



# University Hospitals

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

## AGE WELL. BE WELL. EVENTS JUNE, 2023

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

### UH Locations

#### AVON HEALTH CENTER

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

#### GEAUGA MEDICAL CENTER

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

#### PORTAGE MEDICAL CENTER

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

#### AHUJA MEDICAL CENTER

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

#### GENEVA MEDICAL CENTER

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

#### RICHMOND MEDICAL OFFICE BUILDING

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

#### BEDFORD MEDICAL OFFICE BUILDING

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

#### LAKE WEST MEDICAL CENTER

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

#### ST. JOHN MEDICAL CENTER, A Catholic Hospital

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

#### CONNEAUT MEDICAL CENTER

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

#### TRIPOINT MEDICAL CENTER

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

#### SAMARITAN MEDICAL CENTER

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

#### ELYRIA MEDICAL CENTER

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

#### PARMA MEDICAL CENTER

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

If you no longer wish to receive the Age Well Be Well Calendar of Events, please email [Concierge@uhhospitals.org](mailto:Concierge@uhhospitals.org)

## HEALTH SCREENINGS

### **BIOMETRIC SCREENING EVENTS**

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

#### **Wednesday, June 10**

2-4 p.m.

#### **Ahuja Medical Center: Drusinsky Sports Medicine Complex (Outside)**

3999 Richmond Road  
Beachwood, OH 44122

#### **Sunday, June 18**

1:30 - 5:30 p.m.

University Heights Juneteenth &  
Biometrics

#### **Walter Stinson Community Park**

2301 Fenwick Road  
University Hts., OH 44118

#### **Monday, June 19**

4:30 - 7:30 p.m.

Beachwood Juneteenth &  
Biometrics

#### **Beachwood Aquatic Center**

25125 Fairmont Blvd.  
Beachwood, OH 44122

### **BLOOD PRESSURE SCREENING EVENTS**

#### **Thursday, June 1**

12:30- 1 p.m.

#### **Beachwood Senior Center**

25325 Fairmount Blvd  
Beachwood, OH 44122

#### **Monday, June 5**

5:30 - 6:30 p.m.

#### **Warrensville Heights YMCA**

44333 Northfield Road  
Warrensville Heights, OH 44128

#### **Thursday, June 8**

1:30 - 2:30 p.m.

#### **Mayfield Village Senior Center**

6621 Wilson Mills Road  
Mayfield Village, OH 44143

#### **Tuesday, June 13**

6:30 - 8:30 p.m.

#### **Maple Heights Music in the Park**

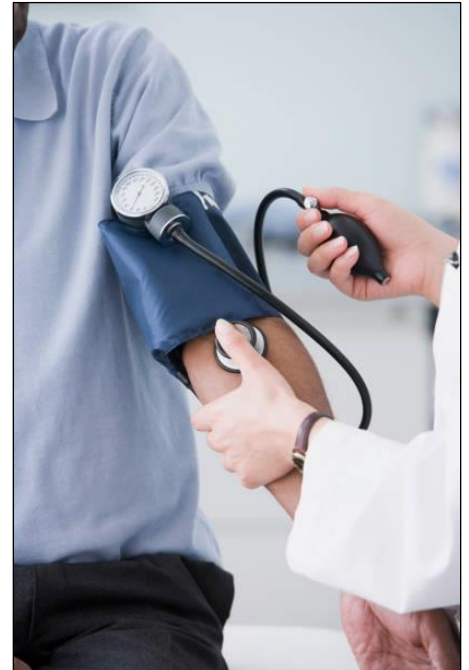
5400 Mayville Ave.,  
Maple Heights OH

#### **Thursday, June 15**

10 - 11:00 a.m.

#### **Solon Senior Center**

35000 Portz Parkway  
Solon, Ohio 44139



## Avon Health Center

1997 Healthway Drive  
Avon, OH 44011

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

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

## COMMUNITY PROGRAMS

### **GROUP FITNESS INTERVAL WALK**

**Wednesday, June 14**

6:00-6:55 p.m.

Join us for a fun walk outside around our 3rd of a mile black top outdoor track. All walking speeds are welcome. Kelsie McNally, Exercise Science Degreed Fitness Specialist will also review heart rate and other monitoring techniques.

