



# University Hospitals

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

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

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

### UH Locations

#### AVON HEALTH CENTER

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

#### GEAUGA MEDICAL CENTER

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

#### PORTAGE MEDICAL CENTER

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

#### AHUJA MEDICAL CENTER

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

#### GENEVA MEDICAL CENTER

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

#### RICHMOND MEDICAL OFFICE BUILDING

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

#### BEDFORD MEDICAL OFFICE BUILDING

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

#### LAKE WEST MEDICAL CENTER

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

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

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

#### CONNEAUT MEDICAL CENTER

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

#### TRIPOINT MEDICAL CENTER

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

#### SAMARITAN MEDICAL CENTER

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

#### ELYRIA MEDICAL CENTER

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

#### PARMA MEDICAL CENTER

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

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

## HEALTH EDUCATION

### **STROKE AWARENESS SCREENING AND EDUCATION EVENT**

May is National Stroke Awareness Month and University Hospital Ahuja Medical Center is hosting a FREE Health Screening and Stroke Education event. Come and learn from the experts at University Hospitals Ahuja Medical Center and receive FREE health screenings!

**Wednesday, May 3**  
11:00 a.m. – 2:00 p.m.

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

### **MACEDONIA REC CENTER STROKE PRESENTATION**

Heather Dickinson, Ahuja Medical Center's Stroke Coordinator, will share her knowledge on stroke symptom awareness and the importance of stroke prevention. Stroke is the 5th leading cause of death, and can happen to anyone. She will discuss the risk factors associated with stroke, how to recognize the signs and symptoms of stroke emergencies and what you can do to stay healthy.

**Tuesday, May 23**  
12:00p.m.-1:00p.m.

**Macedonia Rec Center**  
1494 E. Aurora Rd.,  
Macedonia OH 44056

## HEALTH SCREENINGS

### **BIOMETRIC SCREENING EVENTS**

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

### **Heart Health & Education Friday, May 5**

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

**South Euclid/Lyndhurst  
Cuyahoga Public Library**  
1876 S Green Rd. South Euclid,  
OH 44121

**Senior & Caregiver Expo  
Wednesday, May 17**  
10:00a.m. - 2:00p.m.

**Zelma George Rec Center**  
9300 Lorain Ave., Cleveland, OH  
44102

### **BLOOD PRESSURE SCREENING EVENTS**

**Monday, May 1**  
10-11:00 a.m.

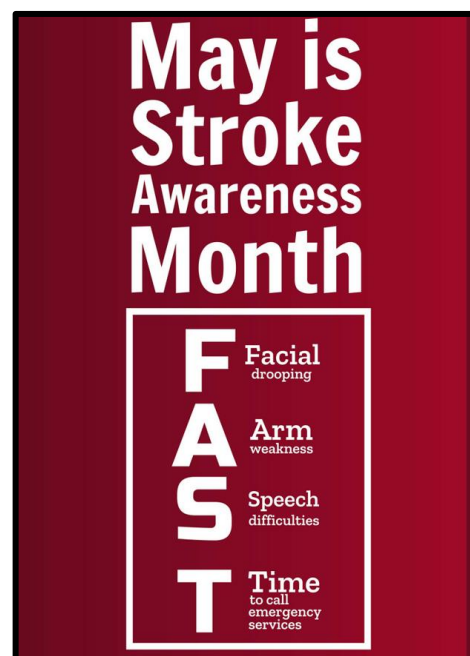
**Warrensville Heights YMCA**  
44333 Northfield Road  
Warrensville Heights, OH 44128

**Thursday, May 4**  
12:30 p.m. - 1:00 p.m.

**Beachwood Senior Center**  
25325 Fairmount Blvd  
Beachwood, OH 44122

**Wednesday, May 10**  
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 events are free and open to members and non-members aged 15 and older. Pre-registration is required for all activities. Please call 440-988-6801 or email*

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

## COMMUNITY PROGRAMS

### **GROUP FITNESS INTERVAL WALKS**

**Tuesday, May 9**

6:00-6:55 p.m.

**Saturday, May 20**

10:30 - 11:25 a.m.

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

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

**Friday, May 12**

5:30 - 6:25 p.m.

