

Age Well. Be Well.

THE CENTER FOR LIFELONG HEALTH



AGE WELL. BE WELL. CLUB FOR 55 AND OLDER EVENTS – JULY THROUGH SEPTEMBER, 2019

If you do not currently receive these calendars via your email or home address, please join the free AGE Well. Be Well. Club by calling **1-844-312-5433** or visiting our website at **UHhospitals.org/AgeWell**

FEATURED EVENT**LOWER VASCULAR SCREENINGS**

Biometric screening including blood pressure, cholesterol and blood glucose. No fasting necessary.

Registration is required for lower vascular screening

SATURDAY, SEPTEMBER 21

9 a.m. – 1 p.m.

UH Ahuja Medical Center

3999 Richmond Road
Beachwood, OH 44122

To register, please call
216-415-6570

HEALTH EDUCATION**UROLOGY**

Sangeeta Mahajan, MD is a urogynecologist with University Hospitals. She specializes in pelvic floor disorders in women, such as incontinence. Light Dinner served.

TUESDAY, JULY 16

6 – 7:30 p.m.

UH Ahuja Medical Center

Rosenberg Suite A/B
3999 Richmond Road
Beachwood, OH 44122

To register, please call
216-593-1768

HEALTHY COOKING

Featuring our UH Ahuja Chefs John Selick and Scott Burgun with a cooking demonstration. Come and taste. Light Dinner served.

TUESDAY, AUGUST 13

6 – 7:30 p.m.

UH Ahuja Medical Center

Rosenberg Suite A/B
3999 Richmond Road
Beachwood, OH 44122

To register, please call
216-593-1768

FLU AND MEASLES UPDATE

Learn the latest professional opinions concerning the flu and measles vaccinations from UH Ahuja Pharmacists

TUESDAY, SEPTEMBER 10

6 – 7:30 p.m.

UH Ahuja Medical Center

Rosenberg Suite A/B
3999 Richmond Road
Beachwood, OH 44122
Light Dinner served.

To register, please call
216-593-1768

FREE DSME DIABETES SELF-MANAGEMENT EDUCATION CLASSES

Four classes provide a diabetes overview: Pathophysiology; Blood Glucose Monitoring; Nutrition; Pharmacology and Complications. Specialists in each area will be your instructors.

WEDNESDAYS,
AUGUST 7, 14, 21, 28

5:30 – 7:30 p.m.

UH Ahuja Medical Center

Rosenberg Suite C
3999 Richmond Road
Beachwood, OH 44122

To register, please call
216-593-1768

BONE HEALTH

WEDNESDAY, JULY 17

4 – 6 p.m.

Light dinner provided.

Warrensville Heights Civic and Senior Center

4567 Green Road
Warrensville Heights, OH 44128

To register, please call
216-593-1768

STAYING HEALTHY DURING FLU SEASON

WEDNESDAY, SEPTEMBER 18

4 – 6 p.m.

Light dinner provided.

Warrensville Heights

Civic and Senior Center
4567 Green Road
Warrensville Heights, OH 44128

To register, please call
216-593-1768

SCREENINGS**MONTHLY BLOOD PRESSURE SCREENINGS**

No fasting necessary, no registration needed.

MONDAYS, JULY 8,
AUGUST 12, SEPTEMBER 9

10:30 – 11:30 a.m.

Warrensville Heights YMCA

4433 Northfield Road
Warrensville Heights, OH 44128

MONDAYS, JULY 15,
AUGUST 19, SEPTEMBER 16

5:30 – 7:30 p.m.

Solon Recreation Center

35000 Portz Parkway
Solon, OH 44139

SUPPORT GROUPS**DIABETES SUPPORT GROUP**

Attending a diabetes support group is a proactive way to find support, help, tips and tools that can be part of an integrated approach to diabetes management.

TUESDAYS, JULY 16,
AUGUST 20, SEPTEMBER 17
6 – 7 p.m.

UH Ahuja Medical Center

Rosenberg C
3999 Richmond Road
Beachwood, OH 44122

To register, please call
216-593-1768

FIBROMUSCULAR DYSPLASIA

FMD is a condition that causes one or more arteries in the body to have abnormal cell development in the artery wall. As a

result, areas of narrowing (called stenosis), aneurysms, or tears (called dissections) may occur. This group is free and open to the public. This group meets quarterly. Seating is limited. Refreshments will be provided.

TUESDAY, JULY 16

6 – 7:30 p.m.

UH Ahuja Medical Center

3999 Richmond Road
Beachwood 44122

To register, please call
216-553-4379

ACTIVITIES

WARRENSVILLE HEIGHTS SUMMER FESTIVAL

Come visit us at the UH Ahuja Medical Center information area. We will be having Blood Pressure Screenings. No fasting or registration necessary.

SATURDAY, AUGUST 17

12 – 10 p.m.

SUNDAY, AUGUST 18

12 – 7:30 p.m.

Green Road Park

4501 Green Road
Warrensville Heights 44128

SUMMER CONCERTS IN THE PARK

Chagrin Falls Triangle Park
Commercial Historic District
Sponsored by UH Ahuja
Medical Center

THURSDAY, AUGUST 8

7 – 9 p.m.

Free and open to the public

No registration needed

Bring your lawn chair and a picnic

THE WAY OF THE LABYRINTH

Walking the labyrinth is a celebration of the centering process. We are reminded that we are on a journey in life. Your walk simply requires you to focus on the path in front of you letting the labyrinth guide you along the pathway to the center.

Dress for the weather

TUESDAYS, JULY 9,

AUGUST 13, SEPTEMBER 10

9:30 – 10:30 a.m.

UH Ahuja Medical Center

3999 Richmond Road
Beachwood, OH 44122

No registration required.

Meet at Front Lobby.

Wear comfortable shoes.

WALK WITH A NURSE

Spend time on a relaxing and refreshing walk around the beautiful UH Ahuja pond.

Dress for the weather.

TUESDAYS, JULY 16,

AUGUST 20, SEPTEMBER 17

9:30 – 10:30 a.m.

UH Ahuja Medical Center

3999 Richmond Road
Beachwood, OH 44122

No registration required.

Meet at Front Lobby.

Wear comfortable shoes.

SAVE THE DATE

UNIVERSITY HEIGHTS FALL FESTIVAL

Blood Pressure, Cholesterol and Blood Glucose screenings.

SUNDAY, OCTOBER 6

11:30 a.m. - 2:30 p.m.

2980 Silsby Road

University Heights, OH 44118

No fasting or registration necessary.

HERNIA SCREENING AND OSTOMY AWARENESS DAY

SATURDAY, OCTOBER 19

9 a.m. – 12 p.m.

UH Ahuja Medical Center

3999 Richmond Road
Beachwood, OH 44122

Details to follow.

THE FITNESS CENTER AT UH AVON HEALTH CENTER: SPECIALTY CLASSES

All specialty group exercise classes and presentations are free and open to non-members, however, pre-registration is required by calling 440-988-6801. Photo ID is required upon check-in to the facility. Ages 15 and over. Those under the age of 18 must have a legal guardian with them to sign liability waiver.

