



# University Hospitals

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

## AGE WELL. BE WELL. EVENTS NOVEMBER, 2024

If you are not a member of the **AGE WELL. BE WELL.** Club and would like to join, please visit our website <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well> to register.

### UH Locations

#### AVON HEALTH CENTER

1997 Healthway Drive  
Avon, OH 44011  
440-988-6801

#### ELYRIA MEDICAL CENTER

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

#### 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

#### GEAUGA MEDICAL CENTER

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

#### RICHMOND MEDICAL OFFICE BUILDING

27100 Chardon Road Ste 100  
Richmond Hts., OH 44143  
440-735-2559

#### BEDFORD MEDICAL OFFICE BUILDING

88 Center Road  
Bedford, OH 44146  
440-735-2559

#### GENEVA MEDICAL CENTER

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

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

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

#### BRUNNER SANDEN DEITRICK WELLNESS CENTER UH FITNESS CENTER IN MENTOR

8655 Market Street  
Mentor, OH 44060  
440-375-8777

#### LAKE WEST MEDICAL CENTER

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

#### SAMARITAN MEDICAL CENTER

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

#### CONNEAUT MEDICAL CENTER

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

#### PARMA MEDICAL CENTER

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

#### TRIPOINT MEDICAL CENTER

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

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 STROKE PRESENTATION**

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

**Wednesday, November 7**  
12:30 - 1:30 p.m.

### **Stephanie Tubbs Jones Community Center**

3450 Lee Rd  
Shaker Heights, OH 44120

### **ORANGE LIBRARY HEARTSAVER CPR**

University Hospitals is committed to the mission of Building Lifesaving Communities. To support this mission, UH provides Heartsaver CPR/AED training through Community Benefit without any financial commitment from individual community members. American Heart Association Heartsaver CPR/AED courses are designed for anyone with little or no medical training who needs a course completion card for their job (lifeguard, school employee or student, daycare worker, etc.) or any community members who want to be prepared to help in during a cardiac arrest. **Spots are limited so please call to register at:**

**<https://attend.cuvahogalibrary.org/event/11004435>**

**Saturday, November 9**  
9:30 a.m. - 12:30 p.m.

### **Orange Library**

31975 Chagrin Blvd  
Pepper Pike, OH 44124

## 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.

**Thursday, November 14**  
11 a.m. - 2 p.m.

### **Twinsburg Wellness Fair**

Arbor Glen Apartments  
2639 Arbor Glen Dr.  
Twinsburg, OH 44087

### **BLOOD PRESSURE SCREENING EVENTS**

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

**Wednesday, November 13**  
10 - 11 a.m.

### **Solon Senior Center**

35000 Portz Parkway  
Solon, Ohio 44139

**Thursday, November 21**  
10 - 11 a.m.

### **Warrensville Heights YMCA**

4433 Northfield Road  
Warrensville Heights, Ohio 44128

**Thursday, November 21**

11:45 a.m. - 12:15 p.m.

### **Beachwood Senior Center**

25325 Fairmount Blvd  
Beachwood, Ohio 44122

### **AHUJA MEDICAL CENTER HEARTSAVER CPR**

University Hospitals is committed to the mission of Building Lifesaving Communities. To support this mission, UH provides Heartsaver CPR/AED training through Community Benefit without any financial commitment from individual community members.

American Heart Association Heartsaver CPR/AED courses are designed for anyone with little or no medical training who needs a course completion card for their job (lifeguard, school employee or student, daycare worker, etc.) or any community members who want to be

prepared to help in during a cardiac arrest. **Spots are limited so please register at:**

**<https://uhems.org/registration?ei=5308&li=128>**

**Wednesday, November 13**  
5:30 p.m. - 8:30 p.m.

### **Ahuja Medical Center**

3999 Richmond Rd.  
Beachwood, Ohio 44122

## SUPPORT GROUPS

### **STROKE SURVIVOR SUPPORT GROUP**

University Hospitals Rehabilitation offers a free support group for stroke survivors and their families or caregivers. This group, facilitated by rehabilitation specialists can assist in navigating life after a stroke.

**Second Tuesday of each Month**

1-2 p.m.

### **UH Rehabilitation Hospital**

23333 Harvard Road  
Beachwood, OH 44122

### **BRAIN INJURY CAREGIVER SUPPORT GROUP**

University Hospitals Rehabilitation offers a free support group for the families or caregivers of individuals who have suffered a brain injury. This group, facilitated by rehabilitation specialists, provides practical problem solving around caring for those with a brain injury as well as emotional support.

### **ZOOM MEETING**

**Fourth Wednesday of each Month**

12 p.m.

Join Zoom Meeting

**<https://us05web.zoom.us/j/81394268001?pwd=Aluh4o7gZKK9q0whrLnn9u8y9PpLOD.1>**

Meeting ID: 813 9426 8001

Passcode: 5uzg9K

## Avon Health Center

1997 Healthway Drive  
Avon, OH 44011

*These group exercise classes and events are free and open to members and non-members aged 15 and older. Pre-registration is required for all activities. Please call 440-988-6801 or email [Renee.Barrett@uhhospitals.org](mailto:Renee.Barrett@uhhospitals.org) for information and to sign up.*

## 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 1**

**Friday, December 6**

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



### **BENEFITS OF YOGA**

The potential health benefits of yoga are numerous and include stress reduction, increased fitness, management of chronic health conditions and weight loss. While not a cure, yoga can help some health conditions when combined with standard treatment, or can be an enjoyable supplement to a regular fitness routine.