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

## EXERCISE & FITNESS

### **IRON YOGA**

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

**Friday, May 5**

8 - 8:45 a.m.

### **LES MILLS™ BODY BALANCE**

Includes an inspired soundtrack as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises.

**Saturday, May 6**

10:45-11:40a.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, May 8**

10 - 10:55 a.m.

### **LES MILLS™ CORE**

**Saturday, May 13**

10:45-11:30a.m.

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible muscle tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

### **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, May 20**

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, May 4, 11, 18, 25**

9:30 - 10:30 a.m.

#### **Ellenwood Center Willard Pavilion**

124 Ellenwood Avenue  
Bedford, OH 44146

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



## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Thursday, May 11**

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

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

15901 Libby Road  
Maple Heights, Ohio 44137

**Wednesdays, May 10, 24**

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

#### **Ellenwood Recreation Center**

124 Ellenwood Avenue  
Bedford, OH 44146

**Wednesdays, May 3, 17**

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

#### **Bedford Heights Community Center**

5615 Perkins Road  
Bedford Heights OH 44146

**(Bedford Heights 60+ community  
members only)**

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

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

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

**Thursdays, May 11, 25**

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, 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*

### **FREEDOM FROM SMOKING GROUP QUIT PROGRAM**

Join the American Lung Association's eight week quit smoking program. Overseen by a certified facilitator, you will learn: how to know if you are ready to quit, medications that can increase your success, lifestyle changes to make quitting easier, how to prepare for your quit day, coping strategies for managing stress and avoiding weight gain, and how to stay smoke free for good.

### **NO COST QUIT PROGRAM**

**Open to everyone. Light snacks provided.**

### **TWO CLASS TIMES TO CHOOSE FROM:**

3:30-5 p.m. or 5:30 -7 p.m.

### **UH Conneaut Medical Center**

158 West Main Road  
Conneaut, OH 44030

*Call 440-593-0364, Kellie McGinnis or [kellie.mcginis@uhhospitals.org](mailto:kellie.mcginis@uhhospitals.org) to RSVP. First session starts Thursday, May 4 at 3:30 p.m.*

## HEALTH SCREENINGS

### **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*

### **POPPING UP IN YOUR NEIGHBORHOOD SHARING COMMUNITY RESOURCES FOR YOU AND YOUR FAMILY GLUCOSE/CHOLESTEROL/BLOOD PRESSURE**

**Saturday, May 13**

9am – 12pm

### **Grand Valley Mustang Stable (Health Fair)**

111 Grand Valley Ave. West  
Orwell, OH 44076

*Call 440-593-0206 for more 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.*



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

## **UNDERSTANDING CARDIAC HEALTH**

Please join us for an evening of appetizers and drinks while you gain a better understanding of cardiac health with primary prevention, calcium scoring, metabolic syndrome and the benefits of cardiac rehabilitation. Seating is limited.

Provider Spotlight: Ashley Carey, CNP, Kimberly Coxon, MBA, MSN, RN, Annette McBride, BSN, RN

**Wednesday, May 10**  
5-7pm

### **Rosabella Winery**

3951 State Route 307  
Austinburg, OH 44010

*RSVP by May 3<sup>rd</sup> to Denise Brown at 440-593-0206.*

## **STROKE SCREENING, LUNCH & LEARN EVENT**

### **BIOMETRIC SCREENINGS (GLUCOSE/CHOLESTEROL/ BLOOD PRESSURE)**

Stroke is a leading cause of serious long-term disability in the United States. A simple screening can provide peace of mind. Join us for an educational luncheon and get a free stroke risk assessment from the experts at University Hospitals. Seating is limited.

*Please RSVP by May 8<sup>th</sup> to Denise Brown at 440-593-0206.*

Free same day Carotid Ultrasound screens available after 1pm the day of the event by appointment only.

*To schedule call: UH Conneaut 440-593-0150 and UH Geneva 440-415-0188*

**Wednesday, May 24**  
12-1:00 p.m.

### **UH Conneaut Medical Center Boardroom**

158 West Main St.  
Conneaut, OH 44030

**Wednesday, May 31**  
12-1:00 p.m.

### **UH Geneva Medical Center Cafeteria**

158 West Main St.  
Conneaut, OH 44030

## **MENTAL HEALTH AWARENESS MONTH**

Learn techniques on how to relieve stress and keep your mental health healthy.