For specific questions, please contact:

Renee Barrett, Program Manager

440-988-6822

Renee.Barrett@UHhospitals.org

BEGINNER YOGA CLASS

This class is designed for those who are new to yoga, and for participants who have learned the basic poses and breathing techniques. It is ideal for beginning flexibility and breathing conditioning.

SECOND SATURDAY OF THE MONTH

11:30 a.m. – 12:25 p.m.

BEGINNER SPINNING CLASS

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

LAST SATURDAY OF THE MONTH

10:15 – 11:10 a.m.

RACE DAY

This advanced Spinning class is a 90-minute session in which your instructor leads you through a road race course on a Spin bike. The race includes hill training.

LAST SUNDAY OF SEPTEMBER

11 a.m. – 12:30 p.m.

AGING ACTIVELY PRESENTATION

Are you an older adult who is looking to re-vamp or start a fitness routine? Join Lauren Roland, M.S., Exercise Science/ Gerontology Certificate and

Inclusive Fitness Trainer, as she provides a blue print for assisting adults looking to age actively.

MONDAY, JULY 15

1 – 1:45 p.m. | Q&A to follow.

POUND® FITNESS

Using Ripstix – lightly weighted drumsticks engineered specifically for exercising – POUND transforms drumming into an incredibly effective way of working out.

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.

SATURDAYS, JULY 13, AUGUST 10, SEPTEMBER 14

11:30 a.m. – 12:25 p.m.

PARKINSON'S DISEASE WELLNESS EDUCATION**SECOND THURSDAY OF EACH MONTH**

12 – 1:00 p.m.

Refreshments provided.

Please RSVP

For program schedule, contact

Jordan Smith at 440-328-3446 or Jordan.Smith@Uhhospitals.org

CORE TRAINING FOR A MORE FUNCTIONAL YOU

Are you tired of doing countless crunches without seeing the results you're looking for? Join

Lauren Roland for a core training presentation which will shatter your perceptions of core training. Learn how to build a stronger core that will contribute to better balance, reduced low back pain, and increased athletic performance.

TUESDAY, SEPTEMBER 17

6 – 7 p.m.

KNEE HEALTH PRESENTATION

A free session with Gabrielle Neubauer, B.S., Fitness Specialist/ ACSM Personal Trainer, reviewing anatomy of the knee, what causes knee joint pain and how to prevent it, how to exercise with knee pain.

MONDAY, JULY 22

6 – 7 p.m.

MASTER YOUR METABOLISM

Master your Metabolism with this in-depth presentation brought to you by Lauren Roland, M.S. Exercise Physiology. Learn what systems supply your body with energy as you exercise and techniques to metabolically boost your workout. This scientific session will leave you with the knowledge to train smarter, not harder!

FRIDAY, AUGUST 9

10:30 – 11:30 a.m.

CLASSES AND MEMBERSHIPS REQUIRING A FEE**BETTER BODY CHALLENGE**

A 12 week immersion program that focuses on weight loss, body fat improvement, and increased fitness levels. Past participants have seen marked reduction of Body Mass Index (BMI) as well as increased lean body mass and stamina. Includes 24 small group personal training sessions,

nutritional guidance and education, fun team challenges and educational seminars. Cash prizes to provide extra incentive. Biweekly accountability with weigh-ins and measurements.

SEPTEMBER 15 – DECEMBER 8

Register early for best selection of training times.

For more information, Melissa.Rau@uhhospitals.org or call 440-988-6824

HOPE: CANCER EXERCISE PROGRAM

HOPE is an exercise program for cancer patients at any stage of treatment who currently have a cancer diagnosis or have been in

remission up to six months. The eight-week program is tailored to individual goals and needs and led by specially-trained and certified fitness professionals. It includes small-group workouts on:

TUESDAYS AND THURSDAYS

5 – 6 p.m.

For details and schedule, contact Christopher.Ross@UHhospitals.org or call 440-988-6815.

Fee: \$50

Scholarships are available for those with a financial hardship.

HEALTHY HABITS FOR A HEALTHY LIFESTYLE

Join dietitian Kim Horvath, MEd, RDN, CDE for an eight-week weight management program that explores macronutrients, meal planning, portion control, behavior modification, label reading and physical activity. A healthy meal plan guide is provided. The program is designated for individuals with a Body Mass Index (BMI) of 27 or more and who are interested in

losing weight. Pre- and post-program body composition measurements will be scheduled with each participant.

TUESDAYS

6 – 7 p.m.

Please call 440-988-6801 to pre-register.

Fee: \$60 for this eight-week program

AGING ACTIVELY PERSONAL TRAINING CLASS

Join Lauren Roland, M.S. Exercise Science and Certified Personal Trainer, for this small group personalized program for seniors that includes cardio, strength, balance and flexibility in various formats with emphasis on form and fun. Pre- and post-program testing to gauge progress will be offered: 6 minute walk test, chair sit to stand, etc.

MONDAYS, JULY 22 – AUGUST 26

1 – 2 p.m.

Fee for six-week session: \$60 for fitness center member; \$75 for guest

PERSONAL TRAINING CLASS

Over 55 and looking for the guidance of a personal trainer to improve balance, core strength and muscle tone? Join Certified Personal Trainer Beth Bastien for small group training sessions with 2-5 participants.

THURSDAYS

2 – 3 p.m.

Fee for six-week session: \$72 fitness center member; \$90 guest.

TRX INTRODUCTION PERSONAL TRAINING CLASS

Learn the fundamentals of TRX suspension training to improve muscular strength and endurance while safely working your core.

TUESDAYS

12:25 – 1:25 p.m.

Fee for six-week session: \$72 fitness center member; \$90 guest.

UH Bedford Medical Center

44 Blaine Avenue, Bedford, OH 44146

FEATURED EVENT

FREE FAMILY HEALTH AND SAFETY DAY

Celebrate wellness at our event, featuring:

- Health screenings
- Bike helmet fittings
- Health and wellness education
- Plus, a variety of health and safety activities for the entire family

SATURDAY, AUGUST 24

9 a.m. – 1 p.m.

UH Bedford Medical Center

44 Blaine Avenue
Bedford, OH 44146

For more information or to preregister for a screening, call 216-245-3841

EXERCISE & FITNESS

YOGA WITH A TWIST

MONDAYS,
JULY 1, 8, 15, 22, 29
AUGUST 5, 12, 19, 26
SEPTEMBER 9, 16, 23, 30
FRIDAYS,
JULY 5, 12, 19, 26
AUGUST 2, 9, 16, 23, 30
SEPTEMBER 6, 13, 20 27
11 – 12 p.m.

Oakwood Village Community Ctr

23035 Broadway Avenue
Oakwood Village, OH 44146
440-735-4739

BALANCE EXERCISE

THURSDAYS, JULY 11, 18, 25
AUGUST 1, 8, 15, 22, 29
SEPTEMBER 5, 12, 19, 26
11 a.m. – 12 p.m.

