuja Medical Center,
Rosenberg Conference Rooms A/B**
3999 Richmond Rd
Beachwood, Ohio 44122



HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

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

Wednesday, January 8
10 – 11 a.m.

Solon Senior Center
35000 Portz Parkway
Solon, Ohio 44139

Thursday, January 16
10:30 - 11:30 a.m.
Warrensville Heights YMCA
4433 Northfield Road
Warrensville Heights, Ohio 44128

Thursday, January 16
12:30 - 1 p.m.
Beachwood Senior Center
25325 Fairmount Blvd
Beachwood, Ohio 44122

Tuesday, January 21
10 - 11 a.m.
Chagrin Falls Library
100 East Orange Street
Chagrin Falls, Ohio 44022



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/8139426801?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, January 25, 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, January 13

10 - 10:55 a.m.

IRON YOGA

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

Friday, January 3, February 7

8 - 8:45 a.m. (Studio 2)



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, January 25

10:30-11:15 a.m.

YIN YOGA WITH SOUND BATH

Special event to welcome the Autumn season with Crissy Stelmaschuk E-RYT. Enhance your fitness journey by incorporating the deep recovery of Yin Yoga into your routine. Relieve tension, release tight muscles and increase flexibility as you settle into each pose. Floor and Seated Chair Postures will be included in this accessible course. Then, let yourself completely relax in the healing frequencies of a sound bath. Program Fee: \$10 for UH Avon Fitness Center members and \$20 for guests (Includes access to full fitness center, swimming pool, whirlpool, sauna and steam room).

Saturday, January 11

11 a.m. to 12 p.m. (Studio 2)



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, January 9, 16, 23, 30
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, January 15

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, January 20

1 -2 p.m.

UH Wellness Center at Bedford

88 Center Road

Medical Office Building

Bedford, OH 44146

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 refreshment provided

Friday, January 24

2-3:30 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, January 6

1-2 p.

LUNCH & LEARN: Therapeutic Effects of Spice

Discover how to cook with confidence in the kitchen! Healthy cooking techniques and versatile methods enhance flavors, preserve nutrients, and allow you to create delicious, wholesome meals easily.

Monday, January 13

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.



WELL-BEING WORKSHOP SERIES

Wellness is the sum of all the positive steps you take to lead a healthy life. It depends on the concept of eight distinct dimensions of health and wellness. We invite you to join our Certified Community Health Worker, Susan Packard, for a six-session monthly series to discuss these eight dimensions of health and wellness. Jumpstart the new year with a unique journey towards improved well-being, holistic health, and a balanced lifestyle. Healthy snacks and beverages will be provided for each session.

Monday, January 13

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.

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, January 13

1 -2 p.m.



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, January 4
12-1 p.m.

UH Wellness Center at Bedford

88 Center Road
Medical Office Building
Bedford, OH 44146

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

GATHERING GARDEN

A Clinical Pharmacist and Yoga and Mindfulness Instructor from Whole Connor Health will provide an overview of holistic integrative medicines.

PharmD, RPh, FAIHM, IFMCP, RYT-200, NBC-HWC

Thursday, January 23
10 11 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, January 15

10 a.m. - 1 p.m.

Bedford Heights Community Center

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

Wednesday, January 8, 22

11 a.m. - 1 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue Bedford, OH 44146

Thursday, January 9

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.

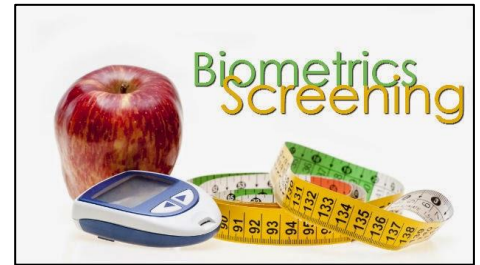
Saturday, January 4
9 - 11 a.m.

Monday, January 13

10 a.m. - 12 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.



WHY ARE LOW SODIUM LEVELS DANGEROUS?

Monday, January 6
11 a.m.-12 p.m.

Orwell Country Neighbor

39 South Maple St.
Orwell, OH 44076

Tuesday, January 7
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, January 15
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, January 27
11 a.m. – 12 p.m.

Country Neighbor

39 S. Maple Street
Orwell, Ohio 44076

Wednesday, January 22
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, January 15

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, January 21

12:30 – 2 p.m.