### **WALK WITH A DOG WALK**

**Friday, June 16**

5:30 p.m.

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.

## 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, June 2**

8 - 8:45 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, June 5, 12**

10 - 10:55 a.m.

### **BEGINNER YOGA**

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

**Saturday, June 17**

11 - 11:55 a.m.

### **WELLNESS PRESENTATION**

Join Registered Dietitian Sara Deal, MS, RD to learn more about the benefits and potential drawbacks of intermittent fasting. *Call 440-988-6801 to register*

**Tuesday, June 6**

11:30 a.m. - 12:15 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, June 1, 8, 15, 22, 29**  
9:30 - 10:30 a.m.

**Ellenwood Center  
Willard Pavilion**  
124 Ellenwood Avenue  
Bedford, OH 44146  
*Call 440-735-2559 to register*



## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Thursday, June 8**  
10:45 a.m. - 12:30 p.m.

**Maple Hts. Senior Center**  
15901 Libby Road  
Maple Heights, Ohio 44137

**Wednesdays, June 14, 22**  
11:00 a.m. - 1:00 p.m.

**Ellenwood Recreation Center**  
124 Ellenwood Avenue  
Bedford, OH 44146

**Wednesdays, June 7, 21**  
10:30 a.m. - 1:00 p.m.

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

### **RISK ASSESSMENT AND SCREENING CLINIC**

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

Based on your answers, recommendations are made for scheduling the recommended testing.

**Thursdays, June 8, 22**  
2 - 4 p.m.

**UH Bedford Medical Office Building**  
Multi-Specialty Clinic  
88 Center Street  
Suite 210  
Bedford, OH 44146  
*Call 440-735-2559 to schedule an appointment*

### **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](mailto:concierge@uhhospitals.org) or visit the website to register.

[Uhhospitals.org/AgeWell](https://Uhhospitals.org/AgeWell)

# UH Conneaut and Geneva Medical Centers

## COMMUNITY PROGRAMS

### **UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY**

**Monday - Friday**

9 a.m. – 5:30 p.m.

870 West Main Street  
Geneva, OH 44041

Provides retail pharmacy services for outpatient prescriptions. *If you are interested in filling your prescription at this location, 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*

## HEALTH SCREENINGS

### **FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)**

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

### **FREE WALK-IN BLOOD PRESSURE SCREENINGS**

**Monday – Friday**

9 a.m. - 9 p.m.

**Saturday - Sunday**

9 a.m. - 5 p.m.

### **Urgent Care**

#### **UH Ashtabula Health Center**

3315 N. Ridge Road, E  
Suite 700A  
Ashtabula, OH 44004

*Call 440-992-0759 for information*

## HEALTH EDUCATION

### **DIABETES EDUCATION**

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

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

### **SUMMER SAFETY TIPS**

Learn how to keep yourself healthy this summer. *Call 440-593-0364 for Information*

**Monday, June 5th**

11 a.m. – 12 p.m.

### **Orwell Country Neighbor**

39 South Maple St.  
Orwell, OH 44076

### **SUMMER SAFETY TIPS**

Learn how to keep yourself healthy this summer. *Call 440-593-0364 for Information*

**Tuesday, June 6th**

11:30 a.m. – 12:30 p.m.

### **Andover Community Center**

181 South Main Street  
Andover, OH 44003

### **SUMMER SAFETY TIPS**

Learn how to keep yourself healthy this summer. *Call 440-593-0364 for Information*

**Friday, June 30th**

10:30 a.m. – 12:30 p.m.

### **Conneaut Human Resource Center**

Conneaut Township Park, Upper Pavilion

480 Lake Rd.

Conneaut, Ohio 44030

**Reservations Required**

## SUPPORT GROUPS

### **BETTER BREATHERS CLUB**

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

**Wednesday, June 7**

*(First Wednesday of every month)*

4 – 5:30 p.m.

### **UH Geneva Medical Center**

1<sup>st</sup> Floor Pulmonary Rehab Dept.  
870 West Main Street  
Geneva, OH 44041

*Call 440-415-0243 for information*

### **CANCER SUPPORT GROUP**

**Tuesday, June 20**

5 – 6 p.m.

