



# University Hospitals

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

## AGE WELL. BE WELL. EVENTS MARCH, 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)

## COMMUNITY PROGRAMS

### **COLORECTAL AWARENESS & EDUCATION EVENT**

March Is Colorectal Health Awareness Month and UH Ahuja Medical Center is hosting a FREE Colorectal education event. Come and learn from the experts at UH Ahuja Medical Center and receive educational information and learn the importance of colorectal health awareness.

**Thursday, March 16**

11:30 a.m. – 1:30 p.m.

**UH Ahuja Medical Center**

3999 Richmond Road  
Beachwood, OH 44122

## HEALTH SCREENINGS

### **BIOMETRIC SCREENING EVENTS**

UH Ahuja Medical Center will be providing FREE health screenings; blood pressure, non-fasting blood glucose and non-fasting cholesterol.

**Sunday, March 12**

9:00 a.m. – 1:00 p.m.

**Mandel Jewish Community Ctr.**

26001 S. Woodland Road  
Beachwood, OH 44122

**Wednesday, March 15**

9:30 a.m. – 12:00 p.m.

**Macedonia Senior Center**

9691 Valley View  
Macedonia, Ohio 44139

**Tuesday, March 21**

11:00 a.m. – 2:00 p.m.

**Notre Dame College Health Fair**

Administration Building - 1st Floor  
4545 College Road  
South Euclid, OH 44121

***\*Open to Notre Dame College students, staff and faculty\****

## **BLOOD PRESSURE SCREENING EVENTS**

**Thursday, March 2**

12:30- 1:00 p.m.

**Beachwood Senior Center**

25325 Fairmount Blvd  
Beachwood, OH 44122

**Monday, March 6**

10 – 11:00 a.m.

**Warrensville Heights YMCA**

44333 Northfield Road  
Warrensville Heights, OH 44128

**Wednesday, March 8**

10 – 11:00 a.m.

**Solon Senior Center**

35000 Portz Parkway  
Solon, OH 44139



**Avon Health Center**  
1997 Healthway Drive  
Avon, OH 44011

*These group exercise classes and presentations 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 PROGRAMS

### **HOPE: CANCER EXERCISE PROGRAM**

Enrolling now through March 23 for our spring program.

**Tuesdays and Thursdays**  
5 - 5:55 p.m.

HOPE is an exercise program for cancer patients at any stage of treatment who currently have a cancer diagnosis or have been in remission up to six months. The eight-week program is tailored to individual goals and needs and is led by specially-trained and certified fitness professionals. It includes small-group workouts. The next program starts mid-June, pending enrollment.

Contact,  
[Christopher.Ross@uhhospitals.org](mailto:Christopher.Ross@uhhospitals.org) or call 440-988-6973. Subsidized fee: \$50 (if cost is a concern, please let us know, fee waivers available). Guidance provided by Certified Clinical Cancer Exercise Specialists.

### **COMMUNITY HEALTH & SAFETY DAY**

**Saturday, March 11**  
10:00 a.m. - 12:00 p.m.

Join us for this free event that includes: Health education tables, health screenings, and a healthy food demonstration with a Registered Dietitian, Community Organizations.

### **LUCKY GREEN WALK**

**Wednesday, March 15**  
6 - 6:30 p.m.

Join us for a fun walk outside around our track. Wear green and enjoy the comradery. All walking speeds are welcome.

## 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, March 3**  
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, March 13**  
10 - 10:55 a.m.

### **BEGINNER SPINNING**

Learn the proper way for bike set-up in this beginner level Spinning (Group Cycling) exercise class. Instructor will go through basic class formats, including hill and race training, and train teaching watts (power generated from your cycling).

**Saturday, March 18**  
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, March 25**  
11 - 11:55 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, March 2, 9, 16, 23, 30**

9:30 - 10:30 a.m.

**Weather Permitting**

### **Ellenwood Center**

#### **Willard Pavilion**

124 Ellenwood Avenue

Bedford, OH 44146

(Walking inside Ellenwood

Center certain dates)

Call **440-735-2559** to register

## HEALTH EDUCATION

### **The Grief Recovery Method**

Support for residents and their families who have experienced grief originating from various losses including death, health, safety, trust, faith, divorce, employment, and relationships.

