



University Hospitals

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

[Uhhospitals.org](https://www.uhhospitals.org)

AGE WELL. BE WELL. EVENTS JULY, 2024

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

UH Locations

AVON HEALTH CENTER

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

ELYRIA MEDICAL CENTER

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

PORTAGE MEDICAL CENTER

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

AHUJA MEDICAL CENTER

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

GEAUGA MEDICAL CENTER

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

RICHMOND MEDICAL OFFICE BUILDING

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

BEDFORD MEDICAL OFFICE BUILDING

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

GENEVA MEDICAL CENTER

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

ST. JOHN MEDICAL CENTER, A Catholic Hospital

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

BRUNNER SANDEN DEITRICK WELLNESS CENTER UH FITNESS CENTER IN MENTOR

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

LAKE WEST MEDICAL CENTER

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

SAMARITAN MEDICAL CENTER

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

CONNEAUT MEDICAL CENTER

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

PARMA MEDICAL CENTER

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

TRIPOINT 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

SHAKER HEIGHTS WALKING CLUB

Being physically active can improve your brain health, help manage weight, reduce risk of disease, strengthen bones and muscles and improve your ability to do everyday activities! University Hospitals Ahuja Medical Center and the City of Shaker Heights encourage you to join our Walking Club at Southerly Park to not only get your body moving but enjoy open discussion on a health and wellness topic.

Tuesday, July 2

10 -11 a.m.

Southerly Park

15401 S Woodland Rd
Shaker Heights OH 44120

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

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

Wednesday, July 3

9- 10 a.m.

Shaker Heights Senior Center

3450 Lee Road
Shaker Heights, OH 44120

Wednesday, July 10

10- 11 a.m.

Solon Senior Center

35000 Portz Parkway
Solon, OH 44139

Thursday, July 11

10- 11 a.m.

Warrensville Heights YMCA

4433 Northfield Road
Warrensville Heights, OH 44128

Tuesday, July 16

6:30 -8:30 p.m.

Maple Heights Music in the Park

5400 Mayville Ave.,
Maple Heights OH

SHAKER HEIGHTS WALKING CLUB

Being physically active can improve your brain health, help manage weight, reduce risk of disease, strengthen bones and muscles and improve your ability to do everyday activities! University Hospitals Ahuja Medical Center and the City of Shaker Heights encourage you to join our Walking Club at Southerly Park to not only get your body moving but enjoy open discussion on a health and wellness topic.

Tuesday, July 2

10 -11 a.m.

Southerly Park

15401 S Woodland Rd
Shaker Heights OH

Tuesday, July 16

10 -11 a.m.

Southerly Park

15401 S Woodland Rd
Shaker Heights OH

Tuesday, July 30

10 -11 a.m.

Southerly Park

15401 S Woodland Rd
Shaker Heights OH

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
5 – 6:00 p.m.

Join Zoom Meeting

<https://us05web.zoom.us/j/84936224765?pwd=vlzXr6aiUzO167AAML7YncV3cawKza.1>

Meeting ID: 849 3622 4765

Passcode: 9R7gtm

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/registration?ei=5283&li=128>

Thursday, July 25

4 – 7:30 p.m.

UH Ahuja Medical Center,

Conference Rooms A/B

3999 Richmond Rd
Beachwood, Ohio 44122

Avon Health Center

1997 Healthway Drive
Avon, OH 44011

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

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

COMMUNITY EVENT

EXERCISE PRESCRIPTION AND LIFESTYLE MODIFICATIONS FOR WEIGHT LOSS – A PRESENTATION

Join Fitness Specialist and ACSM Certified Exercise Physiologist Chloe Neely, M.S. to discuss weight loss. This presentation will provide information on proper exercise and lifestyle modifications to follow if you are pursuing weight loss. We will also be discussing Obesity as a chronic disease and global epidemic, and diving into the research on Anti-Obesity medications that have taken the world by storm [I.e., Ozempic, Semaglutide, Wegovy, etc].

Thursday, July 18

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

STRENGTH AND ENDURANCE TRAINING PRESENTATION

Looking for new ways to structure your strength training program? Not sure how many sets and reps to do? Join Fitness Specialist and Personal Trainer Tom Brady to learn more about the latest science for resistance training and how to apply it to your exercise program. Handouts will be provided. Offered in our first floor conference room free for our members and guests. Pre-registration is needed to ensure we have enough handouts.