### **Purola's BSP**

5205 Lake Road. W.  
Ashtabula, OH 44004

*Call 440-593-0364 for Information*

# UH Elyria Medical Center

## COMMUNITY PROGRAMS

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

## **DIABETES EDUCATION**

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

Call Sara Deal MS, RDN, CNSC, LD  
at **440-284-5709** for information

## HEALTH SCREENINGS

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

## **BLOOD PRESSURE SCREENING**

**Tuesday, June 20**

12:30 – 2 p.m.

## **Avon Lake Senior Center**

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



## 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, June 1**

12 - 2:30 p.m.

**West Geauga Senior Center**

8090 Cedar Road  
Chesterland, OH 44026

### **OVER-THE-COUNTER MEDICATION SAFETY**

**Tuesday, June 6**

2- 3 p.m.

**Chardon Library**

110 East Park Street  
Chardon, OH 44024

### **WOUND CARE BASICS**

**Thursday, June 8**

2- 3 p.m.

**Chardon Senior Center**

470 Center Street Bldg. 8  
Chardon, OH 44024

### **HEALTHY EATING AS WE AGE**

**Tuesday, June 13**

1-2 p.m.

**West Farmington Senior Center**

150 College Street  
West Farmington, OH 44491

### **GARDENING FOR LIFELONG HEALTH: PLANTING IN THE HEALING GARDEN**

**Wednesday, June 14**

3 - 4 p.m.

**UH Geauga Medical Center  
Conference Center**

13207 Ravenna Road  
Chardon, OH 44024

### **ELDERBERRIES GEAUGA PARK PROGRAM**

**Thursday, June 15**

9 a.m. – 12:30 p.m.

*Refreshments provided*

**Blood Pressure Screenings**

**Affelder House**

15139 Chillicothe Road  
Chesterland, OH 44024

### **EAT GOOD TO FEEL GOOD**

**Thursday, June 15**

11 a.m.-12 p.m.

**Gauga West Library**

13455 Chillicothe Road  
Chesterland, OH 44026

### **FAMILY HEALTH & SAFETY**

**DAY-** Join us for family-friendly community events to celebrate wellness with health screenings, educational activities and demonstrations.

**Walk-Up Screenings:**

*Balance / Grip, Blood pressure, Body Mass Index, Bone Density, Carpal Tunnel, Non-fasting Cholesterol / Glucose, Pulmonary Function Test & Wellness*

**Pre-Registered Health Screenings:**

*Calcium Cardiac Scoring, Carotid, Hernia, Mammograms, Memory, Prostate- Specific Antigen (PSA), and Skin Cancer*

**Saturday, June 24**

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

**UH Geauga Medical Center**

13207 Ravenna Road  
Chardon, Ohio 44024

To register for **preregistered screenings** call **440-901-6169**

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, June 5**

8:30 -10 a.m.

**West Farmington Senior Center**

150 College Street  
West Farmington, OH 44491

**Monday, June 19**

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

**Gauga YMCA**

12460 Bass Lake Road  
Chardon, OH 44024

## EXERCISE & FITNESS

### **GEAUGA CYCLISTS**

**Tuesdays | 9 a.m.**

**June 6, 13, 20, 27**

**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.**

**June 1**

**Punderson State Park**

11755 Kinsman Road  
Newbury, OH 44065

**June 8**

**Thompson Ledges**

16755 Thompson Road  
Thompson, OH 44086

**June 15**

**Affelder House**

15139 Chillicothe Road  
Chesterland, OH 44026

# UH Geauga Medical Center, (con't).

**June 22**

**Claridon Woodlands**  
11383 Claridon-Troy Road  
Chardon, OH 44024

**June 29**

**Hogback Ridge Park**  
4700 Emerson Road  
Madison, OH 44057

## **FIGHTING AGAINST PARKINSON'S**

*(In collaboration with Geauga  
Dept. on Aging)*

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

**Mondays, June 5, 12, 19, 26**

**Wednesdays, June 7, 14, 21, 28**

**Fridays, June 2, 9, 16, 23, 30**

**Chardon Senior Center**

470 Center Street Bldg. 8  
Chardon, OH 44024

*Cost \$45*

*Call 440-279-2137 for  
Information*

## **SUPPORT GROUPS**

### **STROKE SUPPORT GROUP**

**Monday, June 5**

6 p.m.