Danyell Goggans, a licensed psychotherapist will offer support and guidance for healing and moving on in life.

Individuals will have the opportunity to sign up for a free 8-week grief recovery workshop at the same location once a week.

**Tuesday, March 14**

12:00 p.m. - 1:00 p.m.

### **Bedford Ellenwood Center**

124 Ellenwood Avenue

Bedford, Ohio 44146

### **Registration link below**

[https://bedfordoh.myrec.com/info/activities/program\\_details.aspx?ProgramID=30057](https://bedfordoh.myrec.com/info/activities/program_details.aspx?ProgramID=30057)

### **COOKING DEMONSTRATION**

#### **SAVE THE DATE:**

**Monday, April 10**

Join us for a demonstration of healthy cooking options. Come learn how to plan and prepare great-tasting food.

Chef Tony UH Sodexo Culinary Director will be joined by Chef Ryan and Dietitian Julianna. You will be able to enjoy the meals prepared and ask questions. **Seating is limited.**

### **Bedford Ellenwood Center**

124 Ellenwood Avenue

Bedford, Ohio 44146

Registration link below

[https://bedfordoh.myrec.com/info/activities/program\\_details.aspx?ProgramID=30069](https://bedfordoh.myrec.com/info/activities/program_details.aspx?ProgramID=30069)

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Thursday, March 9**

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

#### **Maple Hts. Senior Center**

15901 Libby Road

Maple Heights, Ohio 44137

**Wednesdays, March 8, 22**

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

#### **Ellenwood Recreation Center**

124 Ellenwood Avenue

Bedford, OH 44146

### **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, March 9, 23**

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

# 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, please 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*

### **FREE MAMMOGRAM PROGRAM**

FOR UNINSURED AND UNDERINSURED

**UH Conneaut Medical Center**

**UH Geneva Medical Center**

*Call 440-593-0373 for information*

### **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 SCREENINGS

### **HEALTH SCREENINGS (TOTAL CHOLESTEROL, BLOOD PRESSURE, BLOOD GLUCOSE)**

**Monday, March 6**

10 a.m. - 12 p.m.

### **Orwell Country Neighbor**

39 South Maple Street  
Orwell, OH 44076

**Tuesday, March 7**

11:30 a.m. – 12:30 p.m.

### **Andover Community Center**

181 South Main Street  
Andover, OH 44003

**Wednesday, March 15**

10:30 a.m. – 11:30 a.m.

### **Conneaut Human Resource Center**

327 Mill Street  
Conneaut, OH 44030

*Call 440-593-0364 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.*

### **PAIN MANAGEMENT**

Please join us for an evening of appetizers and drinks while you gain a better understanding of pain management treatment.

Provider Spotlight - Ivy Corlew, DNP, APRN, CNOR, FNP-C & Edward Wasner, PT, Cert.MDT

**Wednesday, March 8**

5-7 p.m.

### **Halcyon**

1119 Bridge Street  
Ashtabula, OH 44004

Seating is limited.

**Call 440-593-0206 to RSVP by March 1.**

### SUPPORT GROUPS

### **CANCER SUPPORT GROUP**

**Wednesday, March 15**

5 – 6 p.m.

Purola's BSP

5205 Lake Rd. West  
Ashtabula, OH 44004

*Call 440-593-0364 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.

**Wednesday, March 1**

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*



# St. Patrick's Day Word Search



Search for the words hidden up, down, left and right.

C	K	X	K	W	L	D	C	S	H	F	U	D	D	N	T
N	X	G	M	D	W	S	L	E	T	L	V	D	G	J	W
U	T	F	X	O	U	K	M	V	H	S	I	R	I	B	L
M	U	S	I	C	L	O	V	E	R	K	H	C	E	T	W
T	L	Z	A	Z	G	L	K	N	X	H	G	Y	X	U	Q
W	R	N	D	H	D	G	X	T	H	D	T	K	H	S	G
Y	V	U	Y	X	S	G	C	E	D	Y	H	C	R	A	M
B	Q	M	D	G	R	C	L	E	H	A	V	O	C	L	X
J	K	W	L	U	C	K	C	N	Y	P	G	R	Y	U	A
D	K	C	I	R	T	A	P	T	F	N	I	M	I	D	X
E	W	B	O	V	X	D	S	H	A	E	J	A	I	M	Z
S	U	Q	P	K	P	L	E	P	R	E	C	H	A	U	N
K	T	W	B	Y	F	O	R	J	J	R	U	S	Q	T	W
I	F	C	I	O	F	A	I	R	Y	G	Q	W	A	K	O
J	Q	T	W	G	Y	K	Z	I	G	D	X	T	P	P	I
X	C	Z	N	J	O	F	A	N	H	K	L	I	S	J	A

