



University Hospitals

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

AGE WELL. BE WELL. EVENTS NOVEMBER, 2023

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

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.

Saturday, November 18
10:00 a.m. - 2 p.m.

**Cutler Center for Men
Health Screening Event**
3999 Richmond Road
Beachwood, OH 44122

BLOOD PRESSURE SCREENING EVENTS

Thursday, November 2
10:30- 11:30 a.m.

Warrensville Heights YMCA
44333 Northfield Road
Warrensville Heights, OH 44128

Thursday, November 2
12:30 - 1 p.m.

Beachwood Senior Center
25325 Fairmount Blvd
Beachwood, OH 44122

Wednesday, November 8
10- 11 a.m.

Solon Senior Center
35000 Portz Parkway
Solon, OH 44139

Thursday, November 9
1:30 - 2:30 p.m.

Mayfield Village Senior Center
6621 Wilson Mills Road
Mayfield Village, OH 44139

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
5 - 6 p.m.

UH Rehabilitation Hospital
23333 Harvard Road
Beachwood, OH 44122

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 or visit the website to register.

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

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@uhsospitals.org for information and to sign up.

COMMUNITY PROGRAMS

SPA OPEN HOUSE

Join us for our annual holiday open house where area representatives from our product lines will be educating on product benefits for your skin, while offering specials for all who attend. This is a one day, one-time event for the specials so please add to your calendar.

Tuesday, November 7
5:00-7:00 p.m.

EXERCISE & FITNESS

IRON YOGA

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

Friday, November 3
8 - 8:45 a.m.

PILATES

This mat class will work from the base of the spine including the glutes, back muscles as well as deep abdominal and oblique musculature. Unlike traditional pilates, balance work will be included along with light dumbbell and resistance bands. Finally, stretching will also be included for a well-rounded workout.

Monday, November 6
Monday, November 20
4:30. - 5:15p.m.

CARDIO KICKBOXING

The class will practice and break down basic kickboxing techniques that includes the jab, cross, front kick, side kick, and roundhouse instep kick incorporated into routines to promote and improve the cardiovascular system, and muscular endurance. Activities include kickboxing footwork, light dumbbells for punches, and shoulder stability, core, stability and flexibility training. The class is designed by a personal trainer and black belt in Karate and Jujitsu.

Tuesday, November 7
Tuesday, November 21
7- 7:55 p.m.

LES MILLS CORE

LES MILLS CORE™ is a scientific core workout for incredible core 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.

Thursday, November 9
7-7:30 a.m.
Thursday, November 16
5:15-5:45 p.m.

BEGINNER YOGA

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

Saturday, November 18
11 - 11:55 a.m.

BEGINNER SPINNING

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

Saturday, November 25
10:15 a.m.

RACE DAY (90 MINUTES)

This advanced Spinning class is a 90 minute class where the instructor leads you through a road race course on a Spin bike, including hill training.

Sunday, November 26
Sunday, December 31
11:00 a.m. -12:30 p.m.



COMMUNITY PROGRAMS

WALKING CLUB

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

Thursdays, November 2, 9, 16, 30
9:30 - 10:30 a.m.

Weather permitting

Ellenwood Center

Willard Pavilion

124 Ellenwood Avenue

Bedford, OH 44146

Call 440-735-2559 to register

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

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.

Saturday, November 4
10:00 am-1 p.m.

PHE'BE FOUNDATION FINANCIAL LITERACY

Come make withdrawals from the ATM! "ALL Things Money" Is a financial coaching model for households seeking additional training and coaching for asset attainment and wealth building.

Saturday, November 4
10am-11:30 am

COOKING DEMONSTRATION

Join our Chef and Registered Dietitian for a healthy cooking demonstration.

Saturday, November 4
11 am-12 pm

THE VOLT FITNESS CHARG'D UP CLASS

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

Saturday, November 4
12p-1 pm



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesdays, November 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, November 8
11:00 a.m. - 1:00 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue

Bedford, OH 44146

Thursday, November 9
10:45 a.m. - 12:30 p.m.

Maple Hts. Senior Center

15901 Libby Road

Maple Heights, Ohio 44137

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

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
TWO CLASS TIMES TO CHOOSE FROM: Thursdays
(3:30 – 5 p.m. or 5:30 – 7 p.m.)