The Mandel Jewish Community Center

Warrensville Community Apts
1500 Warrensville Center Road
Cleveland Heights, OH 44121

Please call
216-831-0700, Ext. 1210

WALKING CLUB (OUTSIDE)

Weather permitting, our walking club will meet every Monday. We will walk around the perimeter of UH Bedford Medical for about 20 minutes. If weather is not favorable, we will NOT walk. New walkers will receive a complimentary T-shirt upon sign-up. (Meet outside of the Patient Scheduling Office)

MONDAYS,**JULY 1, 8, 15, 22, 29****AUGUST 5, 12, 19, 26****SEPTEMBER 9, 16, 23, 30**

9:30 – 10 a.m.

UH Bedford Medical Center

Medical Office Building

88 Blaine Avenue

Bedford, OH 44146

*Call to register: 440-735-4739***CHAIR EXERCISE****MONDAYS,****JULY 1, 8, 15, 22****AUGUST 12, 19, 26****SEPTEMBER 9, 16, 23, 30**

10:30 – 11:15 a.m.

Light of Hearts Villa

283 Union Street

Bedford, OH 44146

*Call to register: 440-735-4739***BALLOFLEX CHAIR DANCING**

BalloFlex is a seated chair fitness program that incorporates elements of music and dance. It is an activity that has been carefully designed to provide a fun group interaction using low-impact movements set to music.

TUESDAYS, JULY 2, 9, 16, 23, 30**AUGUST 6, 13, 20, 27****SEPTEMBER 3, 10, 17, 24****THURSDAYS, JULY 11, 18, 25****AUGUST 1, 8, 15, 22, 29****SEPTEMBER 5, 12, 19, 26**

10:30 – 11 a.m.

Light of Hearts Villa

283 Union Street

Bedford, OH 44146

*Call to register: 440-735-4739***ACTIVITIES****COMMUNITY****MUSIC EXPLORATION**

Join Paul T. Ousley, MT-BC, UH Bedford Medical Center and Connor Integrative Network, for singing and socializing! You will enjoy meeting with other Age Well. Be Well. members while you sing and play instruments to your favorite songs.

WEDNESDAYS, JULY 17**AUGUST 28, SEPTEMBER 25**

2:30 – 3 p.m.

Light of Hearts Villa

283 Union Street

Bedford, OH 44146

440-735-4739**AFTERNOON BOOK DISCUSSION**

JULY TITLE – No Book Discussion

AUGUST TITLE: "Little"

by Edward Carey

SEPTEMBER TITLE: "Eleanor**Oliphant is Completely Fine"**

by Gail Honeyman

Copies of the book are available one month prior to the discussion date.

WEDNESDAY, AUGUST 7

1:30 – 3:30 p.m.

WEDNESDAY, SEPTEMBER 4

1:30 – 2:45 p.m.

Cuyahoga County Library

Southeast Branch

(Meeting Room 70)

70 Columbus Street

Bedford, OH 44146

AFRICAN AMERICAN AUTHORS BOOK GROUP

Join us to explore all genres of African American writing. We will read African American classics, historical fiction, science fiction, mysteries, autobiographies, nonfiction and urban fiction.

JULY TITLE: "Heads of the Colored People Stories"

by Nafissa Thompson-Spires

AUGUST TITLE: "How long 'til black future month?"

by N.K. Jemisin

Copies of the book are available one month prior to the discussion date.

TUESDAYS, JULY 30, AUGUST 27

7 – 8:30 p.m.

Cuyahoga County Library

Southeast Branch

(Small Meeting Room)

70 Columbus Street

Bedford, OH 44146

DINNER AND A MOVIE**TUESDAY, AUGUST 13**

3 – 5 p.m.

Movie Title: "The Giver" - 2014 - Drama, Romance, Sci-fi

UH Bedford Medical Center

Cafeteria

44 Blaine Avenue

Bedford, OH 44146

Reservations are ONLY accepted during the week prior to each event. 440-735-4739

COMPUTER CLASS

Individual computer help for seniors. Not a group class.

TUESDAYS,**JULY 2, 9, 16, 23, 30****AUGUST 6, 13, 20, 27****SEPTEMBER 3, 10, 17, 24**

11 a.m. – 12 p.m.

The Mandel Jewish**Community Center**

Warrensville Community Apts

1500 Warrensville Center Road

Cleveland Heights, OH 44121

*Please call:***216-831-0700, Ext. 1210****ADULT COLORING CLASS**

Coloring isn't just for kids. Coloring offers grown-ups a chance to relax, escape from life's

stress and improve fine motor skills. Come learn about the color wheel, techniques of shading and blending as well as how to choose colors schemes that will ensure a masterpiece worthy of hanging on the fridge or even framing on your wall. All levels of artistic ability are welcome to join us as we explore our inner artist. Coloring books and pencils will be provided. Feel free to attend as many classes as you would like.

WEDNESDAYS,
JULY 10, 24
AUGUST 14, 28
SEPTEMBER 11, 25
 10 – 11 a.m.

UH Bedford Medical Center
Medical Office Building
 Conference Room 1 (Lower Lvl)
 88 Center Road
 Bedford, OH 44146

Class size is limited. Please call:
440-735-4739

DIABETES SUPPORT GROUP

Call to register: 440-735-4700

EATING SEASONAL, MINDFUL EATING

THURSDAY, JULY 25
 10 – 11 a.m.

Bedford Community Garden

EATING SEASONAL, MANAGING STRESS

THURSDAY, AUGUST 29
 10 – 11 a.m.

Bedford Community Garden

EATING SEASONAL, TAKING CHARGE OF NEGATIVE THOUGHTS

THURSDAY, SEPTEMBER 26
 10 – 11 a.m.

Bedford Community Garden
 Central Primary School (behind)
 799 Washington Street
 Bedford, OH 44146

HEALTH EDUCATION

DIABETES SELF-MANAGEMENT EDUCATION

Four-week class series held each Wednesday. The Diabetes Center at UH Bedford Medical Center offers comprehensive care for people with a medical history of diabetes or those recently diagnosed with the disease in a convenient outpatient setting.

WEDNESDAYS,
AUGUST 7, 14, 21, 28
 10:30 a.m. – 12 p.m.

UH Bedford Medical Center
 44 Blaine Avenue
 Nutrition Office
 Bedford, OH 44146

Please note: Diabetes Self-Management Classes are billable to your insurance provider, and a physician referral is required. For more information or assistance in obtaining a referral, please call
440-735-4700

FEATURED EVENT

FAMILY HEALTH AND SAFETY DAY

These FREE community celebrations offer family-friendly activities featuring the UH Rainbow Babies & Children's Safety Squad – plus wellness screenings, safety tips and educational materials that promote healthy lifestyles for people of all ages. Snack provided. Doctors on site to answer your questions!

SATURDAY, JULY 13
 9 a.m. – 1 p.m.

University Hospital Urgent Care
 Ashtabula Towne Square
 3315 North Ridge East
 Ashtabula, OH 44004

For more information please call:
440-998-0107

18TH ANNUAL "WALK FOR THE CURE"

Join us for a relaxing 2-mile walk at 1 p.m., walk in honor of a loved one. Survivor ceremony at 2 p.m. There will be basket raffles, vendor and craft fair, door prizes and more.

Free registration for breast cancer survivors (includes t-shirt and gift bag) Registration fee \$20.00 for all other participants (commemorative t-shirts to the first 300 registrants. All proceeds stay local and will benefit breast cancer programs, tools, education and research.