CLOVER  
IRISH  
LUCK  
PATRICK

FAIRY  
JIG  
MARCH  
SEVENTEENTH

GREEN  
LEPRECHAUN  
MUSIC  
SHAMROCK



## HEALTH EDUCATION

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

## **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.

## **OUTPATIENT NUTRITION COUNSELING**

Offering either virtual or in-person. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health.

## COMMUNITY PROGRAMS

### **HEALTH & SAFETY FAIR**

**SATURDAY MARCH 11**  
10 a.m. – 12 p.m.

UH Avon Health Center  
1997 Healthway Drive  
Avon, OH 44011

Join us for this free event which includes health education tables, health screenings, healthy food demonstrations and community organizations.

**For more information, call 440-988-6801**

### **VIRTUAL TALKS**

Virtual / Online events are  
Available on our website  
[UHhospitals.org/AgeWell](https://UHhospitals.org/AgeWell)  
Under the Virtual Events tab

## HEALTH SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-284-5709**. Closed on all holidays or in inclement weather.

### **BLOOD PRESSURE SCREENING** **TUESDAY, MARCH 21**

12:30 – 2 p.m.

#### **Avon Lake Senior Center**

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



# UH Geauga Medical Center

## COMMUNITY PROGRAMS

Call 440-214-3180 to register

### **LUNCH AND A MOVIE**

**Thursday, March 2**

12 - 2:30 p.m.

**West Geauga Senior Center**

8090 Cedar Road

Chesterland, OH 44026

### **BRAIN HEALTH EDUCATION & GAMES**

**Tuesday, March 7**

11 a.m. - 12 p.m.

**Middlefield Senior Center**

15820 Ridgewood Drive

Middlefield, OH 44062

### **DEPRESSION, DELIRIUM & DEMENTIA**

**Tuesday, March 7**

3 - 4 p.m.

**Gauga West Library**

13455 Chillicothe Road

Chesterland, OH 44026

### **GARDENING FOR LIFELONG HEALTH**

**Wednesday, March 8**

3 - 4 p.m.

**UH Geauga Medical Center**

**Conference Center**

13207 Ravenna Road

Chardon, OH 44024

### **Elderberries Geauga Park Program: Spring Things**

**Thursday, March 16**

1 - 2 p.m.

**Blood Pressure Screenings**

**The West Woods**

9465 Kinsman Road

Novelty, OH 44072

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, March 6**

8:30 - 10 a.m.

**West Farmington Senior Center**

150 College Street

West Farmington, OH 44491

### **BLOOD PRESSURE SCREENING**

**Thursday, March 16**

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

**Gauga YMCA**

12460 Bass Lake Road

Chardon, OH 44024

### **LUNCH & LEARN: KNOW YOUR HEALTH NUMBERS**

Health screenings provided; Blood

pressure, body mass index, non-

fasting cholesterol and glucose and

health education

**Friday, March 10**

12 - 1 p.m.

**West Geauga Senior Center**

8090 Cedar Road

Chesterland, OH 44026

Call 440-279-2163 to register

### **WELLNESS DAY**

Health screenings provided; Blood

pressure, body mass index, non-

fasting cholesterol and glucose, risk

assessments and health education

**Saturday, March 11**

10 a.m. - 2 p.m.

**Bainbridge Library**

17222 Snyder Road

Bainbridge, OH 44023

### **LUNCH & LEARN: HEALTH BENEFITS OF HERBS**

**Friday, March 24**

12 - 1 p.m.