UH Geneva Medical Center

870 West Main St.
Geneva, OH 44041

Call Kellie McGinnis at 440-593-0364 or email kellie.mcginis@uhhospitals.org to RSVP.

First session begins, Thursday, **November 2 at 3:30 p.m.**

WINTER SAFETY TIPS

Call 440-593-0364 for Information
Monday, November 6
11 a.m. -12 p.m.

Orwell Country Neighbor

39 South Maple St.
Orwell, OH 44076

Tuesday, November 7

11:30a a.m. – 12:30 p.m.

Andover Community Center

181 South Main Street
Andover, OH 44003

Wednesday, November 13

10:30 a.m. – 11:30 a.m.

Conneaut Human Resource Center

327 Mill Street
Conneaut, OH 44030

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

LUNG HEALTH: COPD, OXYGEN AND SMOKING

Provider Spotlight:

Steven Dwayne Strausbaugh, MD – Pulmonary and Critical Care Medicine
Lisa Bean, CNP-APRN – Pulmonary and Critical Care Medicine
Lesia Renshaw – Registered Respiratory Therapist

Wednesday, November 15

5-7pm

Grand River Cellars

5750 S. Madison Rd.
Madison, OH 44057

Please join us for an evening of appetizers and drinks while you gain a better understanding of lung health from chronic obstructive pulmonary disease (COPD), using oxygen and the health impacts of smoking on your lungs. Seating is limited. *Please RSVP by November 13th to Denise Brown at 440-593-0206.*

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

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.



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, November 1
(First Wednesday of every month)
4 – 5:30 p.m.

UH Geneva Medical Center

1st Floor Pulmonary Rehab Dept.
870 West Main Street
Geneva, OH 44041
Call **440-415-0243** for information

CANCER SUPPORT GROUP

Tuesday, November 14

5 – 6 p.m.

Harbor Park

1003 Bridge Street
Ashtabula, OH 44004
Call **440-593-0364** for information

UH Elyria Medical Center

COMMUNITY PROGRAMS

Monday through Thursday

(Late afternoon and evenings on Tuesdays and Wednesdays)

Call **440-284-5709**

DIABETES EDUCATION

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

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

HEALTH SCREENINGS

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

BLOOD PRESSURE SCREENING

Tuesday, November 21

12:30 – 2 p.m.

Avon Lake Senior Center

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

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 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

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, November 2

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, OH 44026

IMPORTANCE OF FOOT CARE

Preventative foot care is critical for one's quality of life, productive work and physical movement. Please join the clinical team from the UH Wound Care & Hyperbaric Medicine Center to learn more about general foot care tips, risk factors and prevention.

Friday, November 3

1 - 2 p.m.

Chardon Senior Center

470 Center Street Building 8
Chardon, OH 44024

STRESS MANAGEMENT

Join us for an overview of how to be physically, mentally and spiritually healthier. Consider how complex the body is, and how the systems work together. How does stress affect your overall health? Let's look how choices we make can help us feel better.

Tuesday, November 7

3 - 4 p.m.

Gauga County Public Library

Gauga West Branch
13455 Chillicothe Road
Chesterland, OH 44026

HEALTHY LIVING BINGO

Tuesday, November 21

11 a.m.-12 p.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

ELDERBERRIES PROGRAM

Join Naturalist Karie to learn about the Ice Age and the amazing animals that lived at that time! 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

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

Thursday, November 16

11:30 a.m. – 2:30 p.m.

Refreshments provided

The West Woods

9465 Kinsman Road
Novelty, OH 44072

BE KIND TO YOUR HEART - LET'S TALK STATINS

Research has shown that statins are highly effective in reducing the risk of fatal heart attack and stroke. However, people are reluctant to take these life-saving drugs. There is a worry about taking medicine every day for the rest of one's life, in addition to statins having undesirable side effects. What does science have to say about these concerns and others surrounding statins?

Tuesday, November 14

2 - 3 p.m.

Gauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

READING A NUTRITION LABEL

Thursday, November 16

11 a.m. - 12 p.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

BUILDING A HEALTHY DIABETIC MENU

Join UH Diabetes educator to learn more about good carbs verses bad carbs, and how to effectively count carbs to achieve the ideal diabetic menu through planning and preparation at an affordable cost.