**Monday, May 1**  
11:00 a.m. – 12:00 p.m.

### **Orwell Country Neighbor**

39 South Maple St.  
Orwell, OH 44076

**Tuesday, May 2**  
11:30 a.m. – 12:30 p.m.

### **Andover Community Center**

181 South Main Street  
Andover, OH 44003

**Wednesday, May 17**  
10:30 – 11:30 a.m.

### **Conneaut Human Resource Center**

327 Mill Street  
Conneaut, OH 44030

*Call 440-593-0364 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.

**Wednesday, May 3**  
*(First Wednesday of every month)*  
4 – 5:30 p.m.

### **UH Geneva Medical Center**

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

*Call 440-415-0243 for information*

## **CANCER SUPPORT GROUP**

**Tuesday, May 16**

5 – 6 p.m.

Harbor Halcyon

1119 Bridge Street  
Ashtabula, OH 44004

*Call 440-593-0364 for Information*

## COMMUNITY PROGRAMS

### **Monday through Thursday**

(Late afternoon and evenings on Tuesdays and Wednesdays)

Call **440-284-5709**

### **DIABETES EDUCATION**

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

### **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.

## HEALTH EDUCATION

### **MAY IS STROKE AWARENESS MONTH**

#### **“Stroke 101” Health Talk and Screenings**

Join us for this free health talk. At risk for stroke? Learn the facts and how to prevent a stroke from happening. This presentation will explain the types of strokes, how to recognize and prevent them, as well as treatment options. Presented by Kathy Sila, MD via Zoom. There will also be a live Q&A with Dr. Sunjay Parikh, MD, blood pressure screenings and stroke risk assessments. No need to register.

#### **Wednesday, May 10**

7-10 a.m. ***Cholesterol, glucose and blood pressure screenings in the main lobby***

11:00 a.m. – 12:00 p.m.

***Screenings & Ask a Neurologist Table***

12 p.m. – “Stroke 101”  
**Presentation**

### **UH Elyria Medical Center Gates Auditorium**

125 East Broad Street

Elyria, OH 44035

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

## HEALTH SCREENINGS

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

### **BLOOD PRESSURE SCREENING**

**Tuesday, May 16**

12:30 – 2 p.m.

### **Avon Lake Senior Center**

Old Firehouse Community Center

100 Avon Belden Road

Avon Lake, OH 44012



## COMMUNITY PROGRAMS

Call **440-214-3180** to register

### **LUNCH AND A MOVIE**

Due to very limited space, and to ensure a fun experience for all, registration is required.