### **BETTER BALANCE WITH SHERRY**

BETTER BALANCE-a 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, November 2**

11-11:55 a.m. (Studio 2)

### **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 16**

10:15 -11 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, November 11**

**Monday, December 16**

10 - 10:55 a.m.

### **WALL PILATES**

Wall Pilates is a variation of the traditional Pilates only using a wall for resistance. This innovative approach helps to focus on alignment, balance, and core strength. You can use your feet, arms, back, or side to press against the wall while doing exercises. Participants are encouraged to bring their own mats, but we also have extras should you not own one. Participants should be aware that both standing, lying, and sitting poses will be done.

**Saturday, December 2**

10:45-11:30a.m.

### **HAVIN' A BALL**

Stability balls are a fun addition to any fitness program. Stability balls Improve flexibility, strength the core (abdominals and back muscles), and Improve balance. Join In this fun workout with this versatile piece of equipment.

**Saturday, November 16**

8:00-8:45 a.m.

### **YIN YOGA WITH SOUND BATH**

Special event to welcome the Autumn season with Crissy Stelmashuk E-RYT. Enhance your fitness journey by incorporating the deep recovery of Yin Yoga into your routine. Relieve tension, release tight muscles and increase flexibility as you settle into each pose. Floor and Seated Chair Postures will be included in this accessible course. Then, let yourself completely relax in the healing frequencies of a sound bath. Program Fee: \$10 for UH Avon Fitness Center members and \$20 for guests (Includes access to full fitness center, swimming pool, whirlpool, sauna and steam room).

**Saturday, November 9**

11a.m. to Noon (Studio 2)

## 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 7, 21**

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.

**Art interventions will help with:** Self-expression, raising self-esteem, self-care, coping with change, self-awareness, relaxation, soothing anxiety, relieving stress, feelings/emotions, and empowerment. **For questions or additional information, contact:**

Jessica Grimm, ATR-P, UH Connor Whole Health Registered Art Therapist  
E-mail:

Jessica.Grimm@UHhospitals.org |

Phone: 216-285-4041

**Wednesday, November 20**

2-4 p.m.

**UH Wellness Center at Bedford**

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

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



### **COMMUNITY MUSIC THERAPY**

Community members and UH caregivers are invited to come together and support one another while experiencing different music therapy interventions. There will be opportunities to sing and play instruments, including drums, ukulele, egg shakers, piano, and more. No musical background is required! **Every 3rd Monday of the Month.**

**For questions or additional information, contact** Bedford

Wellness Center: at 440-252-3285

Email:

Marionna.Mcmillon@uhhospitals.org

**Monday, November 18**

1 -2 p.m.

**UH Wellness Center at Bedford**

88 Center Road

Medical Office Building

Bedford, OH 44146

### **CHAIR YOGA**

It is a gentle form of yoga while seated or using a chair for balance

**Friday November 8**

12-1 p.m.

### **BEGINNING YOGA**

**Friday, November 22**

12-1 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)*

### **RADIOLOGY & SPORTS MEDICINE TALK**

Discussion on the Intersection of Radiology and Sports Medicine.

**Monday, November 4**

4 - 4:30 p.m.

**UH Wellness Center at Bedford**

88 Center Road

Medical Office Building

Bedford, OH 44146

## REPLACEMENT SERIES: THIS FOR THAT

Join Food with Purpose's Chef T and Wellness Center Register Dietitian to learn about healthy food replacements, and try them too!

**Monday, November 4**

1-2 p.m.

*To register for the Replacement Series event, visit us on Eventbrite at "UH Community Wellness Center at Bedford."*

## UH Wellness Center at Bedford

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

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

## COOKING DEMONSTRATION

Join Chef Paul Hamalainen & Registered Dietitian Bailey Gordon for an exciting demonstration highlighting innovative and nutritious cooking techniques and inspiration.

### Cooking 101 Demonstration Series: Methods of Frying & Alternatives

Learn how to step into the kitchen with confidence! Recipe: **Salmon Patties**. In this demonstration, we'll explore different frying techniques as well as healthy frying alternatives. Using salmon patties as our recipe, we'll review the pros and cons of each method, focusing on taste, texture, and nutritional impact. This session is designed to help you make quick, delicious, and nutritious meals without spending too much time in the kitchen."

**Wednesday, November 6**

12- 1p.m.

### Cooking 101 Demonstration Series: Braising: Recipe Braised Cranberry Turkey Thighs with Root Vegetable

In this cooking demonstration, we'll dive into the art of braising—a slow-cooking method that enhances flavor and tenderness. Using cranberry braised turkey thighs with root vegetables as our featured recipe, we'll cover the key steps to braising, from searing to slow simmering, and discuss how this technique transforms tough cuts of meat into savory, mouth-watering dishes. Perfect for anyone looking to make hearty, flavorful meals with minimal effort.

**Wednesday, November 25**

12-1p.m.

