



# University Hospitals

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

## AGE WELL. BE WELL. EVENTS MAY, 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  
440-988-6800

#### **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  
440-735-2559

#### **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, May 7, 21**  
10 -11 a.m.

#### **Southerly Park**

15401 S Woodland Rd  
Shaker Heights OH 44120

### **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!

**Monday, May 13**  
11 a.m. – 2 p.m.

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

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING EVENTS**

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

**Wednesday, May 1**  
9- 10 a.m.

**Shaker Heights Senior Center**  
3450 Lee Road  
Shaker Heights, OH 44120

**Wednesday, May 8**  
10- 11 a.m.

**Solon Senior Center**  
35000 Portz Parkway  
Solon, OH 44139

**Thursday, May 16**  
10- 11 a.m.

**Warrensville Heights YMCA**  
4433 Northfield Road  
Warrensville Heights, OH 44128

**Thursday, May 16**  
11:45 a.m. - 12:20 p.m.

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



### **BIOMETRIC SCREENING EVENTS**

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

**Monday, May 13**  
10 a.m. – 1 p.m.  
**Ahuja Medical Center  
Rosenberg A/B & C**  
3999 Richmond Road  
Beachwood, OH 44122

**Wednesday, May 15**  
9:30 a.m.-12 p.m.  
**Macedonia Senior Center**  
9691 Valley View Drive  
Macedonia, OH 44056

## 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.

**Fourth Wednesday of each Month**  
5 – 6:00 p.m.  
**University Hospitals Rehabilitation Hospital**  
23333 Harvard Road  
Beachwood, OH 44122

## Avon Health Center

1997 Healthway Drive  
Avon, OH 44011

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

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

### COMMUNITY EVENT

#### **MOVEMENT PRINCIPLES FOR GOLF PRESENTATION**

Join Fitness Specialist and ACSM Exercise Physiologist Tyler Neely and explore ways to gain strength, accelerating your distance on the course. Learn what muscles control each phase of the golf swing. Consider new exercises to implement into your own personalized workout regimen. Come learn some methods you can add to your toolkit in order to gain strength both on and off the course. Please Pre-Register 440-988-6801

**Friday, May 3**

11 - 11:45a.m.

#### **STRETCHING PRESENTATION**

Grab a coffee or tea and join Certified Fitness Instructor and Personal Trainer Rae Esser-Moore for this presentation where you will actually practice these seated and standing stretches. She'll review the benefits, types of stretching and provide a gentle regimen that you can do at home or on travel. Please Pre-Register 440-988-6801

**Friday, May 31**

9 - 9:30 a.m.

#### **FITTING FITNESS INTO YOUR DAY**

Join Fitness Specialist Chloe Neely, M.S. to learn how to fit activity into everyday life! Have you ever felt pressure to make it to the gym? Do you often wonder if the exercise you are doing is enough? Come learn about the physical activity guidelines, and simple ways to add activity into your daily life both in and out of the gym!

##### Topics include:

- *What's the difference between physical activity vs. exercise?*

- *So, how much should I be exercising? Exercise Guidelines explained.*

- *What types/modes of exercise can fulfill the physical activity requirement?*

- *Time management → How can I make this work for me and my schedule?*

**Friday, May 10**

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

### EXERCISE & FITNESS

#### **LES MILLS™ BODY PUMP**

This invigorating weight-training workout uses barbells with adjustable weights set to motivational music. Strengthen and define each major muscle group with this high repetition muscular endurance functional movement program.

**SELECT Tuesdays, May 7 & 21**

5:45-6:40 a.m.

#### **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 3**

8 - 8:45 a.m.

#### **CYCLING BOOTCAMP COMBO**

Build power and strength through a Group Cycling and Bootcamp combo class. Come and experience a 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, May 4**

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, May 4**

11 - 11:55 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, May 6**

10 - 10:55 a.m.