### **Outpatient Rehab Services at YMCA**

12460 Bass Lake Road  
Chardon, OH 44024

*Call 440-214-3101 for information*

### **PARKINSON'S SUPPORT GROUP**

**Tuesday, June 20**

12:30-1:30 p.m.

**Chardon Senior Center**

470 Center Street Bldg. 8  
Chardon, OH 44024

*Call 440-279-2137 for information*

### **DIABETES SUPPORT GROUP: MEDICATION MGMT & INSULIN PUMP THERAPY**

**Tuesday, June 20**

2 -3 p.m.

**Chardon Senior Center**

470 Center Street Bldg. 8  
Chardon, OH 44024

*Call 440-279-2137 for information*

### **LIVING WITH LYMPHEDEMA**

**Wednesday, June 21**

6-7 p.m.

**Concord Health Center**

Community Room  
7500 Auburn Road  
Concord, OH 44077

*Call 440-214-3100 for information*

### **OSTOMY SUPPORT GROUP**

**Wednesday, June 21**

6:30-7:30 p.m.

**UH Geauga Medical Center**

**Conference Center**

13207 Ravenna Road  
Chardon, OH 44024

*Call 440-285-6210 for Information*

### **CARDIAC SUPPORT GROUP: RECOVERING FROM HEART SURGERY**

**Wednesday, June 28**

6-7 p.m.

**UH Geauga Medical Center**

**Conference Center**

13207 Ravenna Road  
Chardon, OH 44024

*Call 440-285-6824 for Information*

### **Senior Assessments**

Memory Loss and Aging – When to  
seek help?

**UH Geauga Medical Center**

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

*Call 440-285-6408 to schedule an  
Assessment*

### **Risk Assessments**

*Call Wellness Coordinator at 440-  
214-3330*

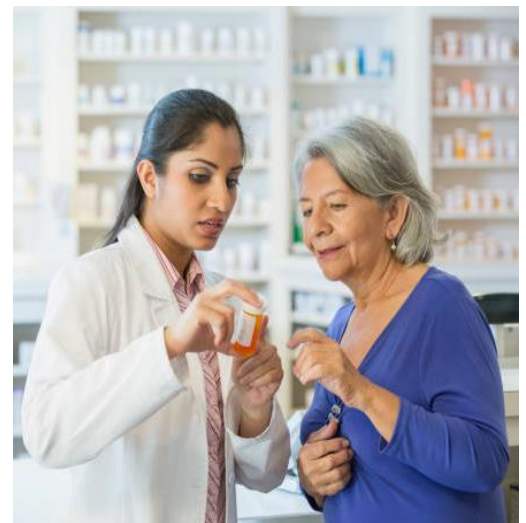
### **Diabetes Self-Management Education**

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

### **Medication Management Clinic**

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

*Call 440-214-3122 for information*





## COMMUNITY PROGRAMS

### **Willoughby Outdoor Market**

Stop by our University Hospitals tent at the longest running outdoor market in Lake County for health education information, to check your blood pressure, and more! Enter to win one of three \$50 gift certificates for Buck's Pastured Poultry, a family run, small poultry farm in Northeast Ohio who provide pasture raised chicken and turkey. Buck's Pastured Poultry will be on site at the market so you can not only meet your local producer, but also use the certificates you win. We will draw the winners at 9 a.m., 10 a.m., and 11 a.m.

### **Saturday, June 3**

8 a.m. – 12 p.m.

### **Willoughby City Hall Parking Lot**

1 E. Spaulding St.  
Willoughby, OH 44094

### **Breaking the Stigma Mental Health and Suicide Awareness Car Show**

Stop by our table to learn about available mental health resources! Enjoy the inaugural charity car show, raffle, door prizes, music and a fun auction event with all proceeds donated to NAMI of Lake County. To learn more about the car show: <https://www.breakingthestigmacarshow.com>

### **Saturday, June 3**

10 a.m. – 4 p.m.