*To register for this event, visit us on Eventbrite at "UH Community Wellness Center at Bedford."*

## UH Wellness Center at Bedford

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

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

### THE BENEFITS OF PLANT-BASED NUTRITION ABOVE AND BELOW THE BELT

Join YouTube cooking sensation Jane Esselstyn, R.N., co-author of the 'Prevent and Reverse Heart Disease Cookbook', for a lively workshop on the causation, prevention and reversal of type 2 diabetes, heart disease, many cancers, and erectile dysfunction. Her use of props, slides, and humor help connect the anatomy and physiology to the foundations of disease. Most importantly, Jane arms participants with the knowledge and techniques required to be able to explain the basic science behind plant-based nutrition to friends and family.

**Monday, November 18**

4-5 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.*

## 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, November 13**

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.*

**Monday, November 4**

**Friday, November 15**

12-1 p.m.

## UH Wellness Center

88 Center Road Suite 150  
Bedford, OH 44146

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



## TAI CHI

**Tai Chi is generally safe for all ages and fitness levels.** It is a gentle way of reducing stress and anxiety while increasing flexibility and balance. Your instructor, Sandy Frazer, is certified with the Tai Chi For Health Institute and associated with the Arthritis Foundation. Please join her for an introduction to Sun Style Tai Chi. Please wear loose clothing and comfortable shoes.

**Monday, November 11**

1 -2 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, November 2**

12-1 p.m.

## UH Wellness Center at Bedford

88 Center Road  
Medical Office Building  
Bedford, OH 44146

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



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

**SERIES** During the 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.**

### Upcoming Session Topics:

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

Gain a better Understanding of Medicare & Medicaid, learn how to build healthcare costs into your budget, the difference between HSA & FSA, and receive education on UH financial assistance program.

**Saturday, November 2**

10:30 -11:30 a.m.

## FLU VACCINE DAYS

UH Meds Pharmacies and the UH Community Wellness Center at Bedford are making it easier for you to stay healthy this flu season. Join us for a day of health as we provide flu vaccines to you and your loved ones. We look forward to seeing you thrive this flu season.

**Tuesday, November 5**

10 a.m. – 1 p.m.

**Tuesday, November 12**

10 a.m. – 1 p.m.

**Please bring your insurance cards to your visit.** Most insurance companies provide vaccines at zero cost. If not covered by your prescription insurance, the charge will be \$30 per flu vaccine. Please call UH Minoff Retail Pharmacy with any questions or concerns at 216-616-9566.

## UH Community Wellness Center at Bedford

88 Center Road, Suite 150  
Bedford, OH 44146.

## HEALTH SCREENINGS

### BLOOD PRESSURE SCREENINGS

**Wednesday, November 6, 20**

10 a.m. - 1 p.m.

**Bedford Heights Community Center**

5615 Perkins Road  
Bedford Heights, OH 44146  
(Bedford Heights 60+ community members only)

**Wednesday, November 13**

11 a.m. - 1 p.m.

**Ellenwood Recreation Center**

124 Ellenwood Avenue  
Bedford, OH 44146

**Thursday, November 21**

10:45 a.m.-1230 p.m.

**Maple Heights Senior Center**

15901 Libby Road  
Maple Heights, Ohio 4

## BIOMETRIC SCREENINGS

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

**Saturday, November 2**

9 a.m. - 12 p.m.

**Monday, November 11**

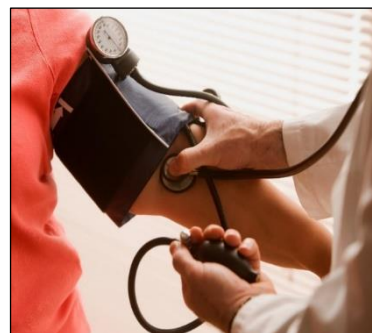
10 a.m. - 12 p.m.

**Monday, November 18**

2 - 3:30 p.m.

## UH Wellness Center at Bedford

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



## 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 physician referral 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.**

**Thursdays (5:30 – 7 p.m.)**

*Call 440-593-0364 or email*

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

***Deadline to RSVP is November 28, 2024.***

Minimum of 3 participants required for class to be held.

Our first session starts on Thursday, December 5, 2024 @ 5:30pm

### **University Hospital Geneva Medical Center**

870 West Main St.

Geneva, OH 44041

## 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.*

### **IT'S PUMPKIN SEASON!**

**Monday, November 4**

11 a.m.-12 p.m.

### **Orwell Country Neighbor**

39 South Maple St.

Orwell, OH 44076

**Tuesday, November 5**

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

### **Andover Community Center**

181 South Main Street

Andover, Ohio 44003

*Call 440-593-0364 to RSVP*

**Wednesday, November 20**

10:30 - 11:30 a.m.

### **Conneaut Human Resource Center**

327 Mill Street

Conneaut, Ohio 44030

*Call 440-593-0364 to RSVP*



## **PINK AND PEARL EVENT**

What is being offered?

**SCREENING MAMMOGRAMS  
CT LUNG SCREENINGS  
CT CALCIUM SCORES  
DRINKS, SNACKS, AND  
GIVEAWAYS**

Visit your doctor and discuss if these exams would be good for you!

You must make an appointment for the exams.

**Saturday, November 9**

8 a.m. – 1 p.m.