SUNDAY, SEPTEMBER 15
 11 a.m. – 3:30 p.m.

Geneva High School
 1301 South Ridge Road East

(State Route 84)
 Geneva, OH 44041

For more information please call:
440-998-0680

ACTIVITIES

CONNEAUT COMMUNITY GARDEN

Each month learn about the health benefits of planting your own garden and help in the planting and maintenance of the community garden at UH Conneaut.

THURSDAY, JULY 11, 25,
AUGUST 8, 22, SEPTEMBER 19
 9 – 10 a.m.

UH Conneaut Medical Center
 158 West Main
 Conneaut, OH 44030

Please call: **440-998-0107**

DINNER AND A MOVIE

Join us for dinner and a movie. Dinner starts at 4 p.m. and the movie will start at 5 p.m. \$5.00 dinner – 1 entrée, 2 sides, 1 dessert and 1 drink.

**WEDNESDAYS, JULY 10,
AUGUST 14, SEPTEMBER 11**

4 – 6:30 p.m.

UH Conneaut Medical Center
158 West Main
Conneaut, OH 44030

Please call: 440-998-0107

EXERCISE & FITNESS**CONNEAUT HEALTH SMART**

JULY 10: Benefits of summer fruits
AUGUST 14: Benefits of summer vegetables

SEPTEMBER 11: Poison Prevention for Seniors

**WEDNESDAY, JULY 10,
AUGUST 14, SEPTEMBER 11**
11 a.m. – 12 p.m.

**Conneaut Human
Resource Center**
327 Mill Street
Conneaut, OH 44030

Please call: 440-593-0364

WALK WITH AN EXPERT

July 17: Kellie McGinnis, RN
August 1: Julie Wood, Home Safe
September 5: Paula Covell, RN
8 – 10 a.m.

Ashtabula Towne Square
3315 North Ridge East
Ashtabula, OH 44004

Please Call: 440-998-0107

**SUMMER WALK
PROGRAM ANDOVER**

Join us each Wednesday morning during the summer for a refreshing and relaxing walk.

**WEDNESDAYS, JULY 3, 10, 17, 24
AUGUST 7, 14, 21, 28**

8 – 9 a.m.

Andover Recreational Park

Chestnut Street
Andover, OH 44030

Please call: 440-998-0107

**SUMMER WALK
PROGRAM CONNEAUT**

Join us each Tuesday morning during the summer for a refreshing and relaxing walk.

**TUESDAYS,
JULY 2, 9, 16, 23, 30
AUGUST 6, 13, 20, 27
SEPTEMBER 3, 10, 17, 24**
8 – 9 a.m.

Conneaut Township Park
Lower Pavilion
Conneaut, OH 44030

Please call: 440-998-0107

HEALTH EDUCATION**ORWELL COUNTRY NEIGHBOR**

JULY 1: Benefits of summer fruits
AUGUST 5: Benefits of summer vegetables

SEPTEMBER 9: Poison Prevention for Seniors

**MONDAYS, JULY 1,
AUGUST 5, SEPTEMBER 9**
11 a.m. – 12 p.m.

Orwell Country Neighbor
39 South Maple Street
Orwell, OH 44076

Please call: 440-593-0364

ANDOVER COMMUNITY CENTER

JULY 2: Benefits of summer fruits
AUGUST 6: Benefits of summer vegetables

SEPTEMBER 3: Poison Prevention for Seniors

**TUESDAY, JULY 2,
AUGUST 6, SEPTEMBER 3**
12:30 – 1:30 p.m.

Andover Community Center
181 South Main Street
Andover, OH 44003

Please call: 440-593-0364

SILVER SNEAKERS

Join us once a month for a health topic followed by an exercise class.
JULY 10: Benefits of summer fruits and vegetables: buy fresh from farmers market

AUGUST 14: Elderly Fraud
SEPTEMBER 11: Poison Prevention for Seniors

**WEDNESDAYS, JULY 10,
AUGUST 14, SEPTEMBER 11**
8 – 8:30 a.m.

New Leaf Church
110 Gateway
Conneaut, OH 44030

HEART FAILURE EDUCATION**ASHTABULA**

MONDAYS, JULY 1, 8, 15
1 – 3 p.m.

UH Community Outreach
1184 Lake Avenue
Ashtabula, OH 44004

Please call: 440-593-0206

SUPPORT GROUPS**DIABETIC SUPPORT GROUPS**

Join us each month for new topics and ideas to encourage you with your diabetic health.

Please call: 440-593-0364

ANDOVER

**TUESDAYS, JULY 2,
AUGUST 6, SEPTEMBER 3**
1:30 – 2:30 p.m.

Andover Community Center
181 South Main Street
Andover, OH 44003

CONNEAUT

**THURSDAYS, JULY 18,
AUGUST 15, SEPTEMBER 26**
10:30 – 11:30 a.m.

Conneaut Human Resource Center
327 Mill Street
Conneaut, OH 44030

ORWELL

**MONDAYS, JULY 1,
AUGUST 5, SEPTEMBER 9**
10 – 11 a.m.

Orwell Country Neighbor
39 South Maple
Orwell, OH 44076

WEIGHT LOSS SUPPORT GROUP

Join us each Monday morning at Snap Fitness, where we will have new topics and speakers each month to encourage you on your weight loss journey and share new ideas.

**MONDAYS, JULY 1, 8, 15, 22, 29
AUGUST 5, 12, 19, 26
SEPTEMBER 9, 16, 23, 30**
8:30 – 9:30 a.m.

Snap Fitness Conneaut
236 Main Avenue
Conneaut, OH 44030

Please call: 440-998-0107

UH Elyria Medical Center

630 East River Street, Elyria, OH 44035

FEATURED EVENTS

TAKE CHARGE OF YOUR HEALTH SEMINARS

These one hour presentations will provide information on the subject listed below.

JULY 8: Cardiology Seminar-Atrial Fibrillation

JULY 22: Lung Seminar

AUGUST 12: Colon Cancer

AUGUST 26: Hearing Loss

SEPTEMBER 23: Breast Health and Breast Imaging

MONDAYS

5 – 6 p.m.

UH Elyria Medical Center

Gates Auditorium

125 East Broad Street

Elyria, OH 44035

To register, call: 877-597-6348

AMHERST HEALTH SCREENING DAY

SATURDAY, SEPTEMBER 14

10 a.m. – 1 p.m.

UH Amherst Health Center

254 Cleveland Avenue

Amherst, OH

*To register for screenings call:
877-597-6348*

BREAST HEALTH SEMINAR

THURSDAY, OCTOBER 10

6 – 8 p.m.

UH Elyria Medical Center

Gates Auditorium

125 East Broad Street

Elyria, OH 44035

To register, call: 877-597-6348

HEALTH SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-284-5709**.

GLUCOSE SCREENING

TUESDAYS, JULY 16,

AUGUST 20, SEPTEMBER 17

7 – 9 a.m.

UH Elyria Medical Center Lobby

630 East River Street

Elyria, OH 44035

BLOOD PRESSURE SCREENINGS

Closed on all holidays or inclement weather.