**Thursday, May 4**  
12 - 2:30 p.m.

**West Geauga Senior Center**  
8090 Cedar Road  
Chesterland, OH 44026

### **CREATING MEANINGFUL ACTIVITIES FOR BRAIN HEALTH**

**Tuesday, May 9**  
1-2 p.m.

**West Farmington Senior Center**  
150 College Street  
West Farmington, OH 44491

### **GARDENING FOR LIFELONG HEALTH: IRISES WITH LORRAINE**

**Wednesday, May 10**  
3 - 4 p.m.

**UH Geauga Medical Center  
Conference Center**  
13207 Ravenna Road  
Chardon, OH 44024

### **ELDERBERRIES GEAUGA PARK PROGRAM**

**Thursday, May 18**  
11a.m. – 1:30 p.m.

*Lunch provided*

**Blood Pressure Screenings**  
**Beartown Lakes Reservation**  
18870 Quinn Road  
Bainbridge, OH 44023

### **STROKE AWARENESS**

**Thursday, May 11**  
11 a.m.-12 p.m.

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

### **STROKE AWARENESS & RISK ASSESSMENTS**

**Friday, May 12**  
12 -1 p.m.

**West Geauga Senior Center**  
8090 Cedar Road  
Chesterland, OH 44026

### **IMPORTANCE OF FOOT CARE**

**Tuesday, May 16**  
12 -1 p.m.

**Gauga YMCA**  
12460 Bass Lake Road  
Chardon OH 44024

### **LUNCH & LEARN: RESILIENCE IN AN EVER-CHANGING WORLD**

**Tuesday, May 16**  
12 -1 p.m.

**UH Geauga Medical Center  
Conference Center**  
13207 Ravenna Road  
Chardon OH 44024

### **GEAUGA SENIOR TECHNOLOGY EXPO**

*Live and age better by understanding  
and connecting with the tech world!*

**Friday, May 19**  
10:00 a.m. - 2 p.m.

**West Geauga Senior Center**  
8090 Cedar Road  
Chesterland, OH 44026  
*Reservations are required as space is  
limited. To reserve your spot, call*  
**440-279-2163**

### **LUNCH & LEARN: EXERCISE BENEFITS FOR ARTHRITIS**

**Monday, May 22**  
12 - 1 p.m.

**Bainbridge Library**  
17222 Snyder Road  
Chagrin Falls, OH 44023

### **LUNCH & LEARN: INJURY PREVENTION IN OLDER ADULTS**

**Tuesday, May 23**  
12 - 1 p.m.

**Mapleview Country Villa**  
775 South Street  
Chardon, OH 44024

### **MEDICATION MANAGEMENT ASK A PHARMACIST**

**Friday, May 26**  
12 -1 p.m.

**West Geauga Senior Center**  
8090 Cedar Road  
Chesterland, OH 44026

### HEALTH SCREENINGS **BLOOD PRESSURE SCREENING**

**Monday, May 1**  
8:30 -10 a.m.

**West Farmington Senior Center**  
150 College Street  
West Farmington, OH 44491

### **BLOOD PRESSURE SCREENING**

**Tuesday, May 30**  
10:00 a.m. -12 p.m.

**Gauga YMCA**  
12460 Bass Lake Road  
Chardon, OH 44024



## EXERCISE & FITNESS

### **WALKING FOR WELLNESS**

Walking has shown to help with weight management, reducing stress and increasing energy levels. Group walking programs can help you reach your personal wellness goals (*In collaboration with Geauga Dept. on Aging*)

**Thursdays | 9 a.m.**

**May 4**

#### **Welton's Gorge**

13973 Hale Road  
Burton, OH 44021

**May 11**

#### **Observatory Park**

10610 Clay Street  
Montville, OH 44064

**May 18**

#### **Beartown Lakes Reservation**

18870 Quinn Road  
Bainbridge, OH 44023

**May 25**

#### **The West Woods**

9465 Kinsman Road  
Novelty, OH 44072

### **GEAUGA CYCLISTS**

**Tuesdays | 9 a.m.**

**May 2, 9, 16, 23, 30**

#### **Maple Highland Trail**

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

Must have your own bike and transportation to park.

Helmets are required

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

### **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, May 1, 8, 15, 22**

**Wednesdays, May 3, 10, 17, 24, 31**

**Fridays, May 5, 12, 19, 26**

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

Cost \$45

Call **440-279-2137** for Information

## SUPPORT GROUPS

### **APHASIA SUPPORT GROUP**

**Monday, May 1**

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, May 16**

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: MANAGING & SELF-MONITORING GLUCOSE LEVELS**

**Tuesday, May 16**

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, May 17**

6-7 p.m.

#### **Concord Health Center**

Community Room  
7500 Auburn Road

Concord, OH 44077

Call **440-214-3100** for information

### **OSTOMY SUPPORT GROUP**

**Wednesday, May 17**

6:30-7:30 p.m.

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

##### **Conference Center**

13207 Ravenna Road  
Chardon, OH 44024

Call **440-285-6210** for Information

### **CARDIAC SUPPORT GROUP**

**Wednesday, May 24**

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



## SAVE THE DATE: FAMILY HEALTH & SAFETY DAY

Saturday, June 24

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

## UH Geauga Medical Center

13207 Ravenna Road

Chardon, OH 44024

Call **440-901-6169** for information



## COMMUNITY PROGRAMS

### **STROKE AWARENESS EVENT HEALTH SCREENINGS**

Are you at risk for a stroke? Stroke is a leading cause for serious long-term disability in the United States. Stop by the University Hospitals Brunner Sanden Dietrick Wellness Center for health screenings; including blood glucose, cholesterol, blood pressure and more. Attendees can enter for a free chance to win a 3 month family membership to the UH Brunner Sanden Dietrick Wellness Center. To learn more about the well center:

<https://www.uhhospitals.org/locations/university-hospitals-brunner-sanden-deitrick-wellness-center/fitness-center>

**Thursday, May 12**  
10 a.m. – 2 p.m.

**UH Brunner Sanden Dietrick  
Wellness Center**  
8655 Market Street  
Mentor, OH 44060  
*Contact Alecia Crognale for  
Information 440-759-5114*  
[alecia.crognale@uhHospitals.org](mailto:alecia.crognale@uhHospitals.org)

### **HEALTHY MEDITERRANEAN COOKING DEMO & DINNER**

The Mediterranean diet offers a host of health benefits. Join University Hospitals Lake Health chefs & dietitian for a fun and informative cooking demonstration, then try a healthy Mediterranean dish. UH Lake Health Stroke Coordinator will be joining to share stroke awareness information. Registration is required and seating is limited. *Call 440-313-2030 to register before May 18th.*

**Thursday, May 25**  
5 – 7 p.m.

**UH Tripoint Medical Center**  
*(In the Lubrizol Auditorium)*  
7590 Auburn Road  
Painesville, OH 44077

### **STROKE AWARENESS BINGO**

Join University Hospitals Lake Community Outreach & Stroke Coordinator where we join Concord Recreations' 55+ Social Group for BINGO! There will be fun, prizes, treats and valuable health information. *Call the recreation department at 440-636-4650 to register*

**Wednesday, May 24**  
1 – 2 p.m.

**Concord Recreation Center**  
7229 Ravenna Road  
Concord Twp., OH 44077

### **BLOOD PRESSURE SCREENING EVENTS**

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

**Saturday, May 6**  
9 a.m. – 12 p.m.

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

**Saturday, May 20**  
9 a.m. – 12 p.m.

**Lake West Medical Center**  
36000 Euclid Avenue  
Willoughby, Ohio 44094  
*Call 440-313-2030 for information*

### **HEALTH SCREENINGS**

Take advantage of FREE health screenings and education to help you reach your wellness goals. Offered 3 separate dates and times!

**Monday, May 15**  
5:30 – 7:30 p.m.

**Tuesday, May 16**  
9 – 11 a.m.

**Wednesday, May 17**  
9:30 – 11:30 a.m.

### **Lake County YMCA Central Branch**

933 Mentor Avenue  
Painesville, OH 44077  
*Call 216-313-2030 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 or for questions:**  
[Melissa.Loop@UHHospitals.org](mailto:Melissa.Loop@UHHospitals.org) |  
Phone: 440-375-8121 | Fax: 440-375-8126

**Wednesday, May 17**  
6 – 7 p.m.

### **UH Mentor Health Center**

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

### **STROKE SUPPORT GROUP**

Many stroke survivors and their loved ones/caregivers experience a range of emotions and challenges after a stroke. Our team is here to help. Join us for our FREE, family friendly, all-inclusive stroke support group. All ages are welcome. **Benefits of Joining include:** Educational topics, guest support through your journey, cooking demonstrations, helpful tips, connection with others, speakers, music therapy, fun contests,

**To register or for questions:**  
[Alecia.Crognale@UHHospitals.org](mailto:Alecia.Crognale@UHHospitals.org) |  
Phone: 440-759-5114

**Wednesday, May 3**  
6 – 8 p.m.

**UH Brunner Sanden Dietrick  
Wellness Center**  
Conference Room A  
Mentor, Ohio 44060  
8655 Market Street

## COMMUNITY PROGRAMS

### **DIABETES AND NUTRITIONAL COUNSELING**

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

Call Allison Danko, MS, RD, LD at **440-743-2155** for information.

### **HEARTBURN CENTER**

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

### **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

### **SENIOR HEALTH FAIR WELLNESS WEEK**

A full week of activities at the Parma Senior Center Donna Smallwood Activity Center  
7010 W. Ridgewood Dr.  
Parma, OH 44129

Each day there will be healthy snacks starting at 9am with coffee all day. Presentations every day at 12pm. Free screenings, and pop-up activities. Call **440-743-4932** to request a schedule.