Friday, July 26

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

FLEXIBILITY AND RANGE OF MOTION MOVEMENT PRESENTATION

Join Fitness Specialist and Personal Trainer Ashlee for this interactive presentation which will address posture, flexibility and range of motion for the major joints and address ways to move better in everyday activities.

Thursday, August 8

12-12:45 p.m.

EXERCISE & FITNESS

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, July 12

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

BODY PUMP

A weight-training workout in a group fitness setting using barbells with adjustable weights set to motivation music. Strengthen tone and define each major muscle group.

Tuesday, July 16

5:45-6:40 a.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, July 18

6:15-7 p.m.

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, July 13

11 - 11:55 a.m. (Studio 2)

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, July 8

10 - 10:55 a.m.

HAVING A BALL

For those who are new to the stability or exercise ball and who would like to learn how to use a stability ball and for those who are hesitant to use the ball. You will learn the basics of cardio, toning, and balancing exercises.

Saturday, July 27

8-8:45 a.m.

WALK WITH A DOG WALK

You and your pooch will get great exercise while making new friends. No dog, no problem, join us for this outdoor walk which will be approximately 3/4 mile loop in the adjacent neighborhood. All walking speeds are welcome. Please be sure to keep your dog on a leash and clean up any dog waste.

Friday, July 19

5:30 p.m.

COMMUNITY PROGRAMS

WALKING CLUB

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

Thursdays, July 18, 25

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. **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, July 24

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



SAVE THE DATE

MOBILE HEALTH UNIT

University Hospitals Mobile Health Unit for 3-D mammogram screenings in the parking lot on this date with extended times. **Mammogram appointments are available from 8:30 am -2:30 pm on the below dates.** Accepting appointments now. To schedule an appointment, call **Nicole, UH Mobile Coordinator, at 216-896-1768.**

Wednesday, September 18

UH Wellness Center at Bedford

88 Center Road

Medical Office Building

Bedford, OH 44146

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

FOOD AS MEDICINE: GATHERING GARDEN

Learn about companion planting hands-on! Each participant will plant their own cherry tomato plant along with basil to take home. After planting, participants will create a simple spring green salad and learn how to make their own salad dressing. **Register for the Event at “UH Community Wellness Center at Bedford” on Eventbrite.**

Friday, July 26

3:30-4:30 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.

COOKING DEMONSTRATION

Join Executive Chef Tony Verona & Registered Dietitian Bailey Gordon.

Monday, July 22

12-1 p.m.

To register for this 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.



UH Bedford Campus (con't.)

HIKING CLUB

Explore nature with a Dietitian! Enjoy your time outdoors and receive expert advice on healthy eating habits and nutrition advice. *weather permitting*
Visit Eventbrite or contact Bailey Gordon for details 440-735-4270 option 2.

Monday, July 8
4-5 p.m.



LINE DANCING

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

Visit us on Eventbrite at "UH Community Wellness Center at Bedford." for dates and times.

Wednesday, July 10
6-7 p.m.

UH Wellness Center

88 Center Road Suite 150
Bedford, OH 44146

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

ZUMBA

Join us for what some may call the most awesome workout ever! Dance to great music with great people and burn many calories without even realizing it. The class features merengue, salsa, and cumbia. Come and "dance around the world"! *Visit us on Eventbrite at "UH Community Wellness Center at Bedford." for dates and times.*

Friday, July 12
12-1 p.m.

UH Wellness Center

88 Center Road Suite 150
Bedford, OH 44146

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

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

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, July 13
12-1 p.m.

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

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesday, July 3

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

Bedford Heights Community Center

5615 Perkins Road
Bedford Heights OH 44146

(Bedford Heights 60+ community members only)

Wednesday, July 24

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

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, OH 44146

BIOMETRIC SCREENINGS

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

Monday, July 1

9 - 11 a.m.

Friday, July 26

1- 3 p.m.

Monday, July 29

1- 3 p.m.

UH Wellness Center at Bedford

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

COMMUNITY PROGRAMS

UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY

Monday - Friday
9 a.m. – 5:30 p.m.

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

MEDICATION THERAPY MANAGEMENT CLINIC

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

Monday – Friday
8 a.m. – 4:30 p.m.