Avon Lake Senior Center

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

CHARLIE CART CULINARY LITERACY PROGRAM

Join us for this free community event and enjoy food, fun and prizes! The Charlie Cart Program is designed to engage children and families in hands on cooking experiences that promote healthy eating habits, nutrition education and culinary skills.

Saturday, January 11

10 a.m.

Grafton-Midview Public Library

983 Main Street
Grafton OH 44044

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, January 2

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.

Tuesday, January 7

12:30 - 1:30 p.m.

West Farmington Senior Center

150 College Street
West Farmington OH 44491

Friday, January 17

1-2 p.m.

Chardon Senior Center Bldg. 8
470 Center Street
Chardon, OH 44024



NAVIGATING THE HEALTH CARE SYSTEM (con't.)

Friday, January 17

1-2 p.m.

Chardon Senior Center Bldg. 8

470 Center Street
Chardon, OH 44024

Wednesday, January 22

1-2 p.m.

Bainbridge Senior Center

17751 Chillicothe Road Bainbridge
OH 44023

Thursday, January 30

11 a.m.- 12 p.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

CUISINE & CULTURE - CHINESE NEW YEAR

2025 will be the year of the snake according to the Chinese 12-year animal zodiac cycle. We will learn what that means and share a “reunion dinner” which is so important to the Chinese people. We ask that you wear red to the program, as it is considered lucky. **Lunch will be provided. Space is limited. Registration required, call *Melissa Wheeler at 440-279-2167***

Thursday, January 23

12 - 1:30 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, OH 44026

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, January 6

8:30 -10 a.m.

West Farmington Senior Center

150 College Street
West Farmington OH 44491

Monday, January 13

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.

January 8

Big Creek (Meet at deepwood lodge)

9160 Robinson Road
Chardon,, OH 440724

January 15

Headwaters Park

13365 Old State Road
Middlefield, OH 44062

January 22

Bessie Benner Metzenbaum Park

7940 Cedar Road
Chesterland, OH 44026

January 29

Maple Highlands Trail (Park at Dollar General)

15894 W. High Street
Middlefield, OH 44062

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*

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, Jan. 6, 13, 20, 27

Wednesdays, Jan. 8, 15, 22, 29

Fridays, Jan. 3, 10, 17, 24, 31

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

*Call 440-279-2137 for
Information*

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, January 6

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, January 21

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, February 10

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, January 21

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



Our Mission

To Heal. To Teach.

To Discover.

UH Geauga Medical Center, (con't).

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

Tuesdays, January 7, 14, 21, 28
Thursdays, January 2, 9, 16, 23, 30
1 - 3 p.m.

Geauga County Office Building
Room B167-B168
12611 Ravenwood Drive
Chardon, Ohio 44024
Call 440-279-2167 to register



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, the Geauga Department on Aging and UH for fun and educational program. UH Resource table provided with health education Information, upcoming programs & Blood Pressure Screenings Provided.

*Refreshments sponsored by UH
Gauga Medical Center Registration
required, Call 440-214-3180 to
register*

Thursday, January 16
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*

BLOOD DRIVE

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

See rcblood.org/help
Monday, January 27
11 a.m. – 4 p.m.

[CLICK HERE to schedule an appointment.](#)

UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH 44024



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

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, January 4

10 a.m. - 1 p.m.

COOKING DEMONSTRATION

Join Executive Chef Deshon Barnes for a cooking demo that blends health, flavor, and food history. Learn to "rehab" recipes, make nutritious meals, and elevate your cooking while prioritizing wellness. Come hungry for inspiration!

Thursday, January 2, 9, 16, 23, 30
3 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.

Mondays, January 6, 13, 20, 27
10-11 a.m.

YOGA WITH STEPHANIE

Experience the benefits of yoga in a welcoming class for all ages and abilities. Enjoy gentle stretches, mindful breathing, and poses to promote relaxation and well-being. Choose chair or mat yoga—mats provided or bring your own!

Tuesdays, January 7, 14, 21, 28
5:15-6:15 p.m.

EXERCISE PROGRAMS

LINE DANCING 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.

Thursday, January 2
6-7 p.m.

LINE DANCING

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— no partner needed but friends are welcome!