### **Lake County Fairgrounds**

1300 Mentor Avenue  
Mentor, Ohio 44060

### **FALL PREVENTION**

Join University Hospital's Clinical Pharmacist, Matthew Nennstiel to learn more about fall prevention in relation to polypharmacy, high-risk fall medications, and proper medication adherence techniques. Bring your medication questions! Call **440-974-5725** to register with Mentor Senior Center.

### **Thursday, June 8**

10 – 11 a.m.

### **Mentor Senior Center (in the Cardinal Room)**

8484 Munson Street  
Mentor, OH 44060

### **ST. GABRIEL SUMMER FESTIVAL**

Stop by our University Hospitals tent to take a step toward wellness with health screenings and fun educational activities.

### **Thursday, June 8**

5 – 10 p.m.

### **Friday, June 9**

5 – 11 p.m.

### **Saturday, June 10**

12 – 11 p.m.

### **Sunday, June 11**

12 – 10 p.m.

### **St. Gabriel Catholic Church**

9925 Johnnycake Ridge Road  
Concord Township, OH 44060

### **KIRTLAND STRAWBERRY FESTIVAL**

Strawberries, a fantastic fruit of summer that re filled with health benefits. Come celebrate with the University Hospitals Lake Health team, learn health tips and participate in health screenings.

### **Thursday, June 15**

6 – 11 p.m.

### **Friday, June 16**

6 – 11 p.m.

### **Saturday, June 17**

6 – 11 p.m.

### **Kirtland High School**

9150 Chillicothe Road  
Kirtland, OH 44094

### **OUR LADY OF MT. CARMEL PARISH FESTIVAL**

Enjoy the festival and learn about ways to manage your health. Participate in health screenings. Health education will be provided.

### **Friday, June 23**

5 p.m. – Midnight

### **Saturday, June 24**

5 p.m. – Midnight

### **Sunday, June 25**

1 – 6 p.m.

### **Our Lady of Mt. Carmel**

29850 Euclid Avenue  
Wickliffe, OH 44092

### **FAIRPORT MARDI GRAS BEACH PARTY**

Friday is Senior Day at the Fairport Mardi Gras Beach Party, but UH will be there for the entire party! Stop by the University Hospitals tent! Health screenings and fun activities will be provided.

### **Thursday, June 29**

5 - 11 p.m.

### **Friday, June 30**

5 - 11 p.m.

### **Saturday, July 1**

12 – 11 p.m.

### **Sunday, July 2**

12 – 11 p.m.

### **Fairport Harbor Lakefront Park**

301 Huntington Beach Drive  
Fairport Harbor, OH 44077

# UH Lake Medical Center, (con't).

## 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, June 3**

9 a.m. – 12 p.m.

#### **Tripoint Medical Center**

7590 Auburn Road  
Painesville, OH 44077

**Saturday, June 17**

9 a.m. – 12 p.m.

#### **Lake West Medical Center**

36000 Euclid Avenue  
Willoughby, Ohio 44094  
*Call 440-313-2030 for information*

## SUPPORT GROUP

### **BREAST CANCER SUPPORT GROUP**

Open to all patients with breast cancer or who are recovering from breast cancer. Meetings will be held in person. Call **440-375-8121** to register or for information

[Melissa.Loop@UHhospitals.org](mailto:Melissa.Loop@UHhospitals.org) |

**Wednesday, June 21**

6 – 7 p.m.

#### **UH Mentor Health Center**

Main Lobby (The entrance with the large flagpole.)  
9485 Mentor Avenue  
Mentor, OH 44094

## **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](mailto:Alecia.Crognale@UHhospitals.org) |

**Wednesday, June 7**

6 – 8 p.m.

#### **UH Brunner Sanden Dietrick Wellness Center**

Conference Room A  
Mentor, Ohio 44060  
8655 Market Street



## COMMUNITY PROGRAMS

### **DIABETES AND NUTRITIONAL COUNSELING**

Offering either virtual or in-person outpatient nutrition counseling. Our dietitian Allison Danko, MS, RD, LD will focus 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 Allison Danko, MS, RD, LD at **440-743-2155** for information.