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

SLEEP MEDICINE

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

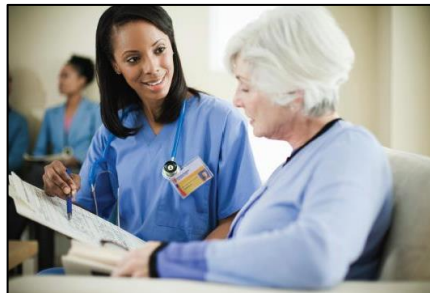
**University Hospitals - Center for
Advanced Sleep Medicine**
810-A West Main Street
Geneva, OH 44041
*Schedule a sleep consultation by
calling 440-415-0153*

COURAGE IN CONVERSATION: ADVANCE CARE PLANNING FOR HEALTHCARE PROFESSIONALS

Please join us for an evening of appetizers and drinks and discussion about Advance Care Planning, where you'll gain practical approaches for discussing end-of-life care and integrating these plans into practice. Enhance your skills and ensure you are well-prepared to support your patients and loved ones wishes and improve their quality of care. This presentation is open to healthcare professionals and anyone looking for information on end-of-life planning. Nurses and Social Workers earn 1-hour CE for their attendance. Seating is limited, please RSVP to **Denise Brown at 440-593-0206.**

**Provider Spotlight: Nathan
Gradisher - Provider Relations
Manager, Hospice of the Western
Reserve**

Wednesday, July 31
5-7 p.m.
Beebe's Bistro
51 N. Chestnut Street
Jefferson, OH 44047



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.

FIBER: SOLUBLE VERSES INSOLUBLE

Monday, July 1

11 a.m.-12 p.m.

Orwell Country Neighbor

39 South Maple St.
Orwell, OH 44076

Tuesday, July 2

11:30 a.m. – 12:30 p.m.

Andover Community Center

181 South Main Street
Andover, OH 44003

Wednesday, July 17

10:30 – 11:30 a.m.

Conneaut Human Resource Center

327 Mill Street
Conneaut, OH 44030

*Call 440-593-0364 for more
Information*

POPPING UP IN YOUR NEIGHBORHOOD SHARING COMMUNITY RESOURCES FOR YOU AND YOUR FAMILY GLUCOSE/CHOLESTEROL/BLO OD PRESSURE

Wednesday, July 12

11 a.m. - 1 p.m.

Conneaut Library

304 Buffalo Street
Conneaut, OH 44030

*Call 440-593-0206 for more
information.*

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

OILS FOR LIFE

Learn about how oils work and receive samples to work with at home

Tuesday, July 9
11 a.m.-12 p.m.

Orwell Country Neighbor
39 South Maple St.
Orwell, OH 44076

Wednesday, July 10
10:30 - 11:30 a.m.

Conneaut Human Resource Center
327 Mill Street
Conneaut, Ohio 44030
Call **440-593-0364** to RSVP

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

Tuesday, July 16
5 – 6 p.m.

Becker's
1601 W Prospect Road
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 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

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**

DIABETES EDUCATION

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

Call Susan Campbell MS, RDN, CNSC, LD at **440-284-5709** for information

SENIOR HEALTH FAIR

DEMENTIA FRIENDLY LIFE FUNDRAISER

Join us for a friendly family event for all ages

Sunday, July 28
1 - 4 p.m.

Infinite Helping Hands

5201 Waterford Drive (Suite B)
Elyria, OH 44035

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***



HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Tuesday, July 16
12:30 – 2 p.m.

Avon Lake Senior Center

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

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

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<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, July 11

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, OH 44026

HEALTHY SLEEP AND MEDICATION MANAGEMENT

Tuesday, July 9

12:30 - 1:30 p.m.

West Farmington Senior Center

150 College Street
West Farmington OH 44491

GARDENING FOR LIFELONG HEALTH: CREATING A NIGHT GARDEN

Wednesday, July 10

3 p.m.

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024



HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, July 1

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street
West Farmington OH 44491

Monday, July 8

10 a.m.-12 p.m.

Gauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

EXERCISE & FITNESS

GAUGA CYCLISTS

Tuesdays | 9 a.m.

July 2, 16, 23, 30

Maple Highland Trail

Park and meet at Eagles Baseball Field
on Park Avenue (Chardon)

Must have your own bike and
transportation to park.

Helmets are required

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

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)*

Thursdays | 9 a.m.