## 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, May 18**  
11-11:55 a.m.

## WALK WITH A DOG WALK

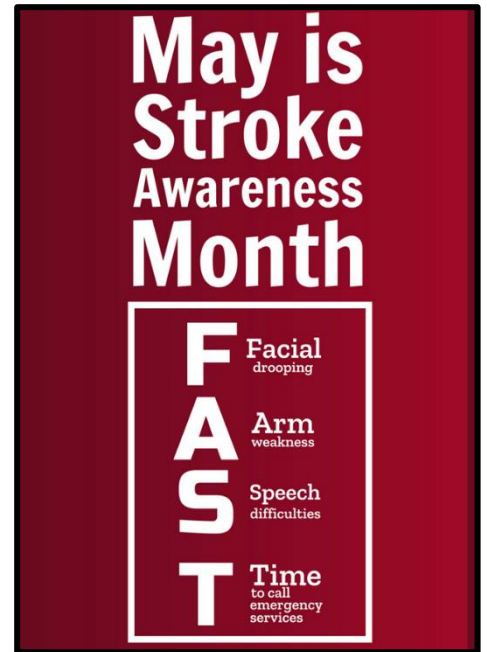
You and your pooch will get great exercise while making new friends. No dog, no problem, join us for this outdoor walk which will be approximately 3/4 mile loop in the adjacent neighborhood. All walking speeds are welcome. Please be sure to keep your dog on a leash and clean up any dog waste.

**Friday, May 17**  
5:30 p.m.

## BEGINNER GROUP CYCLING

Learn the proper way for bike set-up in this beginner level Group Cycling exercise class. This is a great time to check out our new state of the art stationary cycles. During this program, our instructor will go through basic class formats, including hill and race training, and train teaching watts (power generated from your cycling).

**Saturday, May 18**  
10:15-11 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 9, 16, 30**

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, May 15**

**Wednesday, June 19**

**Wednesday, July 24**

2-4 p.m.

**UH Wellness Center at Bedford**

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146



### **SAVE THE DATE**

### **UH 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.*

### **BIKE SAFETY FUN**

Bring the children and learn about bike safety and have fun participating in activities. Children will receive a free helmet and learn about bike safety from the experts at University Hospitals. *Helmets are available first come first served and while supplies last.*

**Wednesday, May 8**

3:30 - 5:30 p.m.

**Cuyahoga County Public Library  
Bedford Branch**

70 Columbus Road

Bedford, OH 44146

*Call 440-439-4997 for information*



### **COOK AND LEARN**

**Mindful Eating:** Learn techniques for creating a Healthy Relationship with Food with Registered Dietitian, Bailey Gordon and Chef Tynisa, owner and head chef of Food with Purpose.

**Wednesday, May 15**

12-1 p.m.

*To register for the cooking demonstration and art of meal prepping, 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.*

### **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, May 15**

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, May 24**

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, May 8**

1- 2 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*

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

## 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.

**Wednesday, May 22**

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, May 4**

9 a.m. - 12 p.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, May 4**

9 a.m. - 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, May 4**

12-1 p.m.

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

## 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>

# UH Bedford Campus, (con't.)

## **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, May 4**

1030 -1130 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, May 1, 15**

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, May 8, 22**

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

**Ellenwood Recreation Center**

124 Ellenwood Avenue  
Bedford, OH 44146

**Thursday, May 9**

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, May 4**

9 a.m. - 12 p.m.

**Friday, May 10**

12 - 2 p.m.

**Monday, May 13**

2 - 3:30 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*



## **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)*

# 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*

## 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.*

### **2024 ASHTABULA COUNTY HOME AND FAMILY SHOW**

Stop by our UH booth – this event features family-friendly activities

**Saturday, May 4**

10 a.m. – 8 p.m.

**Sunday, May 5**

10 a.m. – 5 p.m.

**Ashtabula Towne Square**

3315 N. Ridge Rd. E.

Ashtabula, OH 44004

### **LUNCH & LEARN: WOMEN'S HEALTH: UNDERSTANDING PELVIC ORGAN PROLAPSE AND URINARY INCONTINENCE**

Please join us for this informative lunch and learn event. Seating is limited. *Please RSVP by May 3 to Denise Brown at 440-593-0206.*

**Friday, May 10<sup>th</sup>**

12 – 1p.m.

### **UH Geneva Medical Center**

Lower Level Café

870 West Main St.

Geneva, OH 44041

### **LUNCH & LEARN: WOMEN'S CARDIAC HEALTH**

Please join us for this informative lunch and learn event. Seating is limited. *Please RSVP by May 22 to Denise Brown at 440-593-0206.*

Free same day Carotid Ultrasound screens will be available after 1p.m. by appointment only. *To schedule call UH Conneaut Medical Center at 440-539-0150.*

**Wednesday, May 29<sup>th</sup>**

12– 1p.m.