### **HEARTBURN CENTER**

**Chronic conditions like heartburn and GERD will be treated in a comprehensive way by centralizing specialties of Gastroenterology, thoracic and surgical.** This center will streamline services for patients. Click [here](#) to read more about the Heartburn Center at Parma Medical Center. *Call 216-758-8611 to schedule an appointment at the Heartburn Center*

### **EARLY LUNG NODULE DETECTION WITH LOW – DOSE CT SCANS**

The earlier we identify lung cancer, the stronger the outcomes. That's why University Hospitals Parma Medical Center offers low-dose CT screening as part of our Lung Nodule Program. We evaluate high-risk individuals, such as long-term smokers, and screen them to look for suspicious nodules before they become problematic.

*Call 440-743-8520 to schedule an appointment at the Lung Nodule Center*

### **CORE4 VIRTUAL - Adult Weight Management Program 12 week program**

Includes one-on-one and group sessions. Cost is \$100 which includes a workbook. Payment due at the first one-on-one session. Topics include: Guidelines for weight management; nutrition components; body composition; the power of exercise; behavior modification; protein, carbohydrates & fat; food labels & meal planning; portions & dining out; stress & sleep and long term success with monthly follow ups.

Dates to be determined.  
*Call 440-743-2155 for more information.*

### **COMPREHENSIVE PAIN CENTER**

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

### **University Hospitals Science of Health Podcast**

#### **MANAGING CHRONIC PAIN – WHERE TO START**

Speaker is Kutaiba Tabbaa, MD, Director of University Hospitals Parma Medical Center's Comprehensive Pain Center.

Click [here](#) to listen to this informative podcast

## **UH CONNOR WHOLE HEALTH**

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

- Chiropractic care
- Massage Therapy
- Acupuncture

### **UH Parma Medical Center**

Medical Arts Building 4  
6115 Powers Boulevard  
Parma, OH 44129

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

## HEALTH SCREENINGS

### **COMMUNITY BLOOD PRESSURE SCREENINGS**

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

#### **Wednesday, June 7**

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

**(Glucose Screening Included)**

#### **UH Parma Health Education Ctr.**

7300 State Road  
Parma, OH 44134

#### **Wednesday, June 7**

9 - 10:30 a.m.

#### **North Royalton Office on Aging**

13500 Ridge Road  
North Royalton, OH 44133

#### **Thursday, June 8**

9:30 - 11 a.m.

#### **Brooklyn Senior Center**

7727 Memphis Avenue  
Brooklyn, OH 44144

#### **Friday, June 9**

10 - 11:30 a.m.

#### **Independence Senior Center**

6363 Selig Drive  
Independence, OH 44131

## Friday, June 9

10-11:30 a.m.

### Donna Smallwood Activity Center

7010 Powers Boulevard  
Parma, OH 44129

## Tuesday, June 13

8:30 - 10 a.m.

### Broadview Hts. Senior Center

9543 Broadview Road  
Broadview Hts., OH 44147

## Wednesday, June 14

8 - 9:30 a.m.

### Seven Hills Recreation Center

7777 Summit View Drive  
Seven Hills, OH 44131

## Tuesday, June 27

9 - 10:30 a.m.

### North Royalton Y.M.C.A.

11409 State Road  
North Royalton, OH 44133

## FREE SKIN CANCER SCREENING

If you have a concern about a skin lesion or growth you can have it evaluated by a University Hospitals Department of Dermatology Physician. This service is a simple screening, no tissue sampling or surgery will be performed. We request that you limit your evaluation to a single lesion or spot.

## Saturday, June 24

9 a.m. - 12 p.m.

### UH Parma Medical Center

Seidman Cancer Center  
Medical Arts Building 3  
6525 Powers Boulevard, 2<sup>nd</sup> floor  
Parma, OH 44134  
Call 440-743-4932 for appointment

## BLOOD DRIVE

There is a national blood shortage, please consider donating.... Save a life today! The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime.

Thank you for supporting the American Red Cross blood program! Masks required  
[Click here](#) to register.