July 11

Russell Uplands Preserve

15200 Russell Road
Chagrin Falls, OH 44022

July 18

Headwaters Park

13365 Old State Road
Huntsburg., OH 44046

July 25

Observatory Park

10610 Clay Street
Montville, OH 44064

MEET YOUR COMMUNITY CAR SHOW

Presented by Middlefield Senior
Center and sponsored by Ohman
Family Living and UH Geauga
Medical Center. Join us to meet the
people who make this community the
awesome place It Is! Middlefield Fire
Dept., Geauga County Sheriff's
Department - K-9 demonstration, UH
Water Safety Trailer, Geauga Transit,
Department on Aging and much more!
We invite you, our wonderful seniors
to bring your classic cars to show off
in the car show area. Hot dogs, snacks
and beverages will be provided.

Friday, July 12

1-4 p.m.

Methodist Church Pavilion (next to Mary Yoder's)

14743 North State Street
Middlefield, OH 44062

Call 440-632-0611 to register

RISK ASSESSMENTS

Call Wellness Coordinator at
440-214-3330

DIABETES SELF- MANAGEMENT CLINIC

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



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, July 1, 8, 15, 22, 29

Wednesdays, July 3, 10, 17, 24, 31

Fridays, July 5, 12, 19, 26

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, July 1

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, July 16

12 -1:30 p.m.

Lunch provided

Ohman Family Living At Holly

10190 Fairmount Road

Chardon, OH 44024

Call 440-279-2137 to register

DIABETES SUPPORT GROUP

Tuesday, July 16

2 -3 p.m.

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call 440-279-2137 for information

OSTOMY SUPPORT GROUP

Thursday, August 22

6:30-8 p.m.

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.

Wednesday, July 24

2 p.m.

Maplewood at Chardon

12350 Bass Lake Road

Chardon, OH 44024

*Call 440-285-3300 to RSVP or
chardonrsvp@maplewoodsl.com*

LYMPHEDEMA SUPPORT GROUP

Wednesday, July 17

5:30-7:30 p.m.

Topic and location to be determined

Call 440-214-3101 for information or

Email: Cathy.Jewell@uhhospitals.org

or Patricia.schroeder@uhhospitals.org

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*

MEDICATION MANAGEMENT CLINIC

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

COMMUNITY PROGRAMS

LAKE COUNTY FAIR

University Hospitals Community Outreach will be at the Lake County Fair! Stop by our tent to check your blood pressure, learn tips for CPR, and more! The event will run from Tuesday July 23rd to Sunday July 28th. Additionally we will be joining the Lake County Council on Aging on Friday for the special Senior Day event at the fair! Times vary by day, check out the times and entertainment schedule: <https://lakecountyfair.org/>. To learn more about signing up for the Senior Day at the Fair's special event visit: <https://www.lcoa.org/> or call 440-205-8111.

University Hospital's tent hours:
9 a.m. – 10 p.m.

Tuesday, July 23
Veterans Day

Wednesday, July 24
Family Day

Thursday, July 25
Kids Day

Friday, July 26
Senior Day

Saturday, July 27
Donut Day

Sunday, July 28th
Latino Day

Lake County Fairgrounds
1301 Mentor Ave
Painesville, Ohio 44077

WILLOUGHBY OUTDOOR MARKET

The wonderful Heart of Willoughby Market is back and in its 45th year! Join UH Lake Community Outreach as we offer free health screenings and health education. There is everything from healthy produce to fantastic finds at this market. For more market information:

<https://heartofwilloughby.com/market>

Saturday, July 20
8 a.m. – 12 p.m.

Saturday, June 27
8 a.m. – 12 p.m.

City Hall Parking Lot
1 E Spaulding Street
Willoughby, OH 44094

WILLOUGHBY ARTSFEST

Join UH Lake Community Outreach in the heart of historic downtown Willoughby at a festival that extends from Erie & Center Streets, Euclid Avenue, and Wes Point Park. You will find us in the center of town, offering health screenings including blood pressure, cholesterol, and glucose, as well as education, give-aways and more. Enter our free raffle to win a 3 month membership to University Hospitals Brunner Sanden Dietrick Wellness Center. For more information about the University Hospitals Brunner Sanden Dietrick Wellness/Fitness Center:

<https://www.uhhospitals.org/locations/university-hospitals-brunner-sanden-deitrick-wellness-center/fitness-center>
For more about Willoughby ArtsFest: <https://willoughbyartsfest.com/>

Saturday, July 20t
10 a.m. – 5 p.m.