Friday, November 10

12-1 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland OH 44026

STROKE AWARENESS EDUCATIONAL EVENT

Spotlight Speaker; Mark Rorick, MD Neurology

Every 40 seconds, someone in the U.S. suffers a stroke. Every three minutes, someone dies of a stroke. During this educational event you will learn about what causes a stroke, the symptoms, treatment options and prevention.

Thursday, November 2

6-8 p.m.

UH Geauga Medical Center

(Conference Center)

13207 Ravenna Road
Chardon, OH 44024

*Seating is limited, Call **440-285-3044** to register.*

WHAT IS SEASONAL AFFECTIVE DISORDER

Spotlight Speaker; Karen Ogle, BSN, RN

Seasonal Affective Disorder (SAD) affects nearly half a million Americans each year. As the days get shorter and shift from summer to fall, many Individuals experience physical and psychological symptoms.

Friday, November 10

2-3 p.m.

Gauga County Public Library

Bainbridge Branch

17222 Snyder Road

Chagrin Falls, OH 44023

Call **440-543-5611** to register

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, November 6

8:30 -10 a.m.

West Farmington Senior Center

150 College Street

West Farmington OH 44491

Monday, November 20

10 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

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

Tuesday, November 14

2 p.m.

UH Geauga Medical Center

Seidman Conference Center

13207 Ravenna Road

Chardon, OH 44024

Call **440-285-6355** for information

EXERCISE & FITNESS

WALKING FOR WELLNESS

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

Wednesdays | 1 p.m.

November 1

Affelder House

15139 Chillicothe Road

Novelty, OH 44072

November 8

Punderson State Park

(Park at the lodge)

11755 Kinsman Road

Newbury, OH 44065

November 15

Observatory Park

10610 Clay Street

Montville, OH 44064

November 22

Claridon Woodlands

11383 Claridon Troy Road

Chardon OH 44024

November 29

Penitentiary Glen Reservation

(Meet at Nature Center)

10110 Cedar Road

Kirtland, OH 44094

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, November 6, 13, 20, 27

Wednesdays, November 1, 8, 15, 22, 29

Fridays, November 3, 10, 17, 24

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call **440-279-2137** for

Information

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, November 6

6 p.m.

Outpatient Rehab Services at YMCA

12460 Bass Lake Road

Chardon, OH 44024

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

PARKINSON'S SUPPORT GROUP

Tuesday, November 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: KNOW YOUR HEALTH NUMBERS

Tuesday, November 21

Health screenings 12:30-2 p.m.

(Non-fasting Cholesterol, Non-fasting Glucose, A1C, Blood Pressure, and Body Mass Index provided)

Presentation 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, November 15

6-7 p.m.

Concord Health Center

Community Room

7500 Auburn Road

Concord, OH 44077

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

CARDIAC SUPPORT GROUP: HEART FAILURE

Wednesday, November 29

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

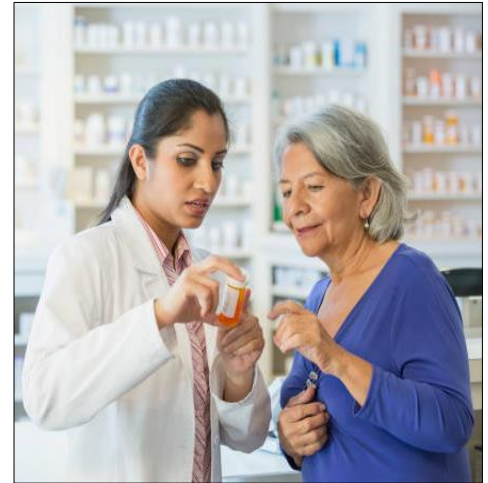
Call Wellness Coordinator at 440-214-3330

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



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 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

THANKSGIVING DINNER AND DEMONSTRATION

Come over for dinner! Join us for a holiday cooking demonstration! Our chef designed menu will include roasted turkey, seasonable sides, and a delicious dessert. Bring your appetite!

Participants will enjoy a meal with dessert, receive a demonstration and healthy tips from University Hospital's chefs and dietitian. Additionally, cooking demonstration participants will be given fresh locally grown in season produce to recreate the side dishes at home. *The event is free but seating is limited, please call by November 8th to register: 440-313-2030.*

Monday, November 13

1 – 2:30 p.m.