**West Geauga Senior Center**

8090 Cedar Road

Chesterland, OH 44026

Call 440-279-2163 to register

## EXERCISE & FITNESS

### **WALKING FOR WELLNESS**

Walking has shown to help with

weight management, reducing

stress and increasing energy

levels. Group walking programs can help you reach your personal wellness goals (*In collaboration with Geauga Dept. on Aging*)

**Wednesdays | 1 p.m.**

**March 1**

**Orchard Hills**

11340 Caves Road

Chesterland OH 44026

**March 8**

**Maple Highlands Trail**

15894 W. High Street

Middlefield, OH 44062

**March 15**

**The Rookery**

10110 Cedar Road

Munson Twp., OH 44024

**March 22**

**Penitentiary Glen Reservation**

**(Meet at Nature Center)**

8668 Kirtland-Chardon Road

Kirtland, OH 44094

**March 29**

**Frohring Meadows**

16780 Savage Road

Bainbridge, OH 44023

Call 440-279-2167 for Information

### **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, March 6, 13, 20, 27**

**Wednesdays, March 1, 8, 15, 22, 29**

**Fridays, March 3, 10, 17, 24, 31**

**Chardon Senior Center**

470 Center Street Bldg. 8

Chardon, OH 44024

Cost \$45

Call 440-279-2137 for Info



# UH Geauga Medical Center (Con't)

## SUPPORT GROUPS

### **APHASIA SUPPORT GROUP**

**Monday, March 6**  
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, March 21**  
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: DINNER MEAL PLANNING & RECIPES**

**Tuesday, March 21**  
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, March 15**  
6-7 p.m.

**Concord Health Center**  
Community Room  
7500 Auburn Road  
Concord, OH 44077  
Call 440-214-3100 for information

### **CARDIAC SUPPORT GROUP**

**Wednesday, March 22**  
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*



## 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, March 4**

9 a.m. – 12 p.m.

#### **Tripoint Medical Center**

*(In the Lubrizol Auditorium)*

7590 Auburn Road  
Painesville, Ohio 44077

#### **Saturday, March 18**

9 a.m. – 12 p.m.

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

*(In the Main Conference Room)*

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. Masks and social distancing are required.

To register contact:

[melissa.loop@uhhospitals.org](mailto:melissa.loop@uhhospitals.org)  
440-375-8121

#### **Wednesday, March 15**

6 – 7 p.m.

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

*Main Lobby (Entrance with the large flagpole)*

9485 Mentor Avenue  
Mentor, Ohio 44060



## COMMUNITY PROGRAMS

### **CREATING HEALTHY GRAIN BOWLS (Preparing Tasty and Nutritious Meals)**

A dietitian from UH Parma Medical Center will provide a presentation on the benefits of the Mediterranean diet, and answer any questions pertaining to nutrition. A local chef will demonstrate how to prepare a healthy Mediterranean style bowl that your taste buds will love! Taste testing included. Space is limited so register early. This program is FREE. **To register click on this link <https://attend.cuyahogalibrary.org/event/7888733>**

**Tuesday, March 21**  
6 – 7:30 p.m.

**Cuyahoga County Library- Parma Powers Branch**  
6996 Powers Boulevard  
Parma, OH 44129

### **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*

### **UH CONNOR WHOLE HEALTH**

Our dedicated health care professional 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 EDUCATION

### **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 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 UH and may be required by your insurance. Check with your insurance in advance regarding coverage.  
*Call Allison Danko, MS, RD, LD 440-743-2155 for more Information*

### **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

*Call 440-743-4932 or email [sharon.nichols@uhhospitals.org](mailto:sharon.nichols@uhhospitals.org) to receive the pre-recorded*

### **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**

## HEALTH SCREENINGS

### **COMMUNITY BLOOD PRESSURE SCREENINGS**

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

**Wednesday, March 1**  
9 - 10:30 a.m.

**North Royalton Office on Aging**  
13500 Ridge Road  
North Royalton, OH 44133

**Wednesday, March 8**  
8 - 9:30 a.m.

**Seven Hills Recreation Center**  
7777 Summit View Drive  
Seven Hills, OH 44131

**Thursday, March 9**  
9:30 - 11 a.m.

**Brooklyn Senior Center**  
7727 Memphis Avenue  
Brooklyn, OH 44144

**Friday, March 10**  
10 - 11:30 a.m.

**Parma Senior Center**  
Donna Smallwood Activity Center  
7010 W. Ridgewood Dr.  
Parma, OH 44129

**Friday, March 10**  
10 - 11:30 a.m.

**Independence Senior Center**  
6363 Selig Dr.  
Independence, OH 44131

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

## **Tuesday, March 14**

8:30 - 10:00 a.m.