Downtown Willoughby
1 E Spaulding Street
Willoughby, OH 44094

JOHNNYCAKE JOG 5 MILER AND 5K

Cheer on the amazing runners or join them! University Hospitals will offer free blood pressure and health education. The race started in 1977 with 437 entrants and had the largest turnout In 1991 with 1,696 runners. The race will start and end at Lake County Fairgrounds and has been the location of national age-group, as well as hundreds of personal records. If you would like to get registration information:

<https://www.gcxcrunningseries.com/johnnycakejog>

Sunday, July 14
8 - 10 a.m.

Lake County Fairgrounds
1301 Mentor Ave
Painesville, Ohio 44077



FAIRPORT MARDI GRAS PARADE

It's Christmas in July at Fairport Mardi Gras this year! Join UH Lake Community Outreach for this great community event! We will be offering treats, health information, and more!

The parade kicks off from 3rd and East Street.

Sunday, July 14
8 - 10 a.m.

Fairport Harbor Lakefront Beach Park

301 Huntington Beach Drive
Fairport Harbor, OH 44077

UH Lake Medical Center, (con't).

KIRTLAND WELLNESS WEEKEND

This event will be packed with health and fitness seminars, clinics and competitions, along with numerous vendors and organizations. University Hospitals will be offering blood pressure, glucose, and cholesterol screenings and more! For more event details:

<https://www.eventbrite.com/e/kirtland-wellness-weekend-tickets-915329444007>

Saturday, July 27

Sunday July 28

8 a.m. - 5 p.m.

Kirtland Stadium

9252 Chillicothe Road
Kirtland, Ohio 44094

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, July 6

9 – 10 a.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

Saturday, July 20

9:00 a.m. – 12:00 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 |

Wednesday, July 10

6 – 8 p.m.

UH Brunner Sanden Dietrick

Wellness Center (Conf. Room A) 8

UH FITNESS CENTER IN MENTOR

BRUNNER SANDEN DEITRICK WELLNESS CENTER

UH Fitness Center in Mentor

8655 Market Street
Mentor, OH 44060



COMMUNITY EVENT

OPEN HOUSE

Ready to Jump Start Your Fitness Journey? Join our Open House and discover a state-of-the-art center for ALL levels. Top equipment, group classes & personalized training, Free Bike Helmets (limited), fresh produce and raffle for 1 Month FREE Membership! Stop by for a self-guided tour and learn more. No registration needed.

Saturday, July 13

8 a.m. – 12 p.m.

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, July 23

6-7 p.m.

Fitness: Water Work: Pool Activities, Benefits and Risk Nutrition: Healthy Grilling

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*

PARMA WOUND CARE CENTER

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

Jessica Bustillos, Program Director
(567) 284-1663

UH Parma Medical Center

Medical Arts Building 2
6707 Powers Boulevard
Parma, OH 44129

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.

VOLUNTEERS

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

NEW! WEEKLY CHAPEL SERVICES

You are invited to attend the Parma Pastoral Care Department's weekly chapel services. They are every Wednesday in the Main Lobby Chapel. All are welcome to this interfaith service where Chaplain Marian Mihas will lead a brief service for 10-15 minutes. This worship service includes prayer, Bible reading and the singing of a hymn. We hope you will join us as we pause for spiritual renewal. For questions, please contact Chaplain Marian Mihas at marian.mih@uhhospitals.org or call 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>

ORTHOPEDIC SERVICES AND SURGERY AT UNIVERSITY HOSPITALS PARMA MEDICAL CENTER

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

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

OUTPATIENT REHABILITATION SERVICES AT UH PARMA MEDICAL CENTER

University Hospitals Parma Medical Center is committed to ensuring that all patients have access to quality rehabilitation services designed to optimize recovery after surgery, injury or a health event, improve mobility and enhance overall wellness.

Our outpatient rehabilitation clinics are staffed by board-certified, often fellowship-trained therapists who provide the most advanced care for conditions that require physical, occupational or speech therapy.