Mondays, January 6, 13, 20, 27
11:15 a.m. -12:15 p.m.

Thursdays, January 9, 16, 23
6-7 p.m.



COMMUNITY PROGRAMS

NUTRITION HEALTH FAIR

University Hospitals Community Outreach will be offering blood pressure checks, bone density, cholesterol and glucose screenings as well as giveaways at this resolution round up. University Hospitals Brunner Sanden Dietrick Fitness Center will be offering great resources to get your year off to a healthy start.

Saturday, January 11
8 a.m. - 1 p.m.

UH Brunner Sanden Dietrick Fitness Center

36000 Euclid Avenue
Willoughby, OH 44094

HEALTHY START 2025

Would you like to kick the habit? Smoking cessation, lung cancer screening information, and more will be available at this event. Lake County Health Department and Lung Cancer navigation experts will be on hand to help. University Hospitals Community Outreach will be offering blood pressure checks, cholesterol and glucose screenings as well as giveaways.

Tuesday, January 21
8 a.m. - 12:30 p.m.

UH Lake West Medical Center
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, January 14
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

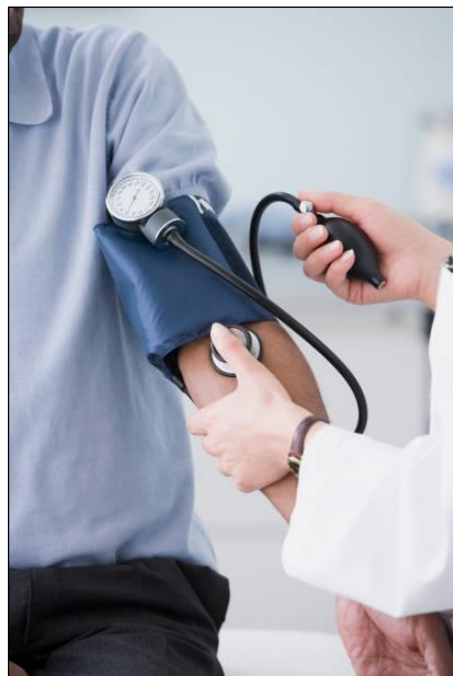
No appointment necessary! UH Lake Medical Centers will be providing FREE blood pressure screenings in the main lobby area.

Saturday, January 4
9 – 10 a.m.

Tripoint Medical Center
7590 Auburn Road
Painesville, OH 44077

Saturday, January 18
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 conciierge@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>

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

RESOLUTION RODEO

We know committing to your New Year's resolution can be challenging and we want to help you! Come and meet our dietitians, Exercise Specialist and many more! Open to the public and UH Fitness Center members.

Saturday, January 11

8 a.m. -12 p.m.

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, January 21

6-7 p.m.

Fitness: Free Weights, Machines, Group Exercise....What's the Difference?

Nutrition: Nutrition Facts / Myths



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**

FINDING THE BEST JOINT PAIN RELIEF FOR YOU – WHAT WORKS AND WHAT DOESN'T

Learn more about appropriate and recommended treatments for joint pain from Alan Panteck, M.D. from UH Parma Medical Center of Orthopedics. Click [here](#) to watch the pre-recorded presentation or to find a Orthopedic near you.

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.

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.mihas@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, January 8

11 a.m. - 12:30 p.m.
(Glucose Screening Included)
UH Parma Health Education Ctr.
7300 State Road
Parma, OH 44134

Wednesday, January 8

9 - 10:30 a.m.
North Royalton Office on Aging
13500 Ridge Road
North Royalton, OH 44133

Wednesday, January 8

8 - 10 a.m.
Seven Hills Recreation Center
7777 Summit View Drive
Seven Hills, OH 44131

Thursday, January 9

9:30 - 11 a.m.
Brooklyn Senior Center
7727 Memphis Avenue
Brooklyn, OH 44144

Friday, January 10

10 a.m. - 11:30 a.m.
Independence Senior Center
6363 Selig Drive
Independence, OH 44131

Friday, January 10

10-11:30 a.m.
Donna Smallwood Activity Center
7010 Powers Boulevard
Parma, OH 44129

Tuesday, January 14

8:30 - 10 a.m.
Broadview Hts. Senior Center
9543 Broadview Road
Broadview Hts., OH 44147

Tuesday, January 21

9:30 - 11:30 a.m.
North Royalton Y.M.C.A.
11409 State Road
North Royalton, OH 44133

NON-FASTING CHOLESTEROL SCREENING

Free. Includes total cholesterol, HDL, and blood sugar.