**UH Geneva Medical Center**

870 W. Main St.

Geneva, OH 44041

*After you have your orders, call 440-415-0165 and select option 2 to schedule*

*For more information call 216-286-9657*

## **VETERANS IN CRISIS / MENTAL HEALTH (PTSD AND DEPRESSION)**

Please join us for an evening of appetizers and refreshments while you gain a better understanding of veterans in crisis and mental health issues, including PTSD and depression.

Learn about the latest support and treatment options available to you and your loved ones. Seating is limited.

**Please RSVP by November 13<sup>th</sup> to Denise Brown at 440-593-0206.**

Please indicate with your reservation if you are a Veteran. We thank you for your service.

### **Provider Spotlight:**

*Kristina Rached, MD – Chief Medical Officer – Windsor Laurelwood*

**Wednesday, November 20**

5-7 p.m.

**American Legion**

1804 West 19<sup>th</sup>

Ashtabula, OH 44004

*Please enter through the front door*

## **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**

**Wednesday, November 20**

5-6 p.m.

**Casa De Frida**

1601 W. Prospect Rd. E

Ashtabula, OH 44004

*Call 440-593-0364 for Information*

## **UH VIRTUAL TALKS**

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

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



## **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-resources/age-well-be-well>



## 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**

## **BLOOD PRESSURE SCREENING**

**Tuesday, November 19**

12:30 – 2 p.m.

### **Avon Lake Senior Center**

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



## **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*

## **DIABETES EDUCATION**

Comprehensive individualized education on nutrition, blood glucose monitoring, and preventing complications of diabetes. A physician referral is required. Check your insurance to verify coverage. **Office Hours Monday, Wednesday and Fridays.** Call Susan Campbell RD, LD at **440-284-5709** 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>

---

## **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

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 7**

12 - 2:30 p.m.

### **West Geauga Senior Center**

8090 Cedar Road  
Chesterland, OH 44026

## **GEAUGA VETERANS**

### **LUNCHEON & CELEBRATION**

We invite the senior veterans of Geauga County for a sit-down catered lunch and live entertainment to celebrate you this Veterans Day. *Call Middlefield Senior Center at 440-632-0611 for information and to register.*

No cost for Veterans. Guest \$18

**Thursday, November 7**

11 a.m. - 2 p.m.

### **Veterans Legacy Woods**

14085 Ravenna Road  
Newbury, OH 44065



## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, November 4**

8:30 -10 a.m.

### **West Farmington Senior Center**

150 College Street  
West Farmington OH 44491

**Monday, November 11**

10 a.m. - 12 p.m.

### **Gauga YMCA**

12460 Bass Lake Road  
Chardon, OH 44024

## EXERCISE & FITNESS

### **WALKING FOR WELLNESS**

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

**Wednesdays | 1 p.m.**

**November 6**

### **Welton's Gorge**

13973 Hale Road  
Burton, OH 44021

**November 13**

### **Orchard Hills**

11340 Cavs Road  
Chesterland, OH 44026

**November 20**

### **Frohning Meadows**

16780 Savage Road  
Bainbridge, OH 44023

**November 27**

### **The Rookery**

10110 Cedar Road  
Munson Twp., OH 44024

## **HEALTH & WELLNESS FAIR**

Please join us for a health and wellness fair at the Sisters of Notre Dame.

Health screenings, health education and resources will be provided.

**Friday, November 8**

1. - 3 p.m.

### **Sisters of Notre Dame (Auditorium)**

13000 Auburn Road  
Chardon, OH 44024

## **RISK ASSESSMENTS**

Call Wellness Coordinator at  
440-214-3330

## **DIABETES SELF-MANAGEMENT CLINIC**

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



## **SMOKING CESSATION CLASSES**

For information on upcoming classes, call **440-285-6355**

### **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-resources/age-well-be-well>

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

## **FIGHTING AGAINST PARKINSON'S**

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

**Mondays, Nov. 4, 11, 18, 15**  
**Wednesdays, Nov. 6, 13, 20, 27**  
**Fridays, Nov. 1, 8, 15, 22**

**Chardon Senior Center**  
470 Center Street Bldg. 8  
Chardon, OH 44024  
*Call 440-279-2137 for Information*



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

## **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, November 4**

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, November 19**

12:30 -1:30 p.m.

**Chardon Senior Center**

470 Center Street Bldg. 8  
Chardon, OH 44024

*Call 440-279-2137 to register*

### **CARDIAC SUPPORT GROUP**

**Monday, November 18**

12 -1:30 p.m.

*Lunch Provided*

**UH Geauga (Conference Center)**

13207 Ravenna Road  
Chardon, OH 44024

*Call 440-285-6824 to register*

## **DIABETES SUPPORT GROUP**

**Tuesday, November 19**

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, December 5**

5:30-7 p.m.

*(Meetings held every other month)*

**UH Geauga Medical Center**

Conference Center  
13207 Ravenna Road  
Chardon, OH 44024

*Call 440-285-6210 for information*

## **BETTER BREATHERS CLUB**

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

*Second Tuesday of the month*

**UH Geauga Medical Center**

Conference Center  
13207 Ravenna Road  
Chardon, OH 44024

*Call 440-285-6355 for information*

## **CAREGIVER SUPPORT GROUP**

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

**Wednesday, November 27**

2 p.m.

