



# University Hospitals

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

## AGE WELL. BE WELL. EVENTS JUNE, 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

#### 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

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

#### 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)

## 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, June 4, 18**  
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, June 4**  
9- 10 a.m.

#### **Shaker Heights Senior Center**

3450 Lee Road  
Shaker Heights, OH 44120

**Thursday, June 6**  
10- 11 a.m.

#### **Warrensville Heights YMCA**

4433 Northfield Road  
Warrensville Heights, OH 44128

**Thursday, June 6**  
12:30 - 1 p.m.

#### **Beachwood Senior Center**

25325 Fairmount Blvd  
Beachwood, OH 44122

**Wednesday, June 14**  
10- 11 a.m.

#### **Solon Senior Center**

35000 Portz Parkway  
Solon, OH 44139

### **BIOMETRIC SCREENING EVENTS**

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

**Saturday, June 15**  
11 a.m. – 3 p.m.

*City of Pepper Pike & Ursuline College Juneteenth Event*  
**Ursuline College: Academic Quad**  
2550 Lander Road  
Pepper Pike, OH 44124

**Sunday, June 16**  
1:30 - 5:30 p.m.

*University Heights Juneteenth & Biometrics*  
**Walter Stinson Community Park**  
2301 Fenwick Road  
University Heights, OH 44118



## 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=vIzXr6aiUzO167AAML7YNcV3cawKza.1>

Meeting ID: 849 3622 4765

Passcode: 9R7gtm



## 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](mailto:Renee.Barrett@uhhospitals.org) for information and to sign up.*

### COMMUNITY EVENT

#### **FUNCTIONAL TRAINING PRESENTATION**

Connect with Fitness Specialist Tyler Neely as he walks through various methods to help increase your functional range of motion. Learn how to use proper form on exercises working each of the seven major muscle groups as well as new movements that can help increase your range of motion without increasing risk for musculoskeletal injury. Please Pre-Register 440-988-6801

**Friday, June 7**

11 - 11:45 a.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, June 7**

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

#### **CYCLING BOOTCAMP COMBO**

Build power and strength through a Group Cycling and Bootcamp combo class. Come and experience are new state of the art stationary bikes to increase cardiovascular conditioning as well as mental endurance. Wrap it up with 25-30 minutes of strength training and stretching.

**Saturday, June 1** (Last one for the summer)

8-8:55 a.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, June 8**

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, June 10**

10 - 10:55 a.m.

#### **WALL PILATES**

Wall Pilates is a variation of the traditional Pilates only using a wall for resistance. This innovative approach helps to focus on alignment, balance, and core strength. You can use your feet, arms, back, or side to press against the wall while doing exercises. Participants should be aware that both standing, lying, and sitting poses will be done.

**Tuesday, June 11**

4:30-5:25 p.m. (Studio 1)

#### **BETTER BALANCE**

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

**Saturday, June 22**

11-11:55 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, June 14**

5:30 p.m.

#### **OUTDOOR YOGA**

In collaboration with SEWA International Cleveland Chapter, join Crissy Stelmaschuk, RYT and Stacy Teter, RYT (volunteer with SEWA) for a mixed level yoga class for international yoga day. Format will include sun salutations; various yoga stretches as well as breath work and relaxation. This class is intended for those that have some experience with yoga and is held on outdoor tennis court. Note: there are no shady spots so be sure to be prepared with water and sunscreen, sunglasses. Please bring your own yoga mat.

**Saturday, June 22**

9-10 a.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 6, 13, 20, 27**  
9:30 - 10:30 a.m.

*Weather permitting*

### **Ellenwood Center**

#### **Willard Pavilion**

124 Ellenwood Avenue

Bedford, OH 44146

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

### **COMMUNITY ART THERAPY GROUPS**

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

**Wednesday, June 19**

2-4 p.m.

### **UH Wellness Center at Bedford**

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

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

### **MUSIC THERAPY**

Join UH Connor Whole Health Music Therapist and learn how to use music to improve your physical and emotional well-being. *For more information or to register, contact Susan Packard for details at 440-735-4270.*

**Monday, June 24**

1 pm-2 pm

### **UH Wellness Center at Bedford**

88 Center Road

Medical Office Building

Bedford, OH 44146

### **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, June 19**

**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, June 28**

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.*

### **HEALTHY SHOPPING 101**

Learn how to navigate the grocery store with Chef Tynisa, owner and head Chef of Food with Purpose.