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

CANCER TREATMENT & SERVICES AT UH PARMA MEDICAL CENTER

University Hospitals Seidman Cancer Center, an extension of UH Cleveland Medical Center at UH Parma Medical Center brings nationally ranked cancer experts close to you. We provide patients with on-site cancer care for a full spectrum of cancer types, including:

- Breast cancer
- Colon cancer
- Head and neck cancer
- Lung cancer
- Prostate cancer
- Thyroid cancer

Cancer services at UH Parma include screenings and imaging, infusion therapy, radiation therapy, [access to clinical trials](#), and nutritional and psychological support. All cancer services in Parma, Ohio, are carefully coordinated and individualized for each patient by a highly skilled team of UH Seidman Cancer Center specialists. The cancer program at UH Parma Medical Center is recognized by The Commission on Cancer, part of the American College of Surgeons, for commitment to providing comprehensive, high-quality, and multidisciplinary patient centered care. Click [HERE](#) to go to the website for more information.

SAVE THE DATE: CITY OF PARMA FAMILY SAFETY DAY

Fun activities for everyone!

Bike helmet giveaway for children and so much more!

Saturday, August 17

11 a.m. - 2 p.m.

Parma Justice Center

5555 Powers Boulevard
Parma, OH 44129

COMMUNITY ART THERAPY SESSIONS

Join UH Connor Whole Health Art Therapist, Jessica Grimm, ATR-P for a FREE weekly art therapy group open to the community. In these group sessions you will learn how to utilize art materials in an expressive way to help increase your well-being and help with anxiety, stress, emotions, relaxation, coping with change and much more. Each session will feature a different art intervention. You do not have to commit to all sessions. **MUST R.S.V.P.** to

Jessica.grimm@uhhospitals.org or call **216-285-4070**

Thursdays, July 11, 18, 25
10 -11 a.m.

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

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

GARDENING AND HOUSEHOLD SAFETY

Join our UH Parma team Jill McNamara, Occupational Therapist and Jack Myer, RN, Trauma Coordinator to learn about the benefits of gardening and outdoor yard work. They will discuss key components for healthy gardening and proper body mechanics for indoor and outdoor activities to protect you from injuries.

Tuesday, July 9

12 p.m.

The Lodge at North Park

5749 Rockhaven Dr.

Seven Hills, OH 44131

Call **440-743-4932** to R.S.V.P.

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

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

Call 440-743-4932 for information

Wednesday, July 3

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Wednesday, July 3

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road

North Royalton, OH 44133

Tuesday, July 9

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road

Broadview Hts., OH 44147

Wednesday, July 10

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

Thursday, July 11

9 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue

Brooklyn, OH 44144

Friday, July 12

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

Independence Senior Center

6363 Selig Drive

Independence, OH 44131

Friday, July 12

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard

Parma, OH 44129

Tuesday, July 23

9 - 11 a.m.

North Royalton Y.M.C.A.

11409 State Road

North Royalton, OH 44133

HEALTH SCREENINGS (CON'T.)

NONFASTING CHOLESTEROL SCREENING

Wednesday, July 17

9 - 11 a.m.

Appointment required

Call 440-743-4932

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

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, July 3, 10, 17, 24, 31

12:30 - 2 p.m.

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information

SUPPORT GROUPS

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information

STROKE & ARTHRITIS

SUPPORT GROUP

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

Monday, July 8

12:30 - 2 p.m.

PARKINSON'S DISEASE

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

For more information and / or

questions call 440-743-4932

Tuesday, July 9

1 - 2:30 p.m.

FOOD ADDICTS ANONYMOUS

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

440-743-4932

Fridays, July 5, 12, 19, 26

4:30 p.m.

NEW! 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

2nd and 4th Thursday of every month.

Thursday, July 11 and/or 25

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, July 22
11 a.m. – 5 p.m.

UH Portage Medical Arts Building,
Atrium
Ravenna, Ohio 44266
To make an appointment, visit
RedCrossBlood.org or scan QR code:



SAIL FALLS PREVENTION CLASS

SAIL – Stay Active & Independent for Life

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

Streetsboro Senior Center
9307 State Route 43
Streetsboro, OH 44241
INFO/RSVP: 330-626-2398

Portage County Senior Center
705 Oakwood Street,
Ravenna, OH 44266
INFO/RSVP: 330-297-345

OUTPATIENT NUTRITION COUNSELING

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

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

Portage Professional Center
6847 North Chestnut Street
Ravenna, OH 44266

VIRTUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

UH PORTAGE WOUND CARE & HYPERBARIC MEDICINE CENTER

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

UH Streetsboro Health Center
9318 State Route 14,
Streetsboro, OH 44241

NO COST CORONARY ARTERY CALCIUM SCORE TEST

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

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

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

FREE CAROTID ARTERY SCREENING

Thursday, July 18
3:00 pm – 5:00 pm

UH Portage Medical Center,
Professional Center, lobby
6847 N. Chestnut Street, Ravenna, OH
44266

Carotid Artery Disease (CAD) is a major risk factor for stroke, developing slowly and often without symptoms. Carotid arteries are the two large blood vessels in the neck that supply blood to the brain. When they become clogged with plaque, they narrow, affecting blood flow. If a blood clot occurs, a stroke can result.