**Monday-Friday, May 22-26**

**Monday, May 22**

9 a.m. – 12 p.m.

Free screenings including; blood pressure; non-fasting cholesterol; glucose; stroke assessment; and hearing screenings.

**Wednesday, May 24**

10 – 11 a.m.

Presentation on “**Foot Health**” by Dr. Ara Kallibijan, Podiatrist at UH Parma Medical Center

**Wednesday, May 24**

12:30 -1:30 p.m.

Presentation on “**Healthy Snacking**” by Allison Danko, MS, RD, LD

### **STROKE AWARENESS**

**Monday – Friday**

**May 8, 9, 10, 11, 12**

8 a.m. – 5 p.m.

May is stroke awareness month.

Come visit our informational tables at the Cuyahoga County Public Library - Parma Powers branch. Information available on stroke, diabetes, smoking cessation, acute rehab and nutritional information.

### **May 11 at 12 p.m. - “Is it an Emergency? When to Call 911”**

This presentation will discuss medical emergencies such as stroke, heart attack and trauma and why a 911 call is important. Free Blood Pressure, Non-fasting cholesterol with stroke assessments and balance screenings will be offered to program attendees, following the presentation.

**MUST REGISTER** Click [here](#) **link to the event listing register**

Program location:

Parma-Powers Branch  
Cuyahoga County Public Library  
6996 Powers Blvd  
Parma, OH 44129  
440-885-5362

### **COMPREHENSIVE PAIN CENTER**

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

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

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

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

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



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

## **NORTH ROYALTON SAFETY DAY**

Annual Safety Fair & Open House  
Free blood pressure screening and family activities.

**Saturday, May 20**

10 a.m. - 2 p.m.

**North Royalton Fire Department**

7000 Royalton Rd.  
North Royalton, OH 44133

## HEALTH SCREENINGS

### **COMMUNITY BLOOD PRESSURE SCREENINGS**

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

*Call 440-743-4932 for information*

**Wednesday, May 3**

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

**(Glucose Screening Included)**

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

**UH Parma Health Education Ctr.**

7300 State Road  
Parma, OH 44134

**Wednesday, May 3**

9 - 10:30 a.m.

**North Royalton Office on Aging**

13500 Ridge Road  
North Royalton, OH 44133

**Tuesday, May 9**

8:30 - 10 a.m.

**Broadview Hts. Senior Center**

9543 Broadview Road  
Broadview Hts., OH 44147

**Wednesday, May 10**

8 a.m. - 9:30 a.m.

**Seven Hills Recreation Center**

7777 Summit View Drive  
Seven Hills, OH 44131

**Thursday, May 11**

9:30 - 11 a.m.

**Brooklyn Senior Center**

7727 Memphis Avenue  
Brooklyn, OH 44144

**Friday, May 12**

10 - 11:30 a.m.

**Independence Senior Center**

6363 Selig Drive  
Independence, OH 44131

**Friday, May 12**

10-11:30 a.m.

**Donna Smallwood Activity Center**

7010 W. Ridgewood Dr.  
Parma, OH 44129

**Tuesday, May 23**

9 - 10:30 a.m.

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

11409 State Road  
North Royalton, OH 44133

## **NON-FASTING OR FASTING CHOLESTEROL SCREENING**

**NON-FASTING** – Free. Includes total cholesterol, LDL, and blood sugar. *Appointment required*

**FASTING** - \$30 (cash or checks only)

Includes total cholesterol, HDL, LDL, triglycerides and blood sugar.

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

**Wednesday, May 17**

**9 a.m. – 11 a.m.**

## SUPPORT GROUPS

**UH Parma Health Education Ctr.**

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

## **PARKINSON'S DISEASE**

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

**Tuesday, May 9**

1 – 2:30 p.m.

## **STROKE & ARTHRITIS SUPPORT GROUP**

Offers information and support to anyone suffering with arthritis or has had a stroke including their support person or caregiver. Second Monday of each month.

**Monday, May 8**

12:30 – 2 p.m.

## EXERCISE & FITNESS

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

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

**Wednesdays May 3, 10, 17, 24, 31**

12:30 – 2 p.m.