**Monday, June 3**

4-5 p.m.

### **MEDICARE 101 LUNCH AND LEARN**

Come have lunch and learn about your options with Medicare.

**Monday, June 17**

10 -11 a.m.

### **UH Wellness Center at Bedford**

88 Center Road, Suite 150

Bedford, OH 44146

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

### **COOKING DEMONSTRATION**

Join Executive Chef Tony Verona & Registered Dietitian Bailey Gordon to make an elevated summer sandwich, registration required.

**Friday, June 21**

2-3 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.*

### **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, June 17**

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, June 12**  
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, June 21**  
12-1 p.m.

## UH Wellness Center at Bedford

88 Center Road  
Medical Office Building  
Bedford, OH 44146

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

## CHAIR STRETCHING & BEGINNER YOGA

Join a certified In The Now Yoga Meditation & Wellness instructor for a beginner yoga session and chair stretching class. *To register, visit us on Eventbrite at "UH Community Wellness Center at Bedford."*

**Wednesday, June 5**  
1:30 - 2:30 p.m.

## UH Wellness Center at Bedford

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

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

## LOW IMPACT EXERCISE

Get your heart rate up with low-impact exercise! This class raises the heart rate slowly with low pressure on the joints.

**Friday, June 28**  
1:30 2:30 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*



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

### BIOMETRIC SCREENINGS

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

**Saturday, June 1**  
9 a.m. - 11 a.m.

### COMMUNITY RESOURCES

Talk with the Certified Community Health Worker and connect with resources for food insecurity, rental, and housing assistance, reducing Emergency Services, improving community health and well-being, utility assistance, transportation, mental health services, and more.

**Saturday, June 1**  
9 - 1 p.m.

### THE VOLT FITNESS CHARG'D UP CLASS

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

**Saturday, June 8**  
12-1 p.m.

*For more information or to schedule an appointment, call 440-735-4270, visit [UHhospitals.org/Bedford](http://UHhospitals.org/Bedford)*

## **BANK OF AMERICA'S SERIES: BETTER MONEY HABITS SERIES**

During this session, we will overview the upcoming sessions and provide resources and handouts. **To register, visit us on Eventbrite at UH Community Wellness Center at Bedford.**

**The Wellness Center Dietitian will make smoothies for participants.**

### **Upcoming Session Topics:**

- Saving & Budgeting
- Building and Repairing Credit
- Plan for and Manage Healthcare Costs
- Homeownership
- General Topics/ Open Forum

**Saturday, June 1**

10:30 -11:30 a.m.

*For more information or to schedule an appointment, call 440-735-4270, visit [UHhospitals.org/Bedford](http://UHhospitals.org/Bedford)*

## **HEALTH SCREENINGS**

### **BLOOD PRESSURE SCREENINGS**

**Wednesday, June 5, 19**

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, June 12, 26**

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

**Ellenwood Recreation Center**

124 Ellenwood Avenue  
Bedford, OH 44146

**Thursday, June 13**

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

**Maple Hts. Senior Center**

15901 Libby Road  
Maple Heights, OH 44137

## **BIOMETRIC SCREENINGS**

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

**Saturday, June 1**

9 - 1 p.m.

**Friday, June 7**

1- 2 p.m.

**Monday, June 10**

2- 3:30 p.m.

**Wednesday, June 26**

2- 3:30 p.m.

**UH Wellness Center at Bedford**

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



## **THE NEW UH COMMUNITY WELLNESS CENTER**

**UH Wellness Center at Bedford**

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

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

### **Preventive Services:**

- Health education classes
- Health screenings
- Community programming

### **Enhanced Access to Care:**

- Telehealth services
- Community health worker on site

### **Healthy Food:**

- Teaching Kitchen

### **HOURS OF SERVICE:**

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

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

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

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

*For more information or to schedule an appointment, call 440-735-4270, visit [UHhospitals.org/Bedford](http://UHhospitals.org/Bedford)*

**Our Mission**

*To Heal. To Teach.*

*To Discover.*

# UH Conneaut and Geneva Medical Centers

## 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*

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

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

**Saturday, June 15**

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

**UH Conneaut Medical Center**

158 W. Main Road

Conneaut, OH 44030

*Call 440-790-2320 for information.*

## HEALTH EDUCATION

### **DIABETES EDUCATION**

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

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

### **QUINOA: WHAT IS IT AND WHAT DO I DO WITH IT?**

**Monday, June 3**

11 a.m.-12 p.m.