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

158 W. Main Rd.

Conneaut, OH 44030



## **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->



## **MEDITERRANEAN DIET: WHAT IS IT? LEARN WHAT IT IS AND HOW TO START A MEDITERRANEAN DIET**

**Monday, May 6**

11 a.m.-12 p.m.

**Orwell Country Neighbor**

39 South Maple St.

Orwell, OH 44076

**Tuesday, May 7**

11:30 a.m. – 12:30 p.m.

**Andover Community Center**

181 South Main Street

Andover, OH 44003

**Wednesday, May 22**

10:30 – 11:30 a.m.

**Conneaut Human Resource Center**

327 Mill Street

Conneaut, OH 44030

*Call 440-593-0364 for more*

*Information*

## **OILS FOR LIFE**

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

**Monday, May 6**

**Tuesday, May 28**

12.-1 p.m.

**Orwell Country Neighbor**

39 South Maple St.

Orwell, OH 44076

**Wednesday, May 8**

10:30 - 11:30 a.m.

**Conneaut Human Resource Center**

327 Mill Street

Conneaut, Ohio 44030

*Call 440-593-0364 to RSVP*

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

**Monday, May 20**

10 a.m. – 12 p.m.

**Lighthouse Harvest**

2926 Lake Avenue

Ashtabula, OH 44004

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

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

Join the American Lung Association's seven-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**

**Thursdays (5:30pm – 7:00pm)**

Call 440-593-0364 or email

[kellie.mcginis@uhhospitals.org](mailto:kellie.mcginis@uhhospitals.org) to

RSVP. *Deadline to RSVP is May 30th,*

*Minimum of 3 participants required for class to be held.*

**UH Geneva Medical Center**

870 West Main St.

Geneva, OH 44041

## 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**

**Tuesday, May 28**

5 – 6 p.m.

**Casa de Frida**

3315 N. Ridge Rd. E

Ashtabula, OH 44004

*Call 440-593-0364 for information*

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

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

### **STROKE RISK ASSESSMENT AND SCREENINGS**

Join us for a free stroke risk assessment which also includes a cholesterol, glucose and blood pressure screening. Call **440-827-5440**

*For Information*

**Tuesday, May 7**

7:30-10:30 a.m.

**UH Elyria Medical Center Lobby**

630 East River Street

Elyria, OH 44035

## **SLEEP MEDICINE**

Detailed adult sleep studies are conducted by an experienced team of UH board certified providers and registered sleep technologists to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (sleep walking/night terrors), excessive daytime sleepiness, Pulmonary related sleep issues, Snoring, and Insomnia. Nighttime, daytime, and home sleep studies available.

*For a sleep provider consult, call **216-844-REST***

*To schedule a sleep study at Elyria or Avon sleep lab, call **440-326-5464***



## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Tuesday, May 21**

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>

## 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 2**

12 - 2:30 p.m.

#### **West Geauga Senior Center**

8090 Cedar Road  
Chesterland, OH 44026

### **HEALTHIER, HAPPIER YOU**

Join UH Community Outreach nurse to learn more about healthy eating, importance of exercise and physical fitness, and ways to discover life's purpose and happiness.

**Tuesday, May 7**

12:30 - 1:30 p.m.

#### **West Farmington Senior Center**

150 College Street  
West Farmington OH 44491

### **GARDENING FOR LIFELONG HEALTH: TIPS & TRICKS FOR INVASIVE BUGS AND PLANTS**

**Wednesday, May 8**

3 p.m.

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

13207 Ravenna Road  
Chardon, OH 44024

### **STROKE EDUCATION DAY**

May is National Stroke Awareness Month and University Hospital Geauga Medical Center is providing FREE Health Screenings, Stroke Risk Assessments and education.

**Tuesday, May 14**

10 a.m. - 1 p.m.

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

**Main lobby**  
13207 Ravenna Road  
Chardon, OH 44024

### **ELDERBERRIES PROGRAM: INTERURBAN HISTORY TALK**

Join Geauga Park District for a history program about the Maple Leaf Route of the interurban that ran through Geauga County in the early 20th century. This program will be presented by local historian, interurban expert and author, Dan Rager. UH Resource table provided with health education information, upcoming programs & Blood Pressure screenings provided.

*A collaboration with the Geauga County Department on Aging and Geauga Park District.*

*lunch will be provided*

*Registration required, Call 440-214-3180 to register*

**Thursday, May 16**

12 - 2p.m.

#### **Bass Lake Preserve**

11445 Lakeview Road  
Chardon, OH 44024

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

**Monday, May 6**

8:30 - 10 a.m.