FIRST WEDNESDAY

OF EACH MONTH

8:30 – 10 a.m.

UH Avon Health Center

1997 Healthway Drive

Avon, OH 44011

SECOND WEDNESDAY

OF EACH MONTH

9:30 – 11 a.m.

Avon Senior Center

Community Meeting Room

36786 Detroit Road

Avon, OH 44011

THIRD TUESDAY

OF EACH MONTH

12:30 – 2 p.m.

Avon Lake Senior Center

Old Firehouse Community Center

100 Avon Belden Road

Avon Lake, OH 44012

BLOOD PRESSURE, GLUCOSE, CHOLESTEROL AND BONE DENSITY SCREENINGS

No fasting is required and no reservations are necessary. Screenings may be canceled due to inclement weather.

WEDNESDAY, JULY 24

10 a.m. – 12 p.m.

North Ridgeville Senior Center

7327 Avon Belden Rd

North Ridgeville, OH 44011

SUPPORT GROUPS

MUSIC, HEALTH AND WELLNESS

THURSDAYS, JULY 25,

AUGUST 22, SEPTEMBER 26

7 – 8 p.m.

UH Elyria Medical Center

Boyton Room, 3rd floor

Training and Development Dept

Call Samantha at 440-326-4510

NEUROLOGICAL/STROKE

FOURTH THURSDAY

OF EACH MONTH

3:30 – 4:30 p.m.

UH Avon Rehabilitation Hospital

37900 Chester Road

Avon, OH

For details call Tanya at

440-695-7111

DIABETES EDUCATION AND HEALTHY LIFESTYLE

For more information call
Kim Horvath, MEd, RDN, LD, CDE
440-284-5709

The Diabetes Education Program at UH Elyria Medical Center and UH Avon Health Center provides information and support for anyone living with the disease.

Whether diabetes is a new diagnosis or improved blood sugar is needed, we are here to help. A physician referral is required to participate.

Many insurance plans cover diabetes education. Contact your insurance provider to verify coverage. This program is recognized by the American Diabetes Association.

INDIVIDUAL DIABETES EDUCATION

Offered Monday through Friday. Late afternoon and evening hours are available on Tuesdays and Wednesdays.

Individual and Group Sessions:

UH Elyria Medical Center

630 East River Street
Elyria, OH 44035

Individual Sessions only:

UH Avon Health Center

1997 Healthway Drive
Avon, OH 44011

DIABETES EDUCATION GROUP CLASSES

You must attend an individual session before attending group classes.

**WEDNESDAYS,
SEPTEMBER 11, 18, 25**
6 – 8 p.m.

HEALTHY LIFESTYLE MEDICAL NUTRITION THERAPY

Offered Monday through Friday. Late afternoon and evening hours are available on Tuesdays and Wednesdays. The Healthy Lifestyle program offers nutrition counseling with a registered dietitian/nutritionist. If you need to lose weight, gain weight, or have been diagnosed with high cholesterol, pre-diabetes, food intolerances or other conditions which may be better managed by diet, let us help to get you on track.

MONDAY – FRIDAYS

*A physician referral is required.
Please contact your insurance provider to verify coverage.*

UH Geauga Medical Center

13207 Ravenna Road, Chardon, OH 44024

ACTIVITIES

DINNER AND A MOVIE

**WEDNESDAYS, JULY 24,
AUGUST 28, SEPTEMBER 25**
3 – 6 p.m.

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

*Please call: 440-214-3180
Reservations are only accepted
2 weeks prior to each event.*

GARDENING FOR LIFELONG HEALTH

**WEDNESDAYS,
JULY 10 – Benefits of a Vegan diet
AUGUST 14 – Monarch Butterflies
SEPTEMBER 11 – Pickling with Walt**
3 – 4 p.m.

UH Geauga Medical Center
Conference Room
13207 Ravenna Road
Chardon, OH 44024
440-214-3180

ELDERBERRIES: SENIORS RIPE FOR ADVENTURE

Gauga Park District Programs
440-214-3180

Paddling and Peddling
UH Wellness – Safety Wheel
Explore water from Kayaks and guided bike ride followed by picnic lunch

BYOB - Bring your own bike

THURSDAY, JULY 18
9 a.m. – 12 p.m.

Headwaters Park
13365 Old State Road
Huntsburg, OH 44021

Blossoms & Bingo
UH Wellness –

Blood Pressure screenings
This new park outside of Chagrin Falls debuts with an outing that features a shot nature walk highlighted by summer wildflowers and wildlife bingo. Pancake breakfast provided



Gauga County Seniors enjoying a day of Kayaking at Headwaters Park

THURSDAY, AUGUST 15

9 – 11:30 a.m.

Holbrook Hollows

7250 Country Lane Road
Bainbridge Twp., OH 44023

Heavenly Bodies

Astronomy Night

UH Wellness - Plinko

Join us for an evening under the stars! The evening begins with a planetarium show and then progresses outside to peer deep into the night sky.

After dark desserts and coffee provided

THURSDAY, SEPTEMBER 19

7 – 9:30 p.m.

Observatory Park

10610 Clay Street
Montville, OH 44064

440-214-3180

EXERCISE & FITNESS

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.

MONDAYS,

JULY 1, 8, 15, 22, 29

AUGUST 5, 12, 19, 26

SEPTEMBER 9, 16, 23, 30

WEDNESDAYS,

JULY 3, 10, 17, 24, 31

AUGUST 7, 14, 21, 28

SEPTEMBER 4, 11, 18, 25

FRIDAYS,

JULY 5, 12, 19, 26

AUGUST 2, 9, 16, 23, 30

SEPTEMBER 6, 13, 20, 27

9:30 – 11 a.m.

Taekwondo Center

209 Center Street
Chardon, OH 44024

440-279-2137

Monthly fee: \$45

STRENGTHS AND WEIGHTS

TUESDAYS,

JULY 2, 9, 16, 23, 30

AUGUST 6, 13, 20, 27

SEPTEMBER 3, 10, 17, 24

THURSDAYS,

JULY 11, 18, 25

AUGUST 1, 8, 15, 22, 29

SEPTEMBER 5, 12, 19, 26

10 – 11 a.m.

West Geauga Senior Center

12646 West Geauga Plaza
Chesterland, OH 44026

440-214-3180

BOXING

TUESDAYS,

JULY 2, 9, 16, 23, 30

AUGUST 6, 13, 20, 27

SEPTEMBER 3, 10, 17, 24

8:30 – 9:30 a.m.

West Geauga Senior Center

12646 West Geauga Plaza
Chesterland, OH 44026

440-214-3180

HEALTH EDUCATION

HEALTHY LIVING FOR YOUR BRAIN & BODY: TIPS FROM THE LATEST RESEARCH

Join us to learn about research in the areas of diet, nutrition, exercise, cognitive activity and social engagement and use hands-on tools to help you incorporate lifestyle choices that may keep your brain and body healthy.

Lunch provided.

TUESDAY, JULY 16

11:30 a.m. – 1:30 p.m.