**Orwell Country Neighbor**

39 South Maple St.

Orwell, OH 44076

**Tuesday, June 4**

11:30 a.m. – 12:30 p.m.

**Andover Community Center**

181 South Main Street

Andover, OH 44003

**Wednesday, June 5**

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, June 12**

3:30 – 6 p.m.

**St. Mary's Church**

103 N. Maple Street

Orwell, OH 44076

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

### **OILS FOR LIFE**

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

**Monday, June 10**

12.-1 p.m.

**Orwell Country Neighbor**

39 South Maple St.

Orwell, OH 44076

**Monday, June 17**

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**

1<sup>st</sup> Floor Pulmonary Rehab

Dept.

870 West Main Street

Geneva, OH 44041

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

### **CANCER SUPPORT GROUP**

**Monday, June 18**

5 – 6 p.m.

#### **Casa de Frida**

3315 N. Ridge Rd. E

Ashtabula, OH 44004

Call **440-593-0364** for information

## **UH VIRTUAL TALKS**

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

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





## 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 Sara Campbell MS, RDN, CNSC, LD at **440-284-5709** for information

## **CARNIVAL FUN FAIR**

The North Ridgeville Senior Center will be hosting their annual summer carnival. Stop by for treats, health education and prizes.

**Thursday, June 27**

10:30-12 p.m.

### **North Ridgeville Senior Center**

7327 Avon Belden Road

North Ridgeville, OH 44039

Please call **440-490-2056** to *RSVP*

## **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, June 18**

12:30 – 2 p.m.

### **Avon Lake Senior Center**

Old Firehouse Community Center

100 Avon Belden Road

Avon Lake, OH 44012

## **UH VIRTUAL TALKS**

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

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

## **REGISTER TO BECOME A MEMBER TODAY**

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

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient->

## 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 6**

12 - 2:30 p.m.

### **West Geauga Senior Center**

8090 Cedar Road  
Chesterland, OH 44026

### **THERAPEUTIC BENEFITS OF PETS**

Research has shown that pet owners are more likely to be physically active than non-pet owners. There are many advantages to owning a dog, especially as we age. Dogs help provide a sense of purpose and a caring routine. It gives the adult a reason to take daily walks and can also improve one's mental health. Join us to learn more about the health benefits of pets

**Tuesday, June 4**

12:30 -1:30 p.m.

### **West Farmington Senior Center**

150 College Street  
West Farmington OH 44491

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

**Wednesday, June 12**

3 p.m.

### **UH Geauga Medical Center Conference Center**

13207 Ravenna Road  
Chardon, OH 44024



## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, June 3**

8:30 -10 a.m.

### **West Farmington Senior Center**

150 College Street  
West Farmington OH 44491

**Monday, June 10**

10 a.m.-12 p.m.

### **Gauga YMCA**

12460 Bass Lake Road  
Chardon, OH 44024

## EXERCISE & FITNESS

### **GAUGA CYCLISTS**

**Tuesdays | 9 a.m.**

**June 11, 18, 25**

### **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 6**

### **Punderson State Park**

11755 Kinsman Road  
Newbury, OH 44065

**June 13**

### **Frohring Meadows**

16780 Savage Road  
Bainbridge., OH 44023

**June 20**

### **Claridon Woodlands**

11383 Claridon-Troy Road  
Chardon, OH 44024

## **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, Depression, Pulmonary Function Test & Wellness*

### **Pre-Registered Health Screenings:**

*Carotid Artery Ultrasound, Memory, Mammograms, Prostate- Specific Antigen (PSA), and Skin Cancer*

### **Family Friendly Activities:**

*Community Resources, Health Education, K-9 Demonstration, Home Depot Kids Building Project, Touch-a-Truck, UH Rainbow Injury Prevention Real vs Fake Car Seat Demo*

**Saturday, June 29**

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**

## **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**

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

## **FIGHTING AGAINST PARKINSON'S**

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

**Mondays, June 3, 10, 17, 24**

**Wednesdays, June 5, 12, 19, 26**

**Fridays, June 7, 14, 21, 28**

**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, June 3**

6 p.m.