#### **West Farmington Senior Center**

150 College Street  
West Farmington OH 44491

**Monday, May 13**

10 a.m.-12 p.m.

#### **Gauga YMCA**

12460 Bass Lake Road  
Chardon, OH 44024

### EXERCISE & FITNESS

#### **GAUGA CYCLISTS**

**Tuesdays | 9 a.m.**

**May 7, 14, 21, 28**

#### **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.**

**May 2**

#### **Bessie Benner Metzenbaum Park**

7940 Cedar Road  
Chesterland, OH 44026

**May 9**

#### **Modroo Preserve**

15695 Hemlock Road  
Russell., OH 44072

**May 16**

#### **Big Creek Park**

*Meet at Donald Meyer Center*

9160 Robinson Road  
Chardon, OH 44024

**May 23**

#### **Thompson Ledges**

16755 Thompson Road  
Thompson, OH 44086

**May 30**

#### **Chickagami Park**

17957 Tavern Road  
Parkman, OH 44021

### **SAVE THE DATE FAMILY HEALTH & SAFETY DAY**

**Saturday, June 29**

9 a.m. - 1 p.m.

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

13207 Ravenna Road  
Chardon, OH 44024

### **RISK ASSESSMENTS**

*Call Wellness Coordinator at  
440-214-3330*

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

## **DIABETES SELF-MANAGEMENT CLINIC**

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

## **FIGHTING AGAINST PARKINSON'S**

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

**Mondays, May 6, 13, 20**

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

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

**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, May 6**

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, May 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: ASK A PHARMACIST**

**Tuesday, May 21**

2 -3 p.m.

**Chardon Senior Center**

470 Center Street Bldg. 8

Chardon, OH 44024

*Call 440-279-2137 for information*

### **OSTOMY SUPPORT GROUP**

**Thursday, 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*

### **CARDIAC SUPPORT GROUP: UNDERSTANDING CARDIAC MEDICATIONS**

**Monday, May 20**

12-1:30 p.m.

*Lunch provided*

**UH Geauga Medical Center**

Conference Center

13207 Ravenna Road

Chardon, OH 44024

*Call 440-285-6824 to register*

## **BETTER BREATHERS CLUB**

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

*Second Tuesday of the month*

**UH Geauga Medical Center**

Conference Center

13207 Ravenna Road

Chardon, OH 44024

*Call 440-285-6355 for information*

## **CAREGIVER SUPPORT GROUP**

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

**Wednesday, May 22**

2 p.m.

**Maplewood at Chardon**

12350 Bass Lake Road

Chardon, OH 44024

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

## **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

### **HAVE FUN WITH HANDS FREE CPR**

CPR can help save a life during cardiac arrest. Do you want to learn more about hands free Cardiopulmonary Resuscitation or CPR? Stop in for fun hands on CPR related activities!

To sign up call 440-313-2030.

**Saturday, May 25**

9 – 10 a.m.

### **Tripoint Medical Center Lubrizol Conference Rooms, enter through the Physician's Pavilion**

7590 Auburn Road

Painesville, OH 44077

### **FAMILY HEALTH AND SAFETY DAY**

Join us for this family-friendly community event to celebrate wellness with free health screenings, educational activities, and demonstrations. University Hospitals will offer free blood pressure, cholesterol and glucose screenings as well as bone density, carpal tunnel, balance, and carotid ultrasounds. Call to register for the following screenings: hernia, mammogram, and Prostate Specific Antigen (PSA) testing. Experts will be on hand to discuss and sign you up for calcium cardiac scoring tests to be completed on another date. Several community partners will be on hand to share resources. Bring the whole family, there will be bike helmets given away and a water safety simulation trailer!

Learn more about UH Lake West's expanded heart and vascular care and Level III trauma designation! *To register for hernia, mammogram, or PSA testing call: 440-354-1940*

**Saturday, May 18**

9 a.m. – 1 p.m.

### **University Hospitals Lake West Medical Center**

36000 Euclid Ave

Willoughby, OH 44094

### **LAKE COUNTY WATER SAFETY RODEO**

Do you have grandchildren who love to play in the water? Summer is around the corner! The Lake County Water Safety Rodeo is a fun, educational event designed to teach families how to stay safe around water. Workshops include water and boating safety, pool safety, water rescue, hands on CPR, and first response vehicles and water safety trailer. Each child will receive a free life jacket. Workshops are from 12 pm - 2 pm, followed by open swim from 2 pm - 3:30pm. To register scan:



**Saturday, May 5**

12 – 2 p.m.