### **Broadview Heights Senior Center**

9543 Broadview Road  
Broadview Heights, OH 44147

## **Tuesday, March 28**

9 - 10:30 a.m.

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

11409 State Rd.  
North Royalton, OH 44133

## **BLOOD PRESSURE**

**(Glucose screening included)**

### **Wednesday, March 1**

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

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

7300 State Road  
Parma, OH 44134

## **NON-FASTING CHOLESTEROL SCREENING**

Includes total cholesterol, LDL and blood sugar.

### **Wednesday, March 15**

10 – 11:30 a.m.

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

7300 State Road  
Parma, OH 44134

### **Appointment required**

Call 440-743-4932

## **SUPPORT GROUPS**

### **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.

### **Wednesdays**

**March 1, 8, 15, 22, 29**

5 - 6 p.m.

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

7300 State Road  
Parma, OH 44134

*Call 440-743-4932 for information  
Masks and social distancing are required*

### **PARKINSON'S DISEASE**

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

### **Tuesday, March 14**

1 – 2:30 p.m.

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

7300 State Road  
Parma, OH 44134

*Call 440-743-4932 for information  
Masks and social distancing are required*

## **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.

### **Monday, March 13**

12:30 – 2 p.m.

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

7300 State Road  
Parma, OH 44134

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

## **EXERCISE & FITNESS**

### **PARKINSON'S DISEASE**

### **EXERCISE CLASS – DELAY THE DISEASE**

For those diagnosed with Parkinson's and their caregiver or support person. 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. Masks and social distancing are required.

### **Wednesdays**

**March 1, 8, 15, 22, 29**

12:30 – 2 p.m.

### **UH Parma Health Education**

**Center** 7300 State Road  
Parma, OH 44134

*Call 440-743-4932 for information  
Masks and social distancing are required.*

## COMMUNITY PROGRAMS

### **RED CROSS BLOOD DRIVE**

**Monday, March 20**

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)



### **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

### **COLON CANCER AWARENESS INFORMATION TABLE**

Information will be provided about colon cancer and prevention

**Thursday, March 16**

11 a.m. – 1 p.m.

**UH Portage Medical Center  
Cafeteria**

6847 N. Chestnut Street,

Ravenna, OH 44266

### **LUNCH & LEARN: COLON CANCER AWARENESS**

Join us for this free educational event to learn more about colon cancer prevention with guest speaker; Dr. Zachary, Wasnicka,

Gastroenterologist

**Wednesday, March 29**

**UH Portage Medical Arts Building  
Room 150**

6847 N. Chestnut Street,

Ravenna, OH 44266

RSVP 330-297-2576 by March 22,

space is limited

## HEALTH EDUCATION

### **VIRTUAL SMOKING CESSATION CLASSES**

Call 330-297-2576 for information

### **AMPUTEE WALKING CLINIC**

**Thursday, March 2**

3 - 5 p.m.

**UH Portage Medical Arts Building  
Atrium**

6847 N. Chestnut Street

Ravenna, OH 44266

## SUPPORT GROUPS

### **PARKINSON'S SUPPORT GROUP (No March Mtg.)**

**Tuesday, April 18**

2 – 4 p.m.

**UH Portage Medical Arts Building  
Room 150**

6847 N. Chestnut Street

Ravenna, OH 44266

### **DIABETES SUPPORT GROUP (No March Mtg.)**

**Tuesday, April 4**

4 – 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)

330-593-5959

## 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, March 7, 14, 21, 28**

12 – 1 p.m.

*Weather Permitting*

### **Richmond Heights City Hall**

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



## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, March 13**

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

### **Kiwanis Lodge Community Center**

27285 Highland Road  
Richmond Heights, OH 44143

## HEALTH EDUCATION

### **MEDICATION EDUCATION AND MANAGEMENT**

UH, the clinical pharmacist will discuss the management of the following diseases: Hypertension, High Cholesterol, Heart Failure, Diabetes, COPD, and Polypharmacy. Participants will be able to ask questions about their specific medications. Free health screenings are available.