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024

440-214-3180

10 WARNING SIGNS OF ALZHEIMER'S

Come join us and learn how to recognize common signs of the disease, how to approach someone about memory concerns;

importance of early detection and benefits of a diagnosis.

Lunch Provided

THURSDAY, AUGUST 29

11:30 a.m. – 1:30 p.m.

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024

440-214-3180

MEDICAL MARIJUANA

WEDNESDAY, SEPTEMBER 4

12 - 1 p.m.

West Farmington Senior Center

151 College Street
West Farmington, OH 44491

440-214-3180

HEALTH SCREENINGS

FALL PREVENTION AWARENESS EVENT

Cholesterol, Glucose, Blood Pressure, Body Mass Index, Balance Screenings, Preventative Health Screenings

A Pharmacist will be available to answer any medication questions.

TUESDAY, SEPTEMBER 24

10 a.m. – 1 p.m.

Perry Senior Center

2800 Perry Park Road
Perry, OH 44081

FALL PREVENTION AWARENESS DAY

Lunch provided

MONDAY, SEPTEMBER 23

12 – 3 p.m.

Fall Prevention Presentation

12 p.m.

Balance Screenings

1 – 3 p.m.

Chardon Senior Center

12555 Ravenwood Drive
Chardon, OH 44024

440-214-3180

LAST FLY IN OF SUMMER

Cholesterol, Glucose, Blood Pressure, Body Mass Index
Pancake breakfast provided

SATURDAY, SEPTEMBER 21

7 a.m. – 12 p.m.

Geauga County Airport

15421 Old State Road
Middlefield, OH 44062

440-214-3180

BLOOD PRESSURE SCREENINGS

**MONDAYS, JULY 1,
SEPTEMBER 9, OCTOBER 14**

8:30 – 10:30 a.m.

West Farmington Senior Center

150 College Street
West Farmington, OH 44491

440-214-3180

**WEDNESDAYS, JULY 17,
AUGUST 21, SEPTEMBER 18**

11:30 a.m. – 12:30 p.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

440-214-3180

**THURSDAYS, JULY 11,
AUGUST 1, SEPTEMBER 5**

11 a.m. – 12:30 p.m.

West Geauga Senior Center

12646 West Geauga Plaza
Chesterland, OH 44026

440-214-3180

**THURSDAYS, JULY 9,
AUGUST 13, SEPTEMBER 12**

10 a.m. – 12 p.m.

Geauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

440-214-3180

BALANCE SCREENINGS

TUESDAY, JULY 16

1 – 4:30 p.m.

Outpatient Rehabilitation

Center at Geauga YMCA
12360 Bass Lake Road

Chardon, OH 44024

440-214-3101

**THOMPSON SQUARE
SUMMER ENTERTAINMENT**

Blood Pressure and
Bone density screenings

TUESDAY, JULY 9

7 – 8:30 p.m.

NATIONAL NIGHT OUT

Touch a Truck
Blood Pressure Screenings and
Stop the Bleed

Entertainment:

Chardon Polka Band

TUESDAY, AUGUST 6

7 – 8:30 p.m.

Thompson Town Hall / Square

6741 Madison Road
Thompson, OH 44086

HEALTH EDUCATION**THERAPEUTIC
BENEFITS OF PETS**

SATURDAY, JULY 27

11 a.m. – 3 p.m.

Chaffee Memorial Park

185-151 N. Maple Street
Orwell, OH 44076

440-214-3180

**STROKE AWARENESS:
FACTS YOU NEED TO KNOW**

WEDNESDAY, SEPTEMBER 25

10:30 – 11:30 a.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

440-214-3180

WELLNESS EXPO

SATURDAY, AUGUST 10

9 a.m. – 1 p.m.
(doors open at 8 a.m.)

The Avalon Inn and Resort

9519 East Market Street
Warren, OH 44484

440-214-3180

GOLF OUTING

TUESDAY, SEPTEMBER 10

9 a.m. – Pastry and coffee

Chardon Senior Center Pavilion
10 a.m. – Shotgun start
9 holes w/ cart and lunch \$25.00

Pleasant Hills Golf Course

13461 Aquilla Road
Chardon, OH 44024

*Call 440-632-0611 to register
(Deadline August 30th)*

*In collaboration with Geauga
County Department of Aging
UH WELLNESS PROGRAM TBD*

**FALL PREVENTATION
AND CONCUSSION**

TUESDAY, JULY 9

2 – 3 p.m.

Bainbridge Public Library

17222 Snyder Rd
Chagrin Falls, OH 44023

TUESDAY, AUGUST 13

2 – 3 p.m.

Chardon Library

110 E. Park Street
Chardon, OH 44024

440-214-3180

**WHAT YOU NEED TO KNOW
ABOUT IMMUNIZATIONS**

WEDNESDAY, AUGUST 14

10 -11 a.m.

Chardon Senior Center

12555 Ravenwood Drive
Chardon, OH 44024

TUESDAY, AUGUST 20

2 – 3 p.m.

Bainbridge Public Library

17222 Snyder Rd
Chagrin Falls, OH 44023

WEDNESDAY, AUGUST 21

10:30 - 11:30 a.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

TUESDAY, AUGUST 27

11 a.m. - 12 p.m.

West Geauga Senior Center

12646 West Geauga Plaza
Chesterland, OH 44026

THURSDAY, SEPTEMBER 12
1 – 2 p.m.

Geauga West Library
13455 Chillicothe Road
Chesterland, OH 44026
440-214-3180

UNDERSTANDING YOUR HOSPITAL ADMISSION STATUS

WEDNESDAY, JULY 24
10:30 – 11:30 a.m.

Middlefield Senior Center
15820 Ridgewood Drive
Middlefield, OH 44062
440-214-3180

MIND BODY & SPIRIT

THURSDAY, AUGUST 22
2 – 3 p.m.

Geauga West Library
13455 Chillicothe Road
Chesterland, OH 44026
440-214-3180

GEAUGA SENIOR TECHNOLOGY EXPO

Embracing the Digital Age
We want to help connect you to the tech world as a way to live better and age better. Come learn, explore and connect!

THURSDAY, AUGUST 1
10 a.m. – 2 p.m.

West Geauga Senior Center
12650 West Geauga Plaza
Chesterland, Ohio 44026
440-214-3180

DOWN MEMORY LANE

at Penitentiary Glen
Down Memory Lane is a historical program exploring the past of Penitentiary Glen Reservation.

UH Wellness Program - Wellness Navigator - Preventative Health

Cost \$11, which includes a Boxed lunch, guided tour and presentation

Must be able to walk longer distances and have energy & stamina to navigate on your own

TUESDAY, AUGUST 6
11 a.m. – 1 p.m.

Penitentiary Glen
8668 Kirtland-Chardon Road
Willoughby, Ohio 44094
440-279-2126

In collaboration with: Geauga County Department on Aging

CREATING AND ACHIEVING YOUR BUCKET LIST

Light dinner provided.

THURSDAY, AUGUST 22
5 – 6 p.m.

UH Geauga Medical Center
Conference Center
13207 Ravenna Road
Chardon, OH 44024
440-214-3180

SUPPORT GROUPS

APHASIA SUPPORT GROUP

MONDAYS, JULY 1, AUGUST 5, SEPTEMBER 2
6 – 8 p.m.