**UH Parma Health Education Ctr.**

7300 State Road  
Parma, OH 44134

*Call 440-743-4932 for information*



## COMMUNITY PROGRAMS

### **RED CROSS BLOOD DRIVE**

**Monday, May 22**

11 a.m. – 5 p.m.

### **UH Portage Medical Arts**

Building, Atrium

Ravenna, Ohio 44266

To make an appointment, please visit [RedCrossBlood.org](http://RedCrossBlood.org) or scan the QR code:



### **SAIL FALLS PREVENTION CLASS**

**SAIL – Stay Active & Independent for Life**

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

#### **Streetsboro Senior Center**

9307 State Route 43

Streetsboro, OH 44241

INFO/RSVP: 330-626-2398

#### **Portage County Senior Center**

705 Oakwood Street

Ravenna, OH 44266

INFO/RSVP: 330-297-3456

### **AMPUTEE WALKING CLINIC**

**Thursday, May 4**

3 - 5 p.m.

### **UH Portage Medical Arts**

Building, Atrium

6847 N. Chestnut Street

Ravenna, OH 44266

## HEALTH SCREENINGS

### **STROKE SCREENING & EDUCATIONAL EVENT**

Please join us at the market and receive FREE health screenings including: Stroke Assessment, Blood Pressure, BMI, Glucose/Cholesterol, Nutrition, and more.

**Saturday, May 20**

10 a.m. – 2 p.m.

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

Franklin Avenue in Downtown Kent

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

### **FREE HEARING SCREENINGS**

**Thursday, May 25**

8:30 a.m. – 12:30 p.m.

#### **UH Portage Medical Center**

##### **Audiology**

6847 North Chestnut Street

Ravenna, Ohio 44266

Advance registration is required.

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

### **VIRTUAL SMOKING CESSATION CLASSES**

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

## SUPPORT GROUPS

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

**Tuesday, May 16**

2 - 4 p.m.

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

Room 150

6847 N. Chestnut Street

Ravenna, OH 44266

### **SUPPORT FOR GRIEVING ADULTS**

**The Grief Place**

INFO: [www.thegriefcareplace.org](http://www.thegriefcareplace.org)

**330-686-1750**

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

INFO: [ww.kellysgriefcenter.com](http://ww.kellysgriefcenter.com)

Call **330-593-5959** for Information

## WOMEN'S HEALTH

### **FREE MAMMOGRAMS**

For underinsured or uninsured women.

UH Portage Medical Center

6847 North Chestnut Street

Ravenna, Ohio 44266

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

To schedule an appointment with a breast surgeon, call UH 4 Care:

**(844)763-3298**

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

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

Find a Primary Care Provider or Specialist online at

<https://www.uhhospitals.org/doctors>

or call **(877) 251-0176**

For COVID-19 information, testing and vaccine sites, visit

<https://UHhospitals.org/healthcare-update> or call **(216) 273-3218**

UH Virtual Events and Health Talks

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

## COMMUNITY PROGRAMS

### **WALKING CLUB**

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

**Tuesdays, May 2, 9, 16, 23, 30**  
12 – 1 p.m.

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



## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Monday, May 8**  
10:30 a.m. - 12:30 p.m.

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

**Saturday, May 20**  
9:30 a.m. - 11:30 a.m.

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

## HEALTH EDUCATION

### **COOKING DEMONSTRATION**

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.** The registration deadline is **May 15.**

**Wednesday, May. 24**  
12 - 1 p.m.

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

*Call 440-735-2559 to register*



### **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, May 9, 23**  
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*

# UH Samaritan Medical Center

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

**Friday, May 19**  
2-4pm

### **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**

**Wednesday May 10**  
8 - 10 a.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, May 5**  
12 – 6 p.m.

**Thursday, May 25**  
9 a.m. – 3 p.m.

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

663 East Main Street  
Ashland, OH 44805

## **ASHLAND COUNTY COUNCIL ON AGING SENIOR HEALTH FAIR**

**Wednesday May 17<sup>th</sup>**  
10 a.m.-2 p.m.

### **Mozelle Hall**

Ashland County Fair Grounds  
2042 Claremont Ave.  
Ashland, OH 44805

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

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

## HEALTH SCREENINGS **BIOMETRIC SCREENINGS**

**Tuesday, May 9**  
9 - 10:30 a.m.

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

## **SMOKING CESSATION**

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

## EXERCISE & FITNESS **S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)**

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

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

## **ASHLAND HEART TROTTERS WALKING CLUB**

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

### **Freer Field**

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



## 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*

## **OUTPATIENT NUTRITION COUNSELING**

With extensive nutrition experience throughout each person's life cycle, Marge Robinson, MPH, RDN, LD, offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. A physician referral is required prior to visit.