**Maplewood at Chardon**

12350 Bass Lake Road  
Chardon, OH 44024

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

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

## BERKSHIRE HIGH SCHOOL FALL DRESS REHEARAL

**Wednesday November 27**

8:15 a.m. arrival.

Coffee and donuts provided

The Alibi Murder Mystery: When eccentric billionaire J. Leslie Arlington is murdered; a clueless detective finds the suspects are all reluctant to admit their alibis...because they were all committing other ridiculous crimes at the time. *Please RSVP to Sandy McLeod 440-279-2137.*

**Berkshire High School**

14155 Claridon Troy Rd,  
Burton Ohio 44021.

## SAVE THE DATE:

### INTERGENERATIONAL BOOK DISCUSSION

Book: *A Thousand Splendid Suns* by  
*Khaled Hosseini.*

Tuesday, December 10

8:30 to 9:30 a.m.

**Berkshire High School Auditorium**

14155 Claridon Troy Road  
Burton, OH, 44021.

*Please RSVP to: Sandy McLeod 440-279-2137 (For questions please do not call the school, all reservations are made thru GDA)*

Due to school safety protocols, we will all meet in front of the school at 8:15. Please park near door #9. Follow signs to the Board Office and park in either of the two closes parking lots. Everyone will need to sign in at the front office and then a staff member will direct us to the school auditorium. This may take a minute or two so please have patience during this process. Please spread out amongst the students so we have both students and seniors working together.

## 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*

## LYMPHEDEMA SUPPORT GROUP

*Topic and location to be determined*

Call 440-214-3101 for

information or Email:

[Cathy.Jewell@uhhospitals.org](mailto:Cathy.Jewell@uhhospitals.org) or

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

## ELDERBERRIES: COYOTES, OUR TOWN AND COUNTRY CANINES

**Thursday, November 21**

1 – 2:30 p.m.

*Refreshments sponsored by Eliza at Chagrin Falls.*

Join naturalist Linda to learn amazing facts about coyotes UH Resource table provided with health education Information, upcoming programs & Blood Pressure Screenings Provided. *Registration required, Call 440-214-3180 to register*

**The West Woods**

9465 Kinsman Road

Novelty, OH 44072

## 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*

## BLOOD DRIVE

Please consider donating... there is a national blood shortage. Save a life today! Donors needed!

See [rcblood.org/help](http://rcblood.org/help)

**Thursday, November 7**

11 a.m. – 4 p.m.

[CLICK HERE to schedule an appointment.](#)

**UH Geauga Medical Center**

13207 Ravenna Road

Chardon, OH 44024



## 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-resources/age-well-be-well>

## COMMUNITY PROGRAMS

### **GREAT AMERICAN SMOKEOUT**

In recognition of the Great American Smoke-out, an annual event held by the American Cancer Society in November to encourage people to quit smoking, we invite you to visit us in the UH Tripoint main lobby to learn about lung health and ways to quit, including first steps and supports offered. There will be fun activities and prizes for all. Talk with our Lake County General Health District, Lung Cancer navigators, and more! Blood pressure checks will also be available at this event.

**Tuesday, November 19**

6:30 - 8:30 p.m.

#### **UH Tripoint Medical Center**

7590 Auburn Road  
Painesville, Ohio 44077

### **FRIENDSGIVING**

University Hospitals will be offering blood pressure checks and more! Please contact the Recreation Department to register for this Concord Senior Social event at 440-639-4650.

**Wednesday, November 20**

1 - 2 p.m.

#### **Concord Community Center**

7671 Auburn Road  
Concord, Ohio 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, November 13**

6 – 8 p.m.

#### **UH Brunner Sanden Dietrick**

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

## 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 2**

9 – 10 a.m.

#### **Tripoint Medical Center**

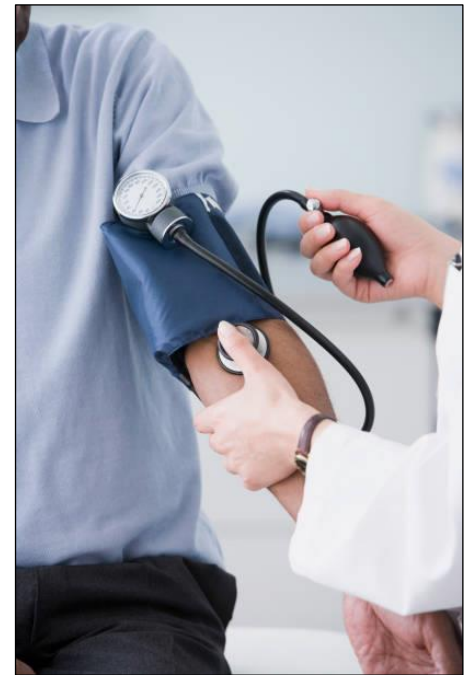
7590 Auburn Road  
Painesville, OH 44077

**Saturday, November 16**

9 – 12 p.m.