Outpatient Rehabilitation Center at Geauga YMCA
12360 Bass Lake Road
Chardon, OH 44024
440-214-3101

STROKE SUPPORT GROUP

WEDNESDAYS, JULY 10, AUGUST 14, SEPTEMBER 11
11 a.m. – 12 p.m.

West Geauga Senior Center
12646 West Geauga Plaza
Chesterland, OH 44024
440-285-6724

CAREGIVER SUPPORT GROUP

THURSDAYS, JULY 11, AUGUST 1, SEPTEMBER 5
2 – 3 p.m.

Maplewood at Chardon
A Senior Living Community
12350 Bass Lake Road
Chardon, OH 44024
440-285-3300

LIVING WITH LYMPHEDEMA SUPPORT GROUP

No registration required
Refreshments will be served

WEDNESDAYS, JULY 17, AUGUST 21, SEPTEMBER 18
6 – 8 p.m.

UH Concord Health Center
Community Room
7500 Auburn Road
Concord, OH 44024

SAVE THE DATE

ORTHO DAY

SATURDAY, OCTOBER 12

Embassy Suites
3775 Park East Drive
Beachwood, OH 44172

SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?

Contact University Hospitals Geauga Medical Center Norma N. Chapman Senior Assessment Program.

Call to Schedule an Assessment 440-285-3035

PREVENTATIVE HEALTH SCREENINGS – WHAT YOU NEED TO KNOW.

UH is addressing the needs of the aging population by promoting healthy lifestyles and healthy behaviors.

Contact Valerie Reed / Wellness Coordinator 440-904-0064

FEATURED EVENTS

FAMILY HEALTH AND SAFETY DAY

These FREE community celebrations offer family-friendly activities featuring the UH Rainbow Babies & Children's Safety Squad – plus wellness screenings, safety tips and educational materials that promote healthy lifestyles for people of all ages. Snack provided. Doctors on site to answer your questions!

SATURDAY, JULY 13

9 a.m. – 1 p.m.

University Hospital Urgent Care

Ashtabula Towne Square
3315 North Ridge East
Ashtabula, OH 44004

For more information please call:
440-998-0107

18TH ANNUAL "WALK FOR THE CURE"

Join us for a relaxing 2-mile walk at 1 p.m., walk in honor of a loved one. Survivor ceremony at 2 p.m. There will be basket raffles, vendor and craft fair, door prizes and more. Free registration for breast cancer survivors (includes t-shirt and gift bag) Registration fee \$20.00 for all other participants (commemorative t-shirts to the first 300 registrants.) All proceeds stay local and will benefit breast cancer programs, tools, education and research.

SUNDAY, SEPTEMBER 15

11 a.m. – 3:30 p.m.

Geneva High School

1301 South Ridge Road East
(State Route 84)
Geneva, OH 44041

For more information please call:
440-998-0680

ACTIVITIES

GENEVA COMMUNITY GARDEN

**THURSDAYS, JULY 18,
AUGUST 15, SEPTEMBER 26**
9 a.m.

UH Geneva Medical Center

580 West Main Road
Geneva, OH 44041

Please call: **440-998-0107**

EXERCISE & FITNESS

WALK WITH AN EXPERT

July 17: Kellie McGinnis, RN
August 1: Julie Wood, Home Safe
September 5: Paula Covell, RN
8 – 10 a.m.

Ashtabula Towne Square

3315 North Ridge East
Ashtabula, OH 44004

Please Call: **440-998-0107**

SUMMER WALK PROGRAM SAYBROOK

Join us each Wednesday morning during the summer for a refreshing and relaxing walk.

WEDNESDAYS,

JULY 3, 10, 17, 24, 31

AUGUST 7, 14, 21, 28

7:30 – 8:30 a.m.

Saybrook Township Park

5941 Lake Road West
Ashtabula, OH 44004

Please call: **440-998-0107**

HEALTH EDUCATION

HEART FAILURE EDUCATION

This program is designed to provide you with the most current information that focuses on helping you better control heart failure to enjoy a more fulfilling life.

MONDAYS, JULY 1, 8, 15

1 – 3 p.m.

UH Community Outreach

1184 Lake Avenue
Ashtabula, OH 44004

Please call: **440-593-0206**

SILVER SNEAKERS ASHTABULA

JULY 9: Poison Prevention

AUGUST 6: Elderly Fraud

SEPTEMBER 10: Suicide Prevention Awareness

**TUESDAYS, JULY 9,
AUGUST 6, SEPTEMBER 10**
11:15 a.m. – 12 p.m.

Ashtabula YMCA – Silver Sneakers

263 West Prospect Road
Ashtabula, OH 44004

Please call: **440-998-0680**

MADISON SENIOR CENTER

JULY 16: Poison Prevention

AUGUST 20: Health And Wellness

SEPTEMBER 17: Suicide Prevention

TUESDAYS, JULY 16,

AUGUST 20, SEPTEMBER 17

11:30 a.m. – 12 p.m.

Madison Senior Center

2938 Hubbard Road
Madison, OH 44057

Please call: **440-428-6664**

GENEVA HEALTH FORUM AND LUNCHEON

JULY 17: Summer Fruits Presentation - Kellie McGinnis

AUGUST 21: Fire Safety Presentation - Lt. Matt Parks

SEPTEMBER 10: Suicide Prevention Awareness

WEDNESDAYS, JULY 17,

AUGUST 21, SEPTEMBER 10

11:15 a.m. – 1 p.m.

Geneva Community Center

72 West Main Street
Geneva, OH 44041

Please RSVP: **440-998-0680**

HEALTH SCREENINGS

ASHTABULA YMCA

Screenings: Blood Pressure, Glucose and Cholesterol

TUESDAY, AUGUST 6

8:30 – 9:30 a.m.

YMCA Ashtabula

263 West Prospect Road
Ashtabula, OH 44004

Please call: **440-998-0680**

MADISON YMCA

Free Screenings: Blood Pressure, Glucose and Cholesterol

MONDAY, AUGUST 26

8:30 – 10 a.m.

Madison YMCA

730 North Lake Street
Madison, OH 44057

Please call: **440-998-0680**

FEATURED EVENT

HEART DISEASE & CALCIUM SCORING INFORMATION

Farshad Forouzandeh, MD, PhD, Interventional Cardiologist will discuss what the Calcium Scoring test is all about and what your results might mean. At the end of the presentation Dr. Forouzandeh will write up orders for each person who wants the test. A scheduler will be on hand to schedule your free calcium scoring test with UH Parma Medical Center.

Light refreshments provided

THURSDAY, AUGUST 8

6 p.m.

UH Parma Medical Center Auditorium
7007 Powers Boulevard
Parma, OH 44129

440-743-4932 to register

ARE YOU SUFFERING FROM JOINT PAIN?

Speakers; Charles LoPresti, MD, Michael LoPresti, MD, Jared Levin, MD and Alan Panteck, MD.

Screenings include: balance, grip strength, bone density and body mass index.

Light refreshments provided.

THURSDAY, SEPTEMBER 12

6:30 – 8 p.m.