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

8655 Market Street

Mentor, OH 44060

### **STROKE AWARENESS DAY**

May is Stroke Awareness Month!

Many strokes can be avoided by controlling risk factors and one of the best ways to manage your health is the early identification of your risk factors. Join us for free blood pressure, glucose and cholesterol screenings. No preregistration is needed. A pharmacist will be on hand to answer questions, learn more about plant based eating, and take part in fun and prizes.

**Friday, May 24**

10 a.m. – 2 p.m.

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

8655 Market Street

Mentor, OH 44060

### **SENIOR DAY AT THE MALL**

University Hospitals Community Outreach will join the Lake County Council on Aging to celebrate seniors in our community. There will be games, health information, entertainment and prizes. Stop by to check your blood pressure with University Hospitals!

**Tuesday, May 21**

9 a.m. – 2 p.m.

### **Great Lakes Mall**

7850 Mentor Ave

Mentor, OH 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! 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>

**Thursday, May 30**

6 p.m. – 10 p.m.

### **St. Mary Magdalene Catholic Community**

32114 Vine Street

Willowick, OH 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, May 4**

9 a.m. – 12 p.m.

### **Tripoint Medical Center**

7590 Auburn Road

Painesville, OH 44077

## 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, May 8**

6 – 8 p.m.

**UH Brunner Sanden Dietrick**

**Wellness Center (Conf. Room A) 8**

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

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

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



## **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>

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

## **STROKE AWARENESS**

**Monday – Friday**

**May 1 - 10**

9 a.m. – 9 p.m.

May is stroke awareness month.

Come visit our table display at the Cuyahoga County Public Library – Snow Road branch, 2121 Snow Road, Parma. Information available on stroke; stroke prevention; diabetes, smoking cessation; acute rehab and nutritional information.

**Blood Pressure screening – Snow Road Library**

**Monday, May 6**

10 a.m. – 12 p.m.

**Thursday, May 2**

5 – 8 p.m.

Stroke presentation presented by Dr. John Andrefsky, Neurologist with UH Parma Medical Center. Valuable information will also be shared at our tables that will include: therapy in recovery; balance & exercise; smoking cessation; diabetes; nutrition and more. Free screenings will include: blood pressure; non-fasting cholesterol; glucose; carotid artery screening; sleep apnea assessment; balance screening and stroke risk assessment. Screenings will be offered to program attendees following the presentation.

**Registration begins April 2.**

**MUST REGISTER FOR THE CAROTID ARTERY SCREENING – CALL 440-743-4027 press option #2 REGISTRATION IS REQUIRED FOR THE PRESENTATION** click [here](#) for link to the event listing and to register. You may also call the number below to register.

*Program location:*

**Cuyahoga County Public Library**

Parma-Powers Branch

6996 Powers Blvd

Parma, OH 44129

440-885-5362

## **NORTH ROYALTON SAFETY DAY**

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

**Saturday, May 18**

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 1**

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

**(Glucose Screening Included)**

**UH Parma Health Education Ctr.**

7300 State Road

Parma, OH 44134

**Monday, May 1**

9 - 10:30 a.m.

**North Royalton Office on Aging**

13500 Ridge Road

North Royalton, OH 44133

**Monday, May 6**

10 a.m. - 12 p.m.

**Cuyahoga County Library, Snow Road Branch**

2121 Snow Road

Parma, OH 44130

**Wednesday, May 8**

8 – 10 a.m.

**Seven Hills Recreation Center**

7777 Summit View Drive

Seven Hills, OH 44131

**Thursday, May 9**

9:30 - 11 a.m.

**Brooklyn Senior Center**

7727 Memphis Avenue

Brooklyn, OH 44144

## HEALTH SCREENINGS

### **COMMUNITY BLOOD**

### **PRESSURE SCREENINGS (con't).**

**Friday, May 10**

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

**Independence Senior Center**

6363 Selig Drive

Independence, OH 44131

**Friday, May 10**

10-11:30 a.m.

**Donna Smallwood Activity Center**

7010 Powers Boulevard

Parma, OH 44129

**Tuesday, May 14**

8:30 - 10 a.m.

**Broadview Hts. Senior Center**

9543 Broadview Road

Broadview Hts., OH 44147

**Tuesday, May 28**

9:30 - 11:30 a.m.