**UH Geauga Medical Center**

(Conference Center)

13207 Ravenna Road

Chardon, OH 44024

Call **440-214-3101** for information

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

**Tuesday, June 18**

12 -2:30 p.m. Hearing Screenings

2 -3 p.m. - Ear Health Presentation

**Chardon Senior Center**

470 Center Street Bldg. 8

Chardon, OH 44024

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

### **DIABETES SUPPORT GROUP**

**Tuesday, June 18**

12 -2:30 p.m. Hearing Screenings

2 -3 p.m. - Ear Health Presentation

**Chardon Senior Center**

470 Center Street Bldg. 8

Chardon, OH 44024

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

### **OSTOMY SUPPORT GROUP**

**Thursday, June 27**

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: CARING FOR "YOU" WHILE CARING FOR OTHERS- OPEN FORUM**

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

**Wednesday, June 26**

5 p.m.

**Maplewood at Chardon**

12350 Bass Lake Road

Chardon, OH 44024

Call **440-285-3300** to RSVP or

[chardonrsvp@maplewoodsl.com](mailto: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](mailto:Cathy.Jewell@uhhospitals.org)

or [Patricia.schroeder@uhhospitals.org](mailto: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

### **ST. GABRIEL FESTIVAL**

Join us for this family-friendly community event! University Hospitals will offer free blood pressure, cholesterol and glucose screenings, as well health education. There will be entertainment and festival fun for all! For more festival information: <https://www.st-gabriel.org/summer-festival.html>

**Thursday, June 6**

6 – 11 p.m.

**Friday, June 7**

6 – 11 p.m.

**Saturday, June 8**

1 – 11 p.m.

**Sunday, June 9**

1 – 10 p.m.

**St. Gabriel Catholic Church**

9925 Johnny Ridge Road  
Concord Township, Ohio 44060

### **COMMUNITY SOCIAL ON THE SQUARE**

Join UH Lake Community Outreach for a community social event in The Village of Madison! We will offer blood pressure screenings, giveaways and more! The event will take place outdoors, in the village square at the corners of OH-Route 84 and Main Street.

**Wednesday, June 26**

5 – 8 p.m.

**Madison Village Square**

20 W Main St  
Madison, OH 44057

### **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, June 22**

8 a.m. – 12 p.m.

**Saturday, June 29**

8 a.m. – 12 p.m.

**City Hall Parking Lot**

1 E Spaulding Street  
Willoughby, OH 44094

### **LAKE COUNTY PRIDE**

Join UH Lake Community Outreach as we celebrate with LGBTQ+ Allies Lake County on Sunday June 9th! We will offer free blood pressure, cholesterol and glucose screenings, as well health education. For more event information:

<https://lgbtlakecounty.org/2023lcpide>

**Sunday, June 9**

11 a.m. – 5 p.m.

**Lake County History Center**

415 Riverside Drive  
Painesville, OH 44077

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

### **KIRTLAND STRAWBERRY FESTIVAL**

Did you know the annual Kirtland Strawberry Festival has been a staple of the Kirtland Community since 1960? Enjoy the health boosting benefits of strawberries and stop by the University Hospitals Lake Health Community Outreach tent for health screenings, education, and more! For more festival information: <https://www.visitkirtland.com/kirtland-strawberry-festival>

**Thursday, June 13**

5 – 10 p.m.

**Friday, June 14**

3 – 11 p.m.

**Saturday, June 15**

12 – 11 p.m.