Wednesday, January 15

9 - 11 a.m.
Appointment required
Call 440-743-4932 to register

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, January 8, 15, 22, 29

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, January 14

1-2:30 p.m.

STROKE & ARTHRITIS SUPPORT GROUP

Offers information and support to anyone suffering with arthritis or has had a stroke including their support person or caregiver. Second Monday of each month. *For more information and / or questions, call 440-743-4127*
Monday, January 13
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, January 3, 10, 17, 24, 31
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, January 9

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, January 20

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.



MENTAL HEALTH INFORMATION TABLE

Learn healthy ways to combat seasonal depression and gather mental health resources

Tuesday, January 7

11 a.m. – 1 p.m.

**UH Portage Medical Center,
Cafeteria**

6847 North Chestnut Street

Ravenna, OH 44266

SLEEP APNEA SCREENING - FREE

Sleep Apnea is a common sleep disorder. However, many people suffering with this problem go undiagnosed because some of the most prominent warning symptoms happen during sleep. Our experts at UH Portage Medical Center can help!

Tuesday, January 14

9 a.m. – 12 p.m.

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

**UH Streetsboro Health Center,
Sleep Medicine office**

Main Entrance – Ground Floor

9318 State Route 14,

Streetsboro, OH 44241

MYCHART FOR MY LIFE

Join University Hospitals Portage Medical Center for an informative session on MyChart, your personalized online health tool. You will learn how to:

- Access your health records
- Communicate with providers
- Schedule appointments
- View test results and more!

Tuesday, January 28

10– 11:00 a.m.

**UH Portage Medical Arts Building,
Room #150**

6847 North Chestnut Street

Ravenna, OH 44266

RSVP by calling 330-297-2576

HAYMAKER FARMER'S MARKET

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

Saturday, January 18

9 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, January 8

11 a.m. - 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street
Ravenna, OH 44266

Tuesday, January 14

11 a.m. – 2 p.m.

Renaissance Family Center

9005 Wil Verne Drive
Windham, OH 44288

Wednesday, January 22

11 a.m. – 1 p.m.

UH Portage Professional Center - Lobby

6847 N. Chestnut Street
Ravenna, OH 44266

Wednesday, January 29

11 a.m. – 1 p.m.

UH Streetsboro Health Center

9318 OH-14
Streetsboro, OH 44241

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

CHOLESTEROL AND GLUCOSE TESTING

Free walk-up non-fasting glucose and cholesterol testing – no appointment n

Thursday, January 23

11 a.m.– 1 p.m.

UH Portage Professional Center Lobby

6847 N. Chestnut Street
Ravenna OH 44266

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

There will be no clinic in January



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>

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>

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, January 14, 21, 28
12 – 1 p.m.

Weather permitting

Richmond Heights City Hall

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

HEALTH SCREENINGS

BIOMETRIC SCREENINGS Blood pressure, Non-Fasting Cholesterol & Glucose screenings, and education.

Tuesday, January 7
10 a.m. - 1 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

BLOOD PRESSURE SCREENINGS

Monday, January 13
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.”

Tuesday, January 7
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.

Tuesday, January 7
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 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>

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.

Tuesday, January 7
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.

Tuesday, January 7
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.

Tuesday, January 7
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.



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

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

Friday, January 10
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

Wednesday, January 22
10 a.m. - 12 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

RED CROSS BLOOD DRIVE

Friday, January 3
11 a.m. – 5 p.m.

Thursday, January 16
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, January 8
9 – 10:30 a.m.

Ashland YMCA
First Floor Conference Room
207 Miller 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

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>



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 **NO MEETING DUE TO HOLIDAY**
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, January 2

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

Westlake Center for Community Services

Community Meeting Room

28975 Hilliard Blvd

Westlake, OH 44145

Wednesday, January 8

9:00 – 10:30 a.m.

Cove Community Center

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

Thursday, January 9

10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room

28114 Lorain Road

North Olmsted, OH 44070

Monday, January 13

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road

Fairview Park OH 44126



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>

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**