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

11409 State Road

North Royalton, OH 44133

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

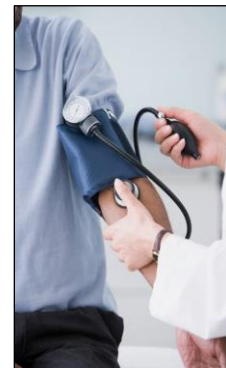
**FREE.** Includes total cholesterol, HDL, and blood sugar.

**Wednesday, May 15**

9 – 11 a.m.

**Appointment required**

Call 440-743-4932





## 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, May 1, 8, 15, 22, 29**  
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, May 13**

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, May 14**

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

4:30 p.m.



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

**Monday, May 20**

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, May 14**

10 a.m.

**Morgan Park**

8828 OH-44  
Ravenna, OH 44266

*Call 330-297-7728 to register*

## **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 18**

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.)

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

## **STROKE RISK AND EDUCATION TABLE**

Join us for information on Stroke risks and prevention

**Wednesday, May 22**

**UH Portage Medical Center, Cafeteria**

6847 Chestnut Street  
Ravenna, OH 44266  
11 a.m. – 1 p.m.

## **“EAT THE RAINBOW” - NUTRITIOUS WAYS TO ENJOY YOUR SUMMER FARMER’S MARKET FINDS**

Most of us have heard the term “Eat the Rainbow” but you may not know what that means or how to begin. Join the UH Portage Community Outreach team to learn how to introduce healthy foods into your diet. In addition to learning about the health benefits of foods you are already familiar with, you will also be introduced to some of the less common fruits, vegetables, and herbs and learn how to prepare them.

**Thursday, May 30**

**Aurora Senior Center, Walker Building**

129 W. Pioneer Trail  
Aurora, OH 44202

*Space is limited, call 330-562-4333 to register.*

## **HEALTH SCREENINGS FREE BLOOD PRESSURE SCREENINGS**

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

**Monday, May 6**

11 a.m. - 1 p.m.

**UH Portage Medical Arts Building, Atrium**

6847 N. Chestnut Street  
Ravenna, OH 44266

## **HEALTH SCREENINGS FREE BLOOD PRESSURE SCREENINGS (con't.)**

**Tuesday, May 14**

11 a.m. – 1 p.m.

**Renaissance Family Center**

9005 Wil Verne Drive  
Windham, Ohio 44288

**Thursday, May 23**

11 a.m. – 1 p.m.

**UH Portage Professional Center Lobby**

6847 N. Chestnut Street  
Ravenna, OH 44266

**Wednesday, April 24**

11 a.m. – 1 p.m.

**UH Kent Health Center**

401 Devon PL  
Kent, OH 44240

## **WELLNESS RETREAT PRESENTED BY THE UH DIABETES & METABOLIC CARE CENTER**

UH Wellness Retreat: A free, one-day event for individuals with Type-2 Diabetes to learn how to improve overall health and wellness. The following are included at NO COST to retreat participants:

- Food and nutrition demos
- Physical activity & exercise classes
- Mindfulness and yoga activities
- Diabetes education
- Healthy meals and snacks
- Wellness tools and resources
- Access to free health monitoring devices

**Friday, May 17**

8 a.m. – 5 p.m.

**Corral Event Center**

6689 OH-43

Kent, OH 44240

*Space is limited and pre-registration is required.*

*Text: “Well” to 216-777-4700*

*Visit: [UHhospitals.org/BeWell](http://UHhospitals.org/BeWell)*

*Email:*

[WellnessTeam@UHhospitals.org](mailto:WellnessTeam@UHhospitals.org)

## **SUPPORT GROUPS**

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

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

## **AMPUTEE WALKING CLINIC**

**Thursday, May 2**

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

## **NEW! HEALTHY HEART SUPPORT GROUP**

Please join us for the educational presentation on Cardiac Testing

**Thursday, May 16**

2-3 p.m.

**Portage Medical Arts Building, Room 150**

6847 North Chestnut Street,  
Ravenna, OH 44266

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

## 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, May 7, 14**

12 – 1 p.m.

*Weather permitting*

### **Richmond Heights City Hall**

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

## **COMMUNITY RESOURCES**

Connect with the Certified Community Health Worker and improve community health and well-being, get linked to resources for food insecurities, rental and housing assistance, utility assistance, transportation, mental health services, reduce the need for EMS through education and connections to health and social services, and more.