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

36000 Euclid Avenue  
Willoughby, OH 44094



---

### **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>

# UH FITNESS CENTER IN MENTOR

## **BRUNNER SANDEN DEITRICK WELLNESS CENTER**

### **UH Fitness Center in Mentor**

8655 Market Street  
Mentor, OH 44060

#### **COMMUNITY EVENT**

### **MEDICALLY BASED FITNESS - UH MENTOR FITNESS CLASS**

We offer programs and services designed to meet your every need. We are ready to help you every step of the way on your wellness journey. Call today to set a time for a tour and discover why medically based fitness may be just what you are looking for. **440-375-8777**

## **University Hospitals Weight Loss Program!**

If you're tired of feeling trapped in the cycle of yo-yo dieting then you will want to learn more about University Hospitals Weight Loss Program. Our expert team can help you achieve sustainable fat loss, crave healthy foods, reduce problematic cravings, decrease medication, improve your mood, strengthen your immune system, and boost your self-confidence. Join our program and experience the difference!

For more information, contact Shawn Cooper, RD at [Shawn.Cooper@UHhospitals.org](mailto:Shawn.Cooper@UHhospitals.org) or 440-701-7537.

## **NUFIT SERIES**

Our Nutrition & Fitness Education Series brings together fitness and nutrition experts to cover new topics each month. *All seminars are held from 6-7 p.m.* in the UH Brunner Sanden Deitrick Wellness Center Conference Room B-2<sup>nd</sup> floor. Registration is recommended. **Call 440-701-7507 to reserve your seat.** Open to the public and UH Fitness Center members.

**Tuesday, November 19**  
6-7 p.m.

*Fitness: Mini Tri-Lecture-Conditioning (Run, Bike, and Swim), Risks and other Considerations*  
*Nutrition: Nutrition Training*



## 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 866-844-2273 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 Brooks, 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).

### **SPIRITUAL CARE VOLUNTEERS**

The Parma Pastoral Care Department is seeking caring individuals who would like to become Spiritual Care Volunteers. Our volunteers function under the supervision of the hospital chaplain, providing emotional and spiritual support to patients and families in the hospital setting. Complete training and orientation is provided. If Interested send your inquiries to Chaplain Marian Mihas at [marian.mih@uhhospitals.org](mailto:marian.mih@uhhospitals.org) or by calling 440-743-4295.

### **WEEKLY CHAPEL SERVICES**

You are invited to attend the Parma Pastoral Care Department's weekly chapel services, located in the Main Lobby Chapel. All are welcome to this interfaith service where Chaplain Marian Mihas will lead a brief service for 10-15 minutes. This worship service includes prayer, Bible reading and the singing of a hymn. We hope you will join us as we pause for spiritual renewal. For questions, please contact Chaplain Marian Mihas at [marian.mih@uhhospitals.org](mailto:marian.mih@uhhospitals.org) or call 440-743-4295.

#### **Every Wednesday**

12 p.m.

UH Parma Medical Center  
7007 Power Blvd.  
Parma, OH 44129

---

### **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>*

---

## **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>



## **CANCER TREATMENT & SERVICES AT UH PARMA MEDICAL CENTER**

University Hospitals Seidman Cancer Center, an extension of UH Cleveland Medical Center at UH Parma Medical Center brings nationally ranked cancer experts close to you. We provide patients with on-site cancer care for a full spectrum of cancer types, including:

- Breast cancer
- Colon cancer
- Head and neck cancer
- Lung cancer
- Prostate cancer
- Thyroid cancer

Cancer services at UH Parma include screenings and imaging, infusion therapy, radiation therapy, [access to clinical trials](#), and nutritional and psychological support. All cancer services in Parma, Ohio, are carefully coordinated and individualized for each patient by a highly skilled team of UH Seidman Cancer Center specialists. The cancer program at UH Parma Medical Center is recognized by The Commission on Cancer, part of the American College of Surgeons, for commitment to providing comprehensive, high-quality, and multidisciplinary patient centered care. Click [HERE](#) to go to the website for more information.



## **FINDING THE BEST JOINT PAIN RELIEF FOR YOU – WHAT WORKS AND WHAT DOESN'T**

Learn more about appropriate and recommended treatments for joint pain from Alan Panteck, M.D. from UH Parma Medical Center - Orthopedics. Click [here](#) to watch the pre-recorded presentation or to find a Orthopedic near you.

## **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; and stroke assessments. Community Blood Drive by Vitalant, complimentary pancake breakfast, raffles and so much more.

**Saturday, November 2**  
8 a.m. – 12 p.m.

**North Royalton High School**  
14713 Ridge Road,  
North Royalton OH 44133

## **COMMUNITY THERAPEUTIC ART SESSIONS**

Join UH Connor Whole Health, Jessica Grimm, ATR-P for a FREE weekly group art sessions that are open to the community. In these sessions you will learn how to utilize art materials in an expressive way to help increase your overall well-being. You do not have to commit to all sessions. **MUST R.S.V.P.** or for more information email

[Jessica.grimm@uhhospitals.org](mailto:Jessica.grimm@uhhospitals.org) or call **216-844-5298**

**Thursdays, November 7, 14, 21**  
10 -11 a.m.

**UH Parma Health Education Center**

7300 State Road  
Parma, OH 44134



## HEALTH SCREENINGS

### **COMMUNITY BLOOD PRESSURE SCREENINGS**

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

**Wednesday, November 6**

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

**(Glucose Screening Included)**

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

**Wednesday, November 6**

9 - 10:30 a.m.

**North Royalton Office on Aging**

13500 Ridge Road  
North Royalton, OH 44133

**Friday, November 8**

9 a.m. - 12 p.m.