Consider a CAD screening if you:

- Are 40 years of age or older
- Have diabetes
- Have ever smoked
- Have a family history of stroke, heart attack, high cholesterol or Peripheral Artery Disease (PAD)

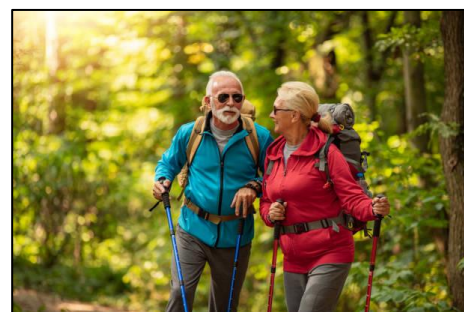
**Pre-Registration is required.
Please call 330-297-2571**

PORTAGE PARKS DISTRICT PRESENTS: HIKE WITH A UH EXPERT

Get your day started with a hike and learn from a representative of University Hospitals Portage Medical Center's Rehabilitation Center on healthy movement.

Tuesday, July 23
10 a.m.

Morgan Park
8828 OH-44
Ravenna, OH 44266
Call 330-297-7728 to register



UH Portage Medical Center, (con't).

HAYMAKER FARMER'S MARKET

Please join UH at the market for free information on nutrition and summer gardening tips.

Saturday, July 13

9 a.m. – 1 p.m.

Haymaker Farmer's Market

Franklin Avenue in Downtown Kent (Outdoor market under the Haymaker overpass between Main St. & Summit St.)

HEALTH SCREENINGS

FREE BLOOD PRESSURE SCREENINGS

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

Wednesday, July 10

11 a.m. - 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street
Ravenna, OH 44266

Thursday, July 25

11 a.m. – 1 p.m.

UH Portage Medical Arts Building - Lobby

6847 N. Chestnut Street
Ravenna, OH 44266

KET HERITAGE FESTIVAL

The 2th Annual Kent Heritage Festival will include live music, entertainment, children's play area, food trucks, information booths featuring local non-profit organizations, artisans, small business vendors, and much, much more!

Saturday, July 6

10 a.m. – 6 p.m.

Downtown Kent, OH 44240

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: www.kellysgriefcenter.com
Call **330-593-5959** for Information

DIABETES SUPPORT GROUP

Tuesday August 6

4 - 5 p.m.

UH Portage Medical Arts Building, Room 150

6847 N. Chestnut Street
Ravenna, OH 44266

WOMEN'S HEALTH

FREE MAMMOGRAMS

For underinsured or uninsured women.

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

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

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

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

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

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

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

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

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

WALKING CLUB

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

Tuesdays, July 2, 16, 23, 30
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

Wednesday, July 17
10 a.m. - 1 p.m.

BLOOD PRESSURE SCREENINGS

Monday, July 22
10 a.m. - 12:30 p.m.

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

BIOMETRIC SCREENINGS

Free blood pressure, non-fasting cholesterol & non-fasting glucose screenings, and education.

Saturday, July 31
9 a.m. - 12 p.m.

Euclid Hunger Center
291 E. 222nd Street
Euclid, OH 44123

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, July 22
12-1 p.m.