UH Parma Health Education Center
7300 State Road
Parma, OH 44134

440-743-4932 to register

IS IT NORMAL MEMORY LOSS OR ALZHEIMER'S DISEASE?

Lauren Cameron, MD, Neurologist will talk about normal vs. abnormal memory loss, common types of dementia, and causes and treatments of common dementia.

Light refreshments provided

WEDNESDAY, AUGUST 14

5 p.m.

UH Parma Medical Center Auditorium
7007 Powers Boulevard
Parma OH 44129

440-743-4932 to register

FLU UPDATE

Get the facts on the flu virus for this year and learn how the vaccine and other tips can help you fight off the flu.

Light refreshments provided

THURSDAY, SEPTEMBER 19

6 p.m.

UH Parma Medical Center Auditorium
7007 Powers Boulevard
Parma OH 44129

440-743-4932 to register

HEALTH EDUCATION

HERITAGE DAY

Discuss the history of foods of our heritage. How to eat a healthy diet while still honoring our heritage.

Food demo - sample of a food from our heritage.

TUESDAY, SEPTEMBER 10

4:30 – 5:30 p.m.

UH Parma Medical Center Cafeteria
7007 Powers Boulevard
Parma OH 44129

440-743-4932 to register

MEDICAL WEIGHT LOSS

Learn about the New Directions Medically Supervised Weight Loss Program.

For more information and to register call 440-743-2995.

BARIATRIC SURGERY

If you are interested in weight loss surgery at UH Parma Medical Center, register for one of our new, free patient information sessions. Learn about the surgical weight loss program from a UH Parma Medical Center bariatric surgeon.

AUGUST 13

5:30 – 6:30 p.m.

For more information and to register call 216-844-5274 or visit UHhospitals.org/weightloss for an online information session.

UH Parma Medical Center Metabolic Clinic
Medical Arts Center 2
6707 Powers Boulevard, Ste 303
Parma, OH 44129

JOINT REPLACEMENT

This is a one-time informational session for patients scheduled for or contemplating total joint replacement surgery at UH Parma Medical Center.

For details, session dates and times call 440-743-4024.

BE WELL - HYDRATION

You will learn the importance of adequate hydration, signs and symptoms of mild dehydration and thirst as we age.

TUESDAY, JULY 9

4:30 – 5:30 p.m.

UH Parma Medical Center Cafeteria
7007 Powers Boulevard
Parma, OH 44129

440-743-4932 to register

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition counseling experience throughout each person's life cycle, Claudia Ulintz, RDN, LD offers individual outpatient medical nutrition therapy (MNT) counseling to help

improve your health. Participants must obtain a physician's referral prior to their visit.

UH Parma Medical Center

7007 Powers Boulevard
Parma OH 44129

440-743-2150 to schedule an appointment

FAMILY & FRIENDS CPR

For People who want to learn CPR but do not need a CPR course completion card to meet a job requirement. This course is ideal for community groups, new parents, grandparents, babysitters and others interested in learning how to save a life. This program teaches how to perform CPR on adults, children and infants and how to help an adult, child or infant who is choking. You will also learn the "hands-only" technique. Fee: \$30

SATURDAY, SEPTEMBER 14

9 a.m. – 12 p.m.

YMCA'S DIABETES PREVENTION PROGRAM

Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay type 2 diabetes? The YMCA's Diabetes Prevention Program can help you reach your healthy living goals. The program has been shown to reduce the number of new cases of diabetes by 58%. The reduction was even greater for adults over 60. This year-long small group program is for people who are at high risk for becoming diabetic. Generous financial scholarships are available. For more information, leave a message at 440-574-0580 or email healthyliving@clevelandY.org. You do not have to be a YMCA member to join this program.

CHAIR YOGA

For people with physical limitations and people who don't think they can keep up in a regular yoga class. Focus will be on body awareness, breath and relaxation.

\$8 WALK IN FEE

**TUESDAYS,
JULY 9, 16, 23, 30**

AUGUST 6, 13, 20, 27
6:30 – 7:30 p.m. (4 sessions)

**TUESDAYS,
SEPTEMBER 10, 17, 24,
OCTOBER 1, 8, 15**
6:30 – 7:30 p.m. (6 sessions)

**UH Parma Health
Education Center**
7300 State Road
Parma, OH 44134

440-743-4932 for more information

YOGA

Dress comfortably; bring small blanket or towel and a water bottle to all yoga classes. Yoga mats provided.

Attain body awareness, relaxation and body/mind balance through a system of exercises and breathing.

\$10 WALK IN FEE

BEGINNERS/GENTLE

**MONDAYS,
JULY 8, 15, 22, 29**
AUGUST 5, 12, 19, 26
6:30 – 8 p.m. (4 sessions)

**MONDAYS,
SEPTEMBER 9, 16, 23, 30**
OCTOBER 7, 14
6:30 – 8 p.m. (6 sessions)

**WEDNESDAYS,
JULY 10, 17, 24, 31**
AUGUST 7, 14, 21, 28
6:30 – 8 p.m. (4 sessions)

**WEDNESDAYS,
SEPTEMBER 11, 18, 25**
OCTOBER 2, 9, 16
6:30 – 8 p.m. (6 sessions)

MODERATE

**THURSDAYS,
JULY 11, 18, 25, AUGUST 1**
7 – 8:30 p.m. (4 sessions)

**THURSDAYS,
SEPTEMBER 12, 19, 26**
OCTOBER 3, 10, 17
7 – 8:30 p.m. (6 sessions)

**UH Parma Health
Education Center**
7300 State Road
Parma, OH 44134

440-743-4932 for more information

BALANCE AND FALL PREVENTION

Therese Lord, Doctor of Physical Therapy from UH Parma Medical Center will discuss the definition of a fall, who is at risk for falls and different ways to prevent them. This session also covers what can contribute to falls, including dizziness, and options for treatment. A few basic exercises to help and/or maintain your balance will also be discussed.

Light refreshments will be provided

TUESDAY, OCTOBER 1
5 p.m.

**UH Parma Health
Education Center**
7300 State Road
Parma OH 44134

440-743-4932 to register

HEALTH SCREENINGS**BLOOD PRESSURE SCREENING**

(Walk-In)

FIRST AND THIRD WEDNESDAYS**JULY 3, 17****AUGUST 7, 21****SEPTEMBER 4, 18**

1 – 2 p.m.

UH Parma Health**Education Center**

7300 State Road

Parma, OH 44134

440-743-4932**COMMUNITY BLOOD PRESSURE SCREENING DAYS****FIRST WEDNESDAY OF EACH MONTH**

9 – 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road

North Royalton

FIRST THURSDAY OF EACH MONTH

10 a.m. – 12 p.m.

Brooklyn Senior Center

7727 Memphis Road

Brooklyn

SECOND TUESDAY OF EACH MONTH

9 – 10 a.m.

Broadview Heights Community Center

9543 Broadview Road

Broadview Heights

SECOND THURSDAY OF EACH MONTH

8 – 10 a.m.

Seven Hills Recreation Center

7777 Summitview Road

Seven Hills

SECOND FRIDAY OF EACH MONTH

9 – 11 a.m.

Parma Senior Center