**Tripoint Medical Center
Lubrizol Conference Room** (*enter through the Physician's Pavilion*)
7590 Auburn Road
Painesville, OH 44077

FRIENDSGIVING!

Friendsgiving is an annual thankful celebration held at Concord Township Community Center. Participants can share a meal and feelings of togetherness. You can bring a dish to share but it is not required. Sign up for potluck is underway, so give them a call. The recreation department is providing the turkey, stuffing, potatoes and corn. University Hospitals Laker Health community outreach will be on hand to provide blood pressure checks. Seating is limited to 50. For more information and to register call the community center at 440-639-4650

Wednesday, November 15

1 – 2:30 p.m.

Concord Twp., Community Center
7671 Auburn Road
Concord Township, OH 44077

THE GREAT AMERICAN SMOKEOUT AT UH TRIPPOINT

For more than 40 years, the American Cancer Society has presented the Great American Smokeout in November. The Great American Smokeout Is an opportunity for people who smoke to commit to healthy, smoke-free lives. The Great American Smokeout event challenges people to stop smoking and helps people learn about the many tools they can use to help them quit and stay quit. We know It Is hard to quit tobacco! Stop by UH Tripoint Medical Center's main lobby for resources to help you live a healthy smoke free life! The Lake County Health Department will be on hand to help. Education from University Hospitals' Lung Cancer program will also be available. All are welcome to join for prizes, blood pressure screenings and more! Please note if construction is still happening In the front of the main entrance, you may enter through the physicians pavilion, follow the signs.

Wednesday, November 15

9 a.m.-12 p.m.

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



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, November 4

9 a.m. – 12 p.m.

Tripoint Medical Center
7590 Auburn Road
Painesville, OH 44077

Saturday, November 18

9 a.m. – 12 p.m.

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

HEALTH SCREENINGS AT THE LAKE COUNTY YMCA - CENTRAL BRANCH

Take advantage of free health screenings and education to help you reach your wellness goals. Several dates and times available. Open to the public and no registration required.

Monday, November 13

5:30 – 7:30 p.m.

Tuesday, November 14

9 – 11:00 a.m.

Wednesday, November 15

9:30 – 11:30 a.m.

**Lake County YMCA
Central Branch**

SUPPORT GROUP

BREAST CANCER SUPPORT GROUP

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

Melissa.Loop@UHhospitals.org

|
Wednesday, November 15
6 – 7 p.m.

UH Mentor Health Center

Main Lobby (The entrance with the large flagpole.)
9485 Mentor Avenue
Mentor, OH 44060

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 |

Wednesday, November 1
6 – 8 p.m.

UH Brunner Sanden Dietrick

Wellness Center (Conf. Room A)
8655 Market Street
Mentor, OH 44060



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

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 877-229-8727 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

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

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>

EARLY LUNG NODULE DETECTION WITH LOW – DOSE CT SCANS

The earlier we identify lung cancer, the stronger the outcomes. That's why University Hospitals Parma Medical Center offers low-dose CT screening as part of our Lung Nodule Program. We evaluate high-risk individuals, such as long-term smokers, and screen them to look for suspicious nodules before they become problematic. *Call 440-743-8520 to schedule an appointment at the Lung Nodule Center*

PROMOTING WELLNESS WITH SLEEP HEALTH

Learn about sleep health & sleep as a pillar of wellness. Learn how daily routines can hinder or promote sleep and importance of managing stress to improve quality of sleep.

[Click here](#) to open the presentation.

Must have Zoom to view this.

PASSCODE: eRW6TXJw

SLEEP SERVICES AT UH PARMA MEDICAL CENTER

We offer in person and virtual visits. [Click here](#) for more information about University Hospital's Sleep lab or to find a sleep lab near you.

To schedule an appointment call 216-844-7378

UH PARMA MEDICAL CENTER'S COMMUNITY CARE CLINIC

*Walk-ins welcome, Urgent Care and scheduled appointments. 6707 Powers Boulevard, Parma
Call 440-743-8520 for information on days and times.*

HEALTH SCREENINGS

NORTH ROYALTON COMMUNITY HEALTH FAIR & FAMILY EXPO

All are welcome! Visit the UH Parma tables for resources and education information. UH Parma will be performing health screenings. Blood pressures; non-fasting cholesterol; Glucose; stroke assessments and hearing screening. Community Blood Drive by Vitalant, complimentary pancake breakfast, raffles and so much more.