Richmond Heights Elementary
447 Richmond Road
Richmond Heights, Ohio 44143
Call **440-735-4270** for more information or to register, visit us on Eventbrite at **"UH Richmond Wellness."**

SAVE THE DATES

UNIVERSITY HOSPITALS MOBILE HEALTH UNIT

3-D mammogram screenings in the parking lot on this date with extended times. Mammogram appointments are available from 8:30 am -2:30 pm on the below dates. Accepting appointments now. To schedule an appointment, call **Nicole, UH Mobile Coordinator, at 216-896-1768.** Call **440-735-4270** for more Information

Wednesday, July 17

Wednesday, October 16

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

UNIVERSITY HOSPITALS RICHMOND HEIGHTS: HEALTH & WELLNESS DAY

Dinner on a Budget: A Cooking Demonstration: Join executive chef Tony Verona and Registered Dietitian Bailey Gordon for a cooking demonstration with a budget-friendly, tasty, and easy-to-make recipe. *To register for the cooking demonstration, visit us on Eventbrite at **"UH Richmond Wellness."***

Wednesday, July 17
12- 1 p.m.

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



RICHMOND HEIGHTS SUMMER CONCERT SERIES:

Join us for an incredible evening of live music and entertainment in the beautiful setting of Richmond Heights Community Park. You'll have the opportunity to visit the UH table, where we will provide valuable wellness information, including insights on nutrition, health education, community resources, and screenings. It's a perfect opportunity to engage with health professionals and learn about healthy lifestyles. We can't wait to see you there!

Summer Concert Hours:
6:30 pm-8:30 p.m.

Wednesday, July 3
Wednesday, July 10
Wednesday, July 17
Wednesday, July 24
Wednesday, July 31

Richmond Heights Community Park Gazebo
27285 Highland Road
Richmond Heights, OH 44143

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.

Wednesday, July 17
10 am-1 pm

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.

Wednesday, July 17
10 a.m. - 12 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.

Wednesday, July 17
10 a.m.- 1 p.m.

Join a certified **In The Now Yoga Meditation Wellness instructor** for a chair stretching and beginner mat yoga class.

CHAIR STRETCHING

Wednesday, July 17
10 -11 a.m.

BEGINNER YOGA MAT

Wednesday, July 17
11 a.m.12 pm

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.

UH Samaritan Medical Center

COMMUNITY PROGRAMS

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

Wednesday, July 24
2 - 4 p.m.

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

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

AMERICAN HEART ASSOC. HEARTSAVER CPR TRAINING FOR THE COMMUNITY

Wednesday, July 10
2 - 4 p.m.

UH Samaritan Medical Ce nter Auditorium

663 East Main Street
Ashland, OH 44805

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

RED CROSS BLOOD DRIVE

Friday, July 5
11 a.m. – 5 p.m.

Thursday, July 18
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, July 10
9 – 10:30 a.m.

Ashlnd YMCA

FirstFloor Conference Room
207 Miller Street
Ashland, OH 44805

WOMEN SUPPORTING WOMEN MUSIC THERAPY GROUP

Tuesday July 16
6-7 p.m.

Samaritan Auditorium

663 East Main Street
Ashland, OH 44805

EXERCISE & FITNESS

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

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

The Keith Field House

Ashland High School
Ashland, OH 44805

ASHLAND HEART TROTTERS WALKING CLUB

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

Freer Field

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

REGISTER TO BECOME A MEMBER TODAY

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

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

COMMUNITY PROGRAMS

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

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

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

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

This is a free class, but you must register at www.uhems.org.

Call 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

AUDIOLOGY SCREENINGS

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, July 3

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

Monday, July 8
10:45-11:45 am

Fairview Park Senior Center
20769 Lorain Road
Fairview Park OH 44126

Wednesday, July 10
9:00 – 10:30 a.m.

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

Thursday, July 11
10:45 -11:45 am

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

ST RICHARD HEALTH FAIR

*Health screenings provided:
Cholesterol, Glucose, blood pressure*

Sunday, July 14
7:30 - 10:30 a.m.

St. Richard Church
26855 Lorain Road
North Olmsted, OH 44070



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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. In response to community requests, UH Rainbow is making it easier for Westside families to get expert help in choosing and installing car seats with the opening of car seat fitting stations at area fire stations. ***The service is provided free-of-charge, at the following fire departments, but an appointment is required. Call 440-827-5440 to schedule (if not otherwise noted).***

Thursday, July 18

2 – 5 p.m.

Bay Village Fire Station

28100 Wolf Road

Bay Village, OH 44140

Thursday, July 25

2 – 5 p.m.

North Olmsted Fire Station

24291 Lorain Avenue

North Olmsted, OH 44070

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

North Royalton Fire Station

7000 Royalton Road

North Royalton, OH 44133

Email *Kathy Salvo* for scheduling

ksalvo@northroyalton.org



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**