**Independence Senior Center**

6363 Selig Drive  
Independence, OH 44131

**Friday, November 8**

10-11:30 a.m.

**Donna Smallwood Activity Center**

7010 Powers Boulevard  
Parma, OH 44129

**Tuesday, November 12**

8:30 - 10 a.m.

**Broadview Hts. Senior Center**

9543 Broadview Road  
Broadview Hts., OH 44147

**Wednesday, November 13**

8 - 10 a.m.

**Seven Hills Recreation Center**

7777 Summit View Drive  
Seven Hills, OH 44131

**Thursday, November 14**

9:30 - 11 a.m.

**Brooklyn Senior Center**

7727 Memphis Avenue  
Brooklyn, OH 44144

**NEW! Monday, November 18**

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

**Cuyahoga County Library**

**Parma-Snow Branch**

2121 Snow Road  
Parma, OH 44134

**Tuesday, November 26**

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, November 20**

**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, November 6, 13, 20**

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

### **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, November 12**

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 questions, call 440-743-4127*

**Monday, November 11**

12:30 - 2 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. For information call Laurie at 440- 482-3688. Every meeting has an option to join via zoom. Join the meetings online:

<https://join.freeconferencecall.com/edatintegration> Pin code: 741776 or call 518-263-8271 pin: 741776#.

**Fridays, November 1, 8, 5, 22**

4:30 p.m.

### **BEREAVEMENT SUPPORT GROUP**

Join our new bereavement support group as we share our experiences and receive support for loss, grief and coping with change, in a confidential and informal environment. If you have questions, reach out to Chaplain Marian Mihas at [marian.mihas@uhhospitals.org](mailto:marian.mihas@uhhospitals.org) or call the Parma Pastoral Care Department at 440-743-4295

**Thursday, November 14**

1 - 2 p.m.

**UH Parma Medical Center**

7007 Powers Boulevard  
Parma, OH 44134

*Conference Room E (third floor)*

## COMMUNITY PROGRAMS

### RED CROSS BLOOD DRIVE

**Monday, November 25**

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

### VIRUAL 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.

### MEN'S HEALTH RESOURCE TABLE

Stop in to learn more about important men's health issues and preventative and potentially life-saving screenings. Tuesday, November 12

11:30 a.m. – 1 p.m.

#### UH Portage Medical Center, Cafeteria

6847 North Chestnut Street

Ravenna, OH 44266

### UH MOBILE MAMMOGRAPHY UNIT

The University Hospitals Mobile Health Unit will be onsite providing 3-D Mammograms.

To Schedule your appointment call  
**216-844-2778**

Friday, November 15

8:15 a.m. – 3:15 p.m.

#### UH Streetsboro Medical Center

9318 OH-14

Streetsboro, OH 44241

### 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.

To reserve a spot, RSVP to 330-297-7728

**Tuesday, November 19**

10 a.m.

#### Morgan Park

8828 OH-44

Ravenna, OH 44266

### GREAT AMERICAN SMOKEOUT

The American Cancer Society marks the third Thursday of every year as the Great American Smoke-out, encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. Information to help you start your smoke-free journey will be available.

**Thursday, November 21**

11:30 a.m. – 1 p.m.

#### UH Portage Medical Center, Cafeteria

6847 N. Chestnut Street

Ravenna, OH 44266



## HAYMAKER FARMER'S MARKET

Please join UH at the market for free information on nutrition and summer gardening tips.

**Saturday, November 9**

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.)

## HEALTH SCREENINGS

### FREE BLOOD PRESSURE SCREENINGS

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

**Thursday, November 7**

11 a.m. - 1 p.m.

**UH Portage Medical Arts Building, Atrium**

6847 N. Chestnut Street  
Ravenna, OH 44266

**Tuesday, November 12**

11 a.m. – 2 p.m.

Renaissance Family Center

9005 Wil Verne Drive

Windham, OH 44288

**Tuesday, November 19**

11 a.m. – 1 p.m.

**UH Portage Professional Center - Lobby**

6847 N. Chestnut Street  
Ravenna, OH 44266

## HEALTH & BUSINESS EXPO PRESENTED BY THE KENT AREA CHAMBER OF COMMERCE

Join us for this free community health and business event. UH will offer the following screenings;

- Mobile Mammography
- **Blood Pressure**
- Cholesterol and Glucose
- Body Mass Index
- Lung cancer
- Pre-diabetes

**Saturday, November 2**

10 a.m. – 2 p.m.

**Kent Roosevelt High School**

1400 N. Mantua Street

Kent, Ohio 44240

## SUPPORT GROUPS

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

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

## SUPPORT FOR GRIEVING ADULTS

**The Grief Place**

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

330-686-1750

**Kelly's Grief Center**

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

Call 330-593-5959 for Information

## DIABETES SUPPORT GROUP

**Tuesday December 3**

4 - 5 p.m. (meets every other month)

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

6847 N. Chestnut Street

Ravenna, OH 44266

## AMPUTEE WALKING CLINIC SUPPORT GROUP

**Thursday, November 7**

3 - 5 p.m.

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

6847 N. Chestnut Street

Ravenna, OH 44266

## WOMEN'S HEALTH

### FREE MAMMOGRAMS

For underinsured or uninsured women.