**Kirtland Schools**

9150 Chillicothe Road  
Kirtland, Ohio 44094

### **IT IS YAPPY HOUR SOMEWHERE**

University Hospitals Community Outreach will join the Mentor Chamber for a paw-some dog party. There will be games, contests, health information, blood pressure checks and prizes. So bring your 4 legged friend or just yourself and stop by to check your blood pressure with University Hospitals! Just remember to preregister for the event at: <https://business.mentorchamber.org/events/details/yappy-hour-7027>

**Thursday, June 13**

5 – 7 p.m.

**Springbrook Gardens**

6708 Heisley Road  
Mentor, Ohio 44060

## **ST. MARY MAGDALENE 32ND HOMECOMING FESTIVAL**

University Hospitals Community Outreach will be at the Festival! Stop by to check your blood pressure, cholesterol and glucose! Take a stroll through our brain! The event will run from Thursday May 30th to Sunday June 2nd. Times vary by day, check out the times and entertainment schedule:

<https://www.smmwillowick.org/festival>

**Saturday, June 1**  
3 – 11 p.m.

**Sunday, June 2**  
12 – 9 p.m.

**St. Mary Magdalene Catholic Community**  
32114 Vine Street  
Willowick, Ohio 44095

## 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 1**  
9 a.m. – 12 p.m.

**Tripoint Medical Center**  
7590 Auburn Road  
Painesville, OH 44077

**Saturday, June 15**  
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](mailto:Alecia.Crognale@UHhospitals.org) |

**Wednesday, June 12**  
6 – 8 p.m.

**UH Brunner Sanden Dietrick Wellness Center (Conf. Room A) 8**



## COMMUNITY PROGRAMS

### **DIABETES AND NUTRITIONAL COUNSELING**

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

### **PARMA WOUND CARE CENTER**

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

Jessica Bustillos, Program Director  
(567) 284-1663

### **UH Parma Medical Center**

Medical Arts Building 2  
6707 Powers Boulevard  
Parma, OH 44129

### **JOIN THE VOLUNTEERS AT UH PARMA MEDICAL CENTER**

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

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

#### **Parma Hospital Volunteer Services**

7007 Powers Boulevard  
Parma, OH 44129-5495

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

[kimberly.tomblin@UHhospitals.org](mailto:kimberly.tomblin@UHhospitals.org).

### **ORTHOPEDIC SERVICES AND SURGERY AT UNIVERSITY HOSPITALS PARMA MEDICAL CENTER**

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

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

### **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>

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

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient->

## **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](mailto:Jessica.grimm@uhhospitals.org) or call **216-285-4070**

**Thursdays, June 6, 13, 20, 27**  
10 - 11 a.m.

**UH Parma Health Education Center**

7300 State Road

Parma, OH 44134

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

## **BLOOD DRIVE**

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

Thank you for supporting the American Red Cross blood program!

[Click here](#) to register or call

1-800-733-2767

**Friday, June 12**  
11 a.m. – 5 p.m.

**UH Parma Medical Center**

7007 Powers Boulevard,

Parma, OH 44129

## **HEALTH SCREENINGS**

### **COMMUNITY BLOOD PRESSURE SCREENINGS**

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

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

**Wednesday, June 5**

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

**(Glucose Screening Included)**

**UH Parma Health Education Ctr.**

7300 State Road

Parma, OH 44134

**Wednesday, June 5**

9 - 10:30 a.m.

**North Royalton Office on Aging**

13500 Ridge Road

North Royalton, OH 44133

**Tuesday, June 11**

8:30 - 10 a.m.

**Broadview Hts. Senior Center**

9543 Broadview Road

Broadview Hts., OH 44147

**Wednesday, June 12**

8 – 10 a.m.

**Seven Hills Recreation Center**

7777 Summit View Drive

Seven Hills, OH 44131

**Friday, June 14**

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

**Independence Senior Center**

6363 Selig Drive

Independence, OH 44131

**Friday, June 14**

10-11:30 a.m.

**Donna Smallwood Activity Center**

7010 Powers Boulevard

Parma, OH 44129

**Tuesday, June 25**

9 - 11 a.m.