### **St. John Health Center**

26908 Detroit Road, Suite 100  
Westlake, OH 44145

Call **440-835-4426** to schedule

## **SENIOR SUPPER CLUB**

Men and women over the age 60 may apply for a Supper Club card. Seniors can pick up their card up from the Westlake Center for Community Services or the North Olmsted Senior Center. Once they have the card, they may come to the cafeteria at UH St. John Medical Center and receive a 40 percent discount on all food except bottled beverages, specialty snacks and "Simply to Go" items. There is a \$10 limit per customer for the discount: after that, the items are full price.

### **EVERYDAY**

4 – 5:30 p.m.

For more information, call **North Olmsted Senior Center 440-777-8100** or **Westlake Center for Community Services 440-899-3544**.

*You must present your card to receive the discount.*

## HEALTH SCREENINGS

### **MAY IS STROKE MONTH!**

### **"STROKE 101" HEALTH TALK & SCREENINGS**

Join us for this free health talk presented by Dr. Amanda Opaskar. At risk for stroke? Learn the facts and how to prevent a stroke from happening. This presentation will explain the types of strokes, how to recognize and prevent them, as well as treatment options. Same talk, just different locations.

*(Blood Pressure and Stroke Risk Assessment Screening to follow)*

### **Tuesday, May 9**

12:30 – 1:30 p.m.

### **North Olmsted Senior Center**

Community Meeting Room  
28114 Lorain Road  
North Olmsted, OH 44070

### **Monday, May 22**

10 - 11:00 a.m.

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

Community Meeting Room  
28975 Hilliard Blvd  
Westlake OH 44145

Call **440-899-3544** to register

## **CAROTID ARTERY DISEASE SCREENING**

Carotid Artery Disease (CAD) is a major factor for stroke, developing slowly and without symptoms. When the 2 large vessels in your neck (carotid arteries) become clogged with plaque, they narrow, affecting blood flow. If a blood clot occurs, stroke can result.

**Consider a CAD screening if you are age 40 years or older, have diabetes, have ever smoked, or have a family history of stroke heart attack, high cholesterol or peripheral artery disease. Reservations are required and limited ~ Call 440-827-5440 to schedule. Blood pressure, glucose and cholesterol screenings will be provided 9:30 am-12:30pm. No reservation required.**

### **Saturday, May 20**

9 a.m. – 1 p.m.

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

*Biometrics Lab-located by outpatient registration*

29000 Center Ridge Rd  
Westlake OH 44145



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

### **BLOOD PRESSURE SCREENINGS**

**Monday, May 8**  
10:45-11:45 am

**Fairview Park Senior Center**  
20769 Lorain Road  
Fairview Park OH 44126

**Wednesday, May 10**  
9:00 – 10:30 a.m.

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

**Thursday, May 11**  
10:45 -11:45 am

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

### **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.



### **SUPPORT GROUPS**

#### **HOPE GROUP**

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

**Wednesday, May 3**  
**5:30 – 7:30 p.m.**

**UH St. John Medical Center**  
Community Outreach Department  
**Suite R**  
29160 Center Ridge Road  
Westlake, OH 44145

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

## 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, May 11**  
1 – 4 p.m.

**North Royalton Fire Station**  
7000 Royalton Road  
North Royalton, OH 44133  
Email [Kathy Salvo for scheduling](mailto:Kathy Salvo for scheduling)  
[ksalvo@northroyalton.org](mailto:ksalvo@northroyalton.org)

**Thursday, May 18**  
2 – 5 p.m.

**Bay Village Fire Station**  
28100 Wolf Road  
Bay Village, OH 44140  
Call **440-827-5440** to schedule



#### **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**.