UH Portage Medical Center

6847 North Chestnut Street

Ravenna, Ohio 44266

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

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

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

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

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

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

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



## 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 5, 12, 19**  
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

### **BIOMETRIC SCREENINGS**

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

**Thursday, November 14**

10 a.m. - 1 p.m.

### **Richmond Heights Community Center**

27285 Highland Road  
Richmond Heights, OH 44143

### **BLOOD PRESSURE SCREENINGS**

**Monday, November 18**

10 a.m. - 1 p.m.

### **Richmond Heights Community Center**

27285 Highland Road  
Richmond Heights, OH 44143

## **UNIVERSITY HOSPITALS RICHMOND HEIGHTS: HEALTH & WELLNESS DAY**

### **Dinner on a Budget: A Cooking**

**Demonstration:** Join executive chef Paul Hamalainen and Registered Dietitian Bailey Gordon for a cooking demonstration with a budget-friendly, tasty, and easy-to-make recipe.

*To register for the cooking demonstration, visit us on Eventbrite at “UH Richmond Wellness.”*

**Thursday, November 14**

12 - 1 p.m.

### **Richmond Heights Community Center**

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

## **FLU VACCINE DAYS RICHMOND HEIGHTS**

UH Meds Pharmacies are making it easier for you to stay healthy this flu season. Join us for a day of health as we provide flu vaccines to you and your loved ones. We look forward to seeing you thrive this flu season.

**Thursday, November 14**

10 a.m. – 1 p.m.

**Please bring your insurance cards to your visit.** Most insurance companies provide vaccines at zero cost. If not covered by your prescription insurance, the charge will be \$30 per flu vaccine. Please call UH Minoff Retail Pharmacy with any questions or concerns at 216-616-9566.

### **Richmond Heights Community Center**

27285 Highland Road  
Richmond Heights, OH 44143

## **COMMUNITY RESOURCES**

Connect with Susan Packard, a certified community health worker, to improve community health and well-being, get linked to resources for food insecurities, rental and housing assistance, utility assistance, transportation, and mental health services, reduce the need for EMS through education and connections to health and social services, and more.

**Thursday, November 14**

10 a.m. - 1 p.m.

### **Richmond Heights Community Center**

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



### **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-resources/age-well-be-well>

# UH Richmond Campus, (con't).

## FREE ART EXPERIENCE

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

**Thursday, November 14**

10 a.m. - 1 p.m.



## DIGITAL HEALTH

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

**Thursday, November 14**

10 a.m. - 1 p.m.

## BEGINNER YOGA MAT

Come and experience the rejuvenating benefits of a beginner mat yoga class led by a certified instructor from In The Now Yoga Meditation Wellness.

**Thursday, November 14**

10:30 - 11:30 a.m.

**Richmond Heights Community Center**

27285 Highland Road

Richmond Heights, OH 44143

*For more information, call 440-735-4270*

## BENEFITS OF YOGA

The potential health benefits of yoga are numerous and include stress reduction, increased fitness, management of chronic health conditions and weight loss. While not a cure, yoga can help some health conditions when combined with standard treatment, or can be an enjoyable supplement to a regular fitness routine.



## 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-resources/age-well-be-well>

## COMMUNITY PROGRAMS

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

**Wednesday, November 13**

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**

**Wednesday, November 20**

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*

## **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>

## **RED CROSS BLOOD DRIVE**

**Friday, November 1**

11 a.m. – 5 p.m.

**Thursday, November 21**

9:30 a.m. – 3:30 p.m.

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

663 East Main Street  
Ashland, OH 44805

## **COPD COFFEE CLUB**

**Understanding Heart Function and  
Disease**

**Tuesday, November 12**

1 p.m.

**East Tower Conference Room**

**UH Samaritan**

10025 Center Street  
Ashland, Oh 44805

## **SMOKING CESSATION**

One on one consultations available.

*Call Amanda at 419-207-2306 for  
Information*

## HEALTH SCREENINGS

### **BIOMETRIC SCREENINGS**

**Wednesday, November 13**

9 – 10:30 a.m.

**Ashland YMCA**

FirstFloor Conference Room  
207 Miller Street  
Ashland, OH 44805

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

**Tuesday November 19**

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*



## 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*

## **HEARING TESTING**

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, November 6**

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, November 7**

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

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

Community Meeting Room  
28975 Hilliard Blvd  
Westlake, OH 44145

**Monday, November 11**

10:45-11:45 am

### **Fairview Park Senior Center**

20769 Lorain Road  
Fairview Park OH 44126

**Wednesday, November 13**

9:00 – 10:30 a.m.

### **Cove Community Center**

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

**Thursday, November 14**

10:45 -11:45 am

### **North Olmsted Senior Center**

Community Meeting Room  
28114 Lorain Road  
North Olmsted, OH 44070

## **WESTLAKE PORTER LIBRARY WELLNESS DAY**

Join UH St John Medical Center, as well as, other organizations for a health fair which includes blood pressure, stroke risk, hearing and vision screenings. Talks on Harmonizing the Mind and Body and Effective Communication Strategies for people with Alzheimer's will be presented. **Call 440-871-2600 for more information.**

**Saturday, November 2**

1- 4 p.m.

### **Westlake Porter Library**

27333 Center Ridge Rd  
Westlake OH 44145



## **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-resources/age-well-be-well>



## 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. 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***