**North Royalton Y.M.C.A.**

11409 State Road

North Royalton, OH 44133

## EXERCISE & FITNESS

### **PARKINSON'S DISEASE EXERCISE CLASS – DELAY THE DISEASE**

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

**Wednesdays, June 5, 12, 19, 26**  
12:30 – 2 p.m.

**UH Parma Health Education Ctr.**  
7300 State Road  
Parma, OH 44134  
*Call 440-743-4932 for information*



## SUPPORT GROUPS

**UH Parma Health Education Ctr.**  
7300 State Road  
Parma, OH 44134  
*Call 440-743-4932 for information*

### **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, June 10**  
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, June 11**  
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, June 7, 14, 21, 28**  
4:30 p.m.

### **REGISTER TO BECOME A MEMBER TODAY**

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

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient->



## COMMUNITY PROGRAMS **RED CROSS BLOOD DRIVE**

**Monday, June 24**

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 HEARING SCREENINGS**

Register now for a free hearing screening in our Audiology department. *Space is limited. Call 330-297-2576 to regist.*

**Monday, May 6**

8:30 a.m. – 12 p.m.

**UH Portage Medical Center,  
Audiology**  
6847 N. Chestnut Street  
Ravenna, OH 44266

## **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, June 11**

10 a.m.

**Morgan Park**

8828 OH-44  
Ravenna, OH 44266

*Call 330-297-7728 to register*

## **HANDS ONLY CPR DEMONSTRATION**

**Saturday, June 22**

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.)

## **KENT CITY HEALTH FAIR**

Join us for this free event; including screenings, education and community vendors.

**Saturday, June 15**

1 – 4 p.m.

### **Kent Recreation Center**

1115 Franklin Avenue  
Kent, OH 44240

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

## 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:

**Saturday, June 8**

9 a.m. - 12 p.m.

**UH Portage Medical Arts Building, Atrium**

6847 N. Chestnut Street  
Ravenna, OH 44266

**Tuesday, June 11**

11 a.m. – 1 p.m.

**Renaissance Family Center**

9005 Wil Verne Drive  
Windham, Ohio 44288

**Wednesday, June 19**

11 a.m. – 1p.m.

**UH Portage Medical Arts Building - Atrium**

6847 N. Chestnut Street  
Ravenna, OH 44266

**Thursday, June 27**

11 a.m. – 1p.m.

**UH Portage Professional Center - Lobby**

6847 N. Chestnut Street  
Ravenna, OH 44266

## **FAMILY HEALTH & SAFETY**

### **DAY**

Join UH Portage Medical Center and our community partners for this free family-friendly event to celebrate wellness with free health screenings, educational activities, and demonstrations.

#### **Walk-Up Screenings:**

*Ask a Pharmacist, Blood Glucose, Cholesterol, Body Mass Index, Blood Pressure, Bone Density, Grip Strength, Pre-Diabetes, Sleep Apnea, Stroke Risk Assessments*

#### **Pre-Registered Health Screenings:**

**Call 330-297-2576 to register**

*Hearing, Pulmonary Function Testing and Thyroid Screening*

#### **Health Education & Resources:**

*Blood Clot Awareness & Venous Disease education, Pharmacy education, Stop the Bleed, Women's Health & OBGYN, Nutrition Education with demonstrations and samples, Medical Guardian, Sexual Assault Prevention and Awareness, and Therapy Dogs.*

**Saturday, June 8**

9 a.m. – 12 p.m.

**UH Portage Medical Center Medical Arts Building**

6847 N. Chestnut Street  
Ravenna, OH 44266

## SUPPORT GROUPS

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

**BEYOND STROKE SUPPORT GROUP** (Virtual quarterly meetings)

### **AMPUTEE WALKING CLINIC**

**Thursday, June 6**

3 - 5 p.m.

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

6847 N. Chestnut Street  
Ravenna, OH 44266

### **SUPPORT FOR GRIEVING**

#### **ADULTS**

**The Grief Place**

INFO: [www.thegriefcareplace.org](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

### **DIABETES SUPPORT GROUP**

**Tuesday June 4**

4 - 5 p.m.

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

6847 N. Chestnut Street  
Ravenna, OH 44266

### **HEALTHY HEART SUPPORT GROUP**

Please join us for this Informative hour on heart health.

**Thursday, June 20**

2-3 p.m.