**Wednesday, March. 15**

11:00 a.m. - 12:00 p.m.

### **Cuyahoga County Public Library**

#### **Richmond Heights Branch**

449 Richmond Road  
Richmond Heights, OH 44143

*Call 440-735-2559 for information*

### **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, March 14, 28**

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*



## COMMUNITY PROGRAMS

*All classes & programs will be held at the UH Samaritan Medical Center, Auditorium*

663 East Main Street  
Ashland, OH 44805

*\*\*CPR classes are limited to 10\*\*  
Call 419-207-7856 to register*

### **AMERICAN HEART ASSOCIATION HEARTSAVER CPR TRAINING FOR THE COMMUNITY**

**Wednesday, March 15**  
2 - 4 p.m.

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

**Wednesday, March 22**  
2 - 4 p.m.

### **RED CROSS BLOOD DRIVE**

**Friday, March 10**  
12 - 6 p.m.

**Thursday, March 30**  
9 a.m. - 3 p.m.

### **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, March 14**  
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

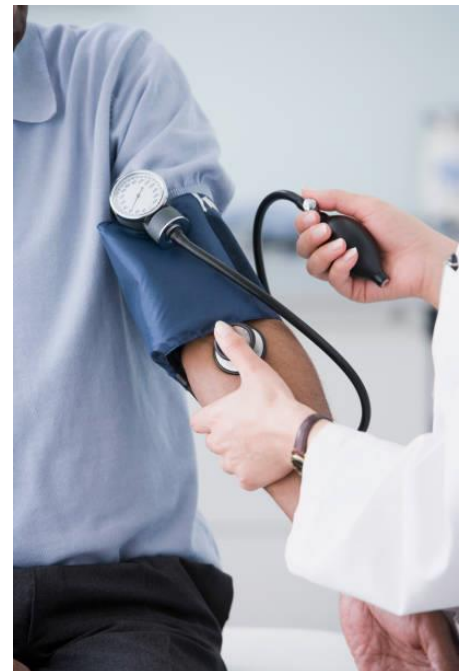
**Tuesdays and Thursdays**  
10 a.m.

**The Keith Field House**  
Ashland High School  
Ashland, OH 44805

## SUPPORT GROUPS

### **MUSIC THERAPY SUPPORT GROUP**

**Wednesday, March 29**  
3 - 4 p.m.



## 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**

This four week series offers comprehensive diabetes self-management education provided by the diabetes team, including a diabetes nurse and registered dietician. Services are billable to your Insurance provider. A physician referral is required. Class topics Include: Basic and advanced Information about diabetes management, making health food choices and meal planning, Incorporating physical activity Into lifestyle, safe and appropriate use of medications, blood sugar monitoring and management of high or low readings and how to prevent long term complications.

*For scheduling or questions, call 440-827-5341*

## **DIABETES EDUCATION**

Individualized education on blood glucose monitoring, medication management and preventing complications. A physician referral is required.

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

*For scheduling or questions, call 216-844-1499.*

## **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*

## **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.*

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**WEDNESDAY, MARCH 8**  
9:00 – 10:30 a.m.

### **Cove Community Center**

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

### **THURSDAY, MARCH 9**

10:45 -11:45 am

### **North Olmsted Senior Center**

Community Meeting Room  
28114 Lorain Road  
North Olmsted, OH 44070

### **MONDAY MARCH 13**

10:45-11:45 am

### **Fairview Park Senior Center**

20769 Lorain Road  
Fairview Park OH 44126

### **Thursday, March 23**

11:30 a.m. – 1:00 p.m.

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

Community Meeting Room  
28975 Hilliard Blvd  
Westlake OH 44145

## HEALTH EDUCATION

### **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.*

### **OUTPATIENT NUTRITION COUNSELING**

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*





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

## SUPPORT GROUPS

### **HOPE GROUP**

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

**Wednesday, March 1**

**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, March 16**

2 – 5 p.m.

**Bay Village Fire Station**

28100 Wolf Road

Bay Village, OH 44140

**Thursday, March 23**

2 – 5 p.m.

**North Olmsted Fire Station**

24291 Lorain Road

North Olmsted, OH 44070

**Thursday, March 9**

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)



**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**.