Saturday, November 4

8 a.m. – 12 p.m.

North Royalton High School

14713 Ridge Road

North Royalton OH 44133



COMMUNITY BLOOD PRESSURE SCREENINGS

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

Wednesday, November 1

9 - 10:30 a.m.

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

Wednesday, November 1

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

(Glucose Screening Included)

UH Parma Health Education Ctr.
7300 State Road
Parma, OH 44134

Tuesday, November 7

10 a.m. - 12 p.m.

Cuyahoga County Public Library
Parma Snow Road Branch
2121 Snow Road
Parma, OH 44134

Wednesday, November 8

8 - 9:30 a.m.

Seven Hills Recreation Center
7777 Summit View Driv
Seven Hills, OH 44131

Friday, November 10

10-11:30 a.m.

Donna Smallwood Activity Center
7010 Powers Boulevard
Parma, OH 44129

Tuesday, November 14

8:30 - 10 a.m.

Broadview Hts. Senior Center
9543 Broadview Road
Broadview Hts., OH 44147

Thursday, November 9

9:30 - 11 a.m.

Brooklyn Senior Center
7727 Memphis Avenue
Brooklyn, OH 44144

Friday, November 10

9 a.m. - 12 p.m.

Independence Senior Center
6363 Selig Driv
Independence, OH 44131

Tuesday, November 28

9 - 10:30 a.m.

North Royalton Y.M.C.A.
11409 State Road
North Royalton, OH 44133



EXERCISE & FITNESS

PARKINSON'S DISEASE EXERCISE CLASS - DELAY THE DISEASE

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

Wednesdays, November 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

PARINSON'S DISEASE

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

Tuesday, November 14

1 - 2:30 p.m.

STROKE & ARTHRITIS SUPPORT GROUP

Offers information and support to anyone suffering with arthritis or has had a stroke including their support person or caregiver. Second Monday of each month. *For more information and / or question, call **440-743-4127***

Monday, November 13

12:30 - 2 p.m.

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 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

RED CROSS BLOOD DRIVE

Monday, November 27

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: 330-297-3456

AMPUTEE WALKING CLINIC

Thursday, November 2

3 - 5 p.m.

UH Portage Medical Arts Building,

Room 150

6847 N. Chestnut Street

Ravenna, OH 44266

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

PORTAGE PARKS DISTRICT PRESENTS: HIKE WITH AN EXPERT

Enjoy a hike with UH Portage Medical Center's Brea Loewit, CNP to ask questions and learn about mammography guidelines and breast cancer prevention.

Friday, October 13

4 – 5 p.m.

Trail Park

605 Ravenna Road

Streetsboro, OH 44241

Call 330-297-7728 to register



WELLNESS RETREAT PRESENTED BY THE UH DIABETES & METABOLIC CARE CENTER

UH Wellness Retreat: A free, one-day event for individuals with pre-diabetes, diabetes, obesity, or other metabolic conditions 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 and exercise classes
- Mindfulness and yoga activities
- Diabetes education
- Healthy meals and snacks
- Wellness tools and resources
- Access to free health monitoring devices

Friday, November 3

8 a.m. – 5 p.m.

Moebius Nature Center

929 E. Mennonite Road

Aurora, OH 44202

Space is limited and pre-registration is required.

Text: "Well" to 216-777-4700

Visit: UHhospitals.org/BeWell

Email:

WellnessTeam@UHhospitals.org

PORTAGE PARKS DISTRICT PRESENTS: HIKE WITH AN EXPERT

Enjoy a hike with UH Portage Medical Center's Brea Loewit, CNP to ask questions and learn about mammography guidelines and breast cancer prevention.

Monday, November 13

4– 5 p.m.

Trail Park

605 Ravenna Road

Streetsboro, OH 44241

Call 330-297-7728 to register

UH Portage Medical Center, (con't).

THYROID & CAROTID ARTERY SCREENING

Join us for this important free health screening

Tuesday, November 14
3 - 5 p.m.

UH Portage Professional Center, Specialty Clinic

6847 North Chestnut Street
Ravenna, OH

To pre-register call **330-297-2576** by November 13th.