**Portage Medical Arts Building, Room 150**

6847 North Chestnut Street,  
Ravenna, OH 44266



## WOMEN'S HEALTH

### **FREE MAMMOGRAMS**

For underinsured or uninsured women.

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

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

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

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

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

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

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

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

## **HEALTHY@UH PODCASTS**

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

You can also go to <https://www.uhhospitals.org/healthy-at-UH> and have the opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser. <https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>

## **REGISTER TO BECOME A MEMBER TODAY**

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

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient->

## 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 4, 11, 18, 25**  
12 – 1 p.m.

*Weather permitting*

### **Richmond Heights City Hall**

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

### **RICHMOND HEIGHTS SUMMER CONCERT SERIES**

Come out and enjoy an evening of good music and entertainment at Richmond Heights Community Park. UH will have a table offering wellness information from nutrition and health education to community resources and screenings.

**Wednesday, June 19**

3 - 8 p.m.

**Wednesday, June 26**

6:30 - 8:30 p.m.

### **Richmond Hts., - Community Park**

27285 Highland Road  
Richmond Heights, OH 44143

## HEALTH SCREENINGS

### **BIOMETRIC SCREENINGS**

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

**Saturday, June 29**

9 a.m. - 12 p.m.

### **Euclid Hunger Center**

291 E. 222nd Street  
Euclid, OH 44123

### **BLOOD PRESSURE SCREENINGS**

**Monday, June 10**

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

### **Kiwanis Lodge Community Center**

2728 Highland Road  
Richmond Heights, OH 44143



### **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, June 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



## COMMUNITY PROGRAMS

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

**Wednesday, June 26**  
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**

**Friday, June 21**  
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 7**  
11 a.m. – 5 p.m.

**Thursday, June 20**  
9:30 a.m. – 3:30 p.m.

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

663 East Main Street  
Ashland, OH 44805

## **SMOKING CESSATION**

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

## HEALTH SCREENINGS

### **BIOMETRIC SCREENINGS**

**Wednesday, June 12**  
9 – 10:30 a.m.

### **Ashland YMCA**

FirstFloor Conference Room  
207 Miller Street  
Ashland, OH 44805

## **WOMEN SUPPORTING WOMEN MUSIC THERAPY GROUP**

**Tuesday June 18**  
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 [conciierge@uhhospitals.org](mailto:conciierge@uhhospitals.org) or visit the website below to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient->

## 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](http://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, June 5**

5:30 – 7:30 p.m.

### **UH St. John Medical Center**

Community Outreach Department  
**Suite R**

29160 Center Ridge Road  
Westlake, OH 44145

*Call 440-827-5440 for information*

## EXERCISE & FITNESS

### **STROKE SURVIVORS EXERCISE PROGRAM**

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

**Tuesdays and Thursdays**

3-4:30 p.m.

### **Westlake Center for Community Services**

28975 Hilliard Blvd

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

## HEALTH SCREENINGS

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

### **BLOOD PRESSURE SCREENINGS**

**Thursday, June 6**

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

### **Westlake Center for Community Services**

Community Meeting Room

28975 Hilliard Blvd

Westlake, OH 44145

**Monday, June 10**

10:45-11:45 am

### **Fairview Park Senior Center**

20769 Lorain Road

Fairview Park OH 44126

**Wednesday, June 12**

9:00 – 10:30 a.m.

### **Cove Community Center**

12525 Lake Avenue (enter off Clifton)

Lakewood, OH 44107

**Thursday, June 13**

10:45 -11:45 am

### **North Olmsted Senior Center**

Community Meeting Room

28114 Lorain Road

North Olmsted, OH 44070

## **MOBILE HEALTH UNIT**

University Hospitals Mobile Health Unit for 3-D mammogram will provide screenings in the North Olmsted Rec Center parking lot. Accepting appointments now. To schedule an appointment, call Nicole, UH Mobile Coordinator, at 216-896-1768.

**Wednesday, June 26**

9 a.m.-2 p.m.

### **North Olmsted Recreation Center**

26000 Lorain Rd

North Olmsted, OH 44070



## 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 20

2 – 5 p.m.

#### Bay Village Fire Station

28100 Wolf Road

Bay Village, OH 44140

### Thursday, June 27

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](mailto: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**