## Wednesday, June 14

11am - 5pm

### UH Parma Medical Center

7007 Powers Boulevard  
Parma OH 44129

## EXERCISE & FITNESS

### PARKINSON'S DISEASE EXERCISE CLASS - DELAY THE DISEASE

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

## Wednesdays June 7, 14, 21, 28

12:30 - 2 p.m.

### UH Parma Health Education Ctr.

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

## SUPPORT GROUPS

### UH Parma Health Education Ctr.

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

## PARKINSON'S DISEASE

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

## Tuesday, June 13

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 question, call 440-743-4127*

## Monday, June 12

1 - 2 p.m.



## COMMUNITY PROGRAMS

### **RED CROSS BLOOD DRIVE**

**Monday, June 26**

11 a.m. – 5 p.m.

### **UH Portage Medical Arts**

Building, Atrium

Ravenna, Ohio 44266

To make an appointment, please visit [RedCrossBlood.org](http://RedCrossBlood.org) or scan the 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: 330-297-3456

### **AMPUTEE WALKING CLINIC**

**Thursday, June 1**

3 - 5 p.m.

### **UH Portage Medical Arts**

Building, Atrium

6847 N. Chestnut Street

Ravenna, OH 44266

## **HEALTH & WELLNESS RESOURCES & EDUCATION**

Stop by for valuable health information provided by our partners at Western Reserve Hospital.

**Saturday, June 10**

9:00 a.m. – 1:00 p.m.

### **Haymaker Farmer's Market**

*Franklin Avenue in Downtown Kent*

*(Outdoor market under the Haymaker overpass between Main St. & Summit St.)*

### **FAMILY HEALTH & SAFETY DAY**

Join us for a family-friendly community event to celebrate wellness with free health screenings, educational activities, and demonstrations.

#### **Walk-up health screenings include:**

- Balance & Grip
- Blood pressure
- Blood Glucose & Cholesterol
- Body Mass Index
- Bone Density
- Pre-Diabetes Risk Assessment
- Diabetic Foot

#### **Pre-registered Screenings include:**

- Sleep Apnea
- Thyroid
- Lower Extremity Peripheral Arterial Disease (PAD)
- Carotid Artery

#### **Additional activities include:**

- UH Portage Trauma Program/Stop the Bleed
- Ask a Dietitian/Healthy Snacking
- Visits from our WAGS for Wellness friends
- Information provided by Portage County Health Department & Portage Parks

**Saturday, June 17**

9:00 a.m. – 12:00 p.m.

### **UH Portage Medical Arts Building**

6847 North Chestnut Street

Ravenna, OH 44266

To register for preregistered screenings, call **330-297-2576**

## HEALTH SCREENINGS

### **PULMONARY FUNCTION TESTING – FREE SCREENING**

Join us for this free lung function screening. Pre-registration is required. Call **330-297-2576** by June 23 to register.

**Wednesday, June 28**

9 a.m. – 1:00 p.m.

### **UH Portage Medical Center**

Pulmonary Medicine/Respiratory

Therapy Office

6847 North Chestnut Street

Ravenna, OH 44266

### **VIRTUAL SMOKING CESSATION CLASSES**

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

## SUPPORT GROUPS

Call **330-297-2576** for Information

### **DIABETES SUPPORT GROUP**

**Tuesday, June 6**

4 - 5 p.m.

### **UH Portage Medical Arts Building**

Room 150

6847 N. Chestnut Street

Ravenna, OH 44266

### **PARKINSON'S SUPPORT GROUP**

**Tuesday, June 20**

2 - 4 p.m.

### **UH Portage Medical Arts Building**

Room 150

6847 N. Chestnut Street

Ravenna, OH 44266

## **SUPPORT FOR GRIEVING ADULTS**

### **The Grief Place**

INFO: [www.thegriefcareplace.org](http://www.thegriefcareplace.org)  
**330-686-1750**

### **Kelly's Grief Center**

INFO: [www.kellysgriefcenter.com](http://www.kellysgriefcenter.com)  
Call **330-593-5959** for Information

## **WOMEN'S HEALTH FREE MAMMOGRAMS**

For underinsured or uninsured women.