OUTPATIENT NUTRITION COUNSELING

UH Portage Medical Center – Portage Professional Center Suite #200

Portage Professional Center
6847 North Chestnut Street, Ravenna

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

SUPPORT GROUPS

Call 330-297-2576 for Information

BEYOND STROKE SUPPORT GROUP (Virtual quarterly meetings)

PARKINSON'S SUPPORT GROUP

Tuesday, November 21
2 - 4 p.m.

UH Portage Medical Arts Building

Room 150
6847 N. Chestnut Street
Ravenna, OH 44266

DIABETES SUPPORT GROUP

Tuesday, December 5
4 - 5 p.m.

UH Portage Medical Arts Building

Room 150
6847 N. Chestnut Street
Ravenna, OH 44266

SUPPORT FOR GRIEVING ADULTS

The Grief Place

INFO: www.thegriefcareplace.org
330-686-1750

Kelly's Grief Center

INFO: 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, November 7, 14, 28

12 – 1 p.m.

Weather permitting

Richmond Heights City Hall

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



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, November 13

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

Kiwanis Lodge Community Center

27285 Highland Road
Richmond Heights, OH 44143

RISK ASSESSMENT AND SCREENING

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.

Tuesday, November 14

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*

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 or visit the website below to register.

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

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

Tuesday, November 28
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, November 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, November 3
12 – 6 p.m.

Thursday, November 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.

ASHLAND MIDWEEK FARMERS
MARKET CRAFT FAIR

Wednesdays, November 1, 8, 15,
29
3-6 p.m.

UH Samaritan Medical Center
Auditorium
663 East Main Street
Ashland, OH 44805

HEALTH SCREENINGS
BIOMETRIC SCREENINGS

Wednesday, November 8
9 – 10:30 a.m.

Ashland YMCA
First Floor Conference Room
207 Miller 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

HEALTHY@UH PODCASTS

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

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

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

COMMUNITY PROGRAMS

For more information about our programs, contact the Outreach Department at **UH St. John Medical Center at 440-827-5440**.

No screenings offered on holidays. Screenings may be canceled on days with inclement weather

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. Call 216-849-5013*

SENIOR SUPPER CLUB

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

EVERYDAY

4 – 5:30 p.m.

For more information, call North Olmsted Senior Center 440-777-8100 or Westlake Center for Community Services 440-899-3544. You must present your card to receive the discount.



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

HEALTH SCREENINGS

AUDIOLOGY SCREENING

Testing and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Department. *Please call 440-835-6160.*

BALANCE SCREENING

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

BLOOD PRESSURE SCREENINGS

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

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

Thursday, November 9
10:45 -11:45 am

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

Monday, November 13
10:45-11:45 am

Fairview Park Senior Center
20769 Lorain Road
Fairview Park OH 44126

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

HEALTH SCREENINGS (con't).

WESTLAKE PORTER LIBRARY HEALTH FAIR

Join us for this informational health fair which includes blood pressure and stroke risk assessments, hearing, vision and balance screenings, information on different healthcare organizations and a talk on “Understanding Mental Illness” presented by NAMI at 2:30 pm. Enter the raffle to win a Fitbit Activity Tracker!

Saturday, November 4
1-4 p.m.

Westlake Porter Library
27333 Center Ridge Rd
Westlake OH, OH 44145

WESTSIDE HEALTH ORGANIZATION (WHO) HEALTH FAIR

Learn more about the newest healthcare resources available, including Independent and Assisted Living, Hospice Care, Memory Care, Home Care, Skilled Nursing and Elder Law. Give Aways and Gift Card Raffles!

Wednesday, November 8
11 a.m. – 1 p.m.

**St John Medial Center Building 2 ~
Auditorium A & B**
29000 Center Ridge Rd
Westlake OH 44145

SUPPORT GROUPS

HOPE GROUP

A support group for newly diagnosed breast cancer individuals and for breast cancer survivors
Wednesday, November 1
5:30 – 7:30 p.m.

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

Call 440-827-5440 for information

Car Seat Installations for Caregivers and Grandparents

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

Thursday, November 9
1 – 4 p.m.

North Royalton Fire Station

7000 Royalton Road

North Royalton, OH 44133

Email Kathy Salvo for scheduling

ksalvo@northroyalton.org

Thursday, November 16
2 – 5 p.m.

Bay Village Fire Station

28100 Wolf Road

Bay Village, OH 44140



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.