**Wednesday, April 17**

10 a.m. - 2:30 p.m.

## **DIGITAL HEALTH WORK**

Work with our Digital Health coordinator to get access to MyChart navigation and low-cost internet, and learn how to use your technology devices.

**Tuesday, May 21**

12 - 3 p.m.

## **BEGINNER YOGA**

Join a certified In The Now Yoga Meditation & Wellness instructor for a yoga session and chair stretching class. *(Bring a mat if you have one)*

**Tuesday, May 21**

11 a.m. - 12 p.m.

## **FREE ART EXPERIENCE**

Immerse yourself in a world of creativity and inspiration with a thoughtfully designed art experience by the Certified Community Health Worker. Creativity can help you feel calm and relaxed; rest and relax your mind; it is essential to your health.

**Tuesday, May 21**

2- 3 p.m.

### **Richmond Heights Community Center (Kiwanis Lodge)**

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

## **COOKING DEMONSTRATION**

Welcome to Fritter Frenzy: Join executive chef Ryan Hamel and Registered Dietitian Bailey Gordon for a fun-filled afternoon of learning how to make delicious fritters from scratch. Our talented chef will guide you through the process, sharing tips and tricks. Whether you're a seasoned cook or a beginner in the kitchen, this event is perfect for anyone looking to expand their culinary skills. *To register for the cooking demonstration, visit us on Eventbrite at "UH Richmond Wellness."*

**Tuesday, May 21**

1 pm-2 pm

### **Richmond Heights Community Center (Kiwanis Lodge)**

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

## HEALTH SCREENINGS

### **BIOMETRIC SCREENINGS**

Blood pressure, Non-Fasting Cholesterol & Glucose screenings, and education from our Community Outreach Nurse.

**Tuesday, May 21**

12 - 3 p.m.

### **BLOOD PRESSURE SCREENINGS**

**Monday, May 13**

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, May 18**

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, May 22**  
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, May 17**  
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, May 3**  
11 a.m. – 5 p.m.

**Thursday, May 16**  
9 a.m. – 3 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, May 8**  
9 – 10:30 a.m.

**Ashland YMCA**  
FirstFloor Conference Room  
207 Miller Street  
Ashland, OH 44805

**Wednesday, May 1**  
10 – 2 p.m.

**Kurz Fitness Center**  
17 Park Avenue  
New London, OH 44851

### **WOMEN SUPPORTING WOMEN MUSIC THERAPY GROUP EMOTIONAL SELF-CARE WITH CANDACE RESSLER, MA, LPCC, ATR**

**Tuesday May 21**  
6-7 p.m.

**Samaritan Auditorium**  
663 East Main Street  
Ashland, OH 44805

## EXERCISE & FITNESS

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

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

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

### **ASHLAND HEART TROTTERS WALKING CLUB**

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

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

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

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

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, May 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*

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

## 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, May 2**  
11:30 a.m. - 1 p.m.

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

Community Meeting Room  
28975 Hilliard Blvd  
Westlake, OH 44145

**Wednesday, May 8**  
9:00 – 10:30 a.m.

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

**Thursday, May 9**  
10:45 - 11:45 am

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

**Monday, May 13**  
10:45-11:45 am

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

## **STROKE RISK ASSESSMENTS AND SCREENINGS**

Join us for a free stroke risk assessment which also includes a cholesterol, glucose and blood pressure screening.

**Tuesday, May 7**  
12 - 2 p.m.

**UH St John Medical Center Lobby (Outside Cafeteria)**  
29000 Center Ridge Road  
Westlake, OH 44145

### **Vascular Screenings (Includes Carotid Artery Screening and Peripheral Vascular 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. Consider PVD screen if you have intermittent pain in your legs which may feel like cramps, muscular fatigue or heaviness, worsening pain during exercise, easing of pain while at rest, coldness of the affected body part, numbness or pins and needles.**

**Saturday, May 18**  
8 a.m. – 12 p.m.

**UH St John Medical Center**

*Biometrics Lab-located by outpatient registration*  
29000 Center Ridge Rd  
Westlake OH 44145

**Reservations are required and limited ~ Please call 440-827-5440 to schedule.**

*Blood pressure screenings will also be provided.*



## 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 16

2 – 5 p.m.

#### Bay Village Fire Station

28100 Wolf Road  
Bay Village, OH 44140

### Thursday, May 23

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***