UH Portage Medical Center  
6847 North Chestnut Street  
Ravenna, Ohio 44266  
Call **330-297-2338** to see if you qualify for this screening.

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

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

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

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

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

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



## COMMUNITY PROGRAMS

### **WALKING CLUB**

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

**Tuesdays, June 6, 13, 20, 27**  
12 – 1 p.m.

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



## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Monday, June 12**  
10:30 a.m. - 12:30 p.m.

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

**Saturday, June 24**  
9:30 a.m. - 11:30 a.m.

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

## **RISK ASSESSMENT AND SCREENING CLINIC**

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

**Tuesdays, June 13, 27**  
10 – 11:30 a.m.

**UH Richmond Medical Office Building**  
27155 Chardon Road Suite 106  
Richmond Heights, OH 44143

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

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### **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](mailto:concierge@uhhospitals.org) or visit the website to register. **[Uhhospitals.org/Agewell](http://Uhhospitals.org/Agewell)**

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**COMMUNITY PROGRAMS**  
**AMERICAN HEART ASSOC.**  
**BASIC LIFE SUPPORT CPR**

**Tuesday, June 20**  
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**

**Thursday, June 15**  
2-4 p.m.

**UH Samaritan Medical Center**  
**Auditorium**

663 East Main Street  
Ashland, OH 44805

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

**RED CROSS BLOOD DRIVE**

**Friday, June 2**  
12 – 6 p.m.

**Thursday, June 29**  
9 a.m. – 3 p.m.

**UH Samaritan Medical Center**  
**Auditorium**

663 East Main Street  
Ashland, OH 44805

**LOWER BACK PAIN**  
**PRESENTATION &**  
**FUNCTIONAL SCREENINGS**

**Thursday, June 8**  
2 p.m.

**UH Samaritan Medical Center**  
**Auditorium**

663 East Main Street  
Ashland, OH 44805

**OUT-PATIENT CLINICAL**  
**NUTRITION SERVICES**

One on one appointments  
available with Registered  
Dietitian, Katie Kline.  
Call **419-207-2501** for  
information.

**HEALTH SCREENINGS**  
**BIOMETRIC SCREENINGS**

**Tuesday, June 13**  
9 - 10:30 a.m.

**Ashland YMCA**  
207 Miller Street  
Ashland, OH 44805

**SMOKING CESSATION**

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

**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

**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>



## 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

## **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**

## **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*

## **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.*

## **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](http://www.uhems.org). Call 216-849-5013*

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Thursday, June 8**

10:45 -11:45 am

### **North Olmsted Senior Center**

Community Meeting Room  
28114 Lorain Road  
North Olmsted, OH 44070

**Monday, June 12**

10:45-11:45 am

### **Fairview Park Senior Center**

20769 Lorain Road  
Fairview Park OH 44126

**Wednesday, June 14**

9:00 – 10:30 a.m.

### **Cove Community Center**

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

**Thursday, June 22**

11:30 a.m. – 1 p.m.

### **Westlake Center for Community Services- Community Room**

28975 Hilliard Blvd  
Westlake, OH 44145

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

### **BALANCE SCREENING**

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

### **AUDIOLOGY SCREENING**

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

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

### **SUPPORT GROUPS**

#### **HOPE GROUP**

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

**Wednesday, June 7**

**5:30 – 7:30 p.m.**

**UH St. John Medical Center**  
Community Outreach Department

**Suite R**

29160 Center Ridge Road

Westlake, OH 44145

Call **440-827-5440** for information



## Car Seat Installations for Caregivers and Grandparents

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

**Thursday, June 8**

1 – 4 p.m.

**North Royalton Fire Station**

7000 Royalton Road

North Royalton, OH 44133

Email Kathy Salvo for scheduling

[ksalvo@northroyalton.org](mailto:ksalvo@northroyalton.org)

**Thursday, June 15**

2 – 5 p.m.

**Bay Village Fire Station**

28100 Wolf Road

Bay Village, OH 44140

**Thursday, June 22**

2 – 5 p.m.

**North Olmsted Fire Station**

24291 Lorain Road

North Olmsted, OH 44070



**To schedule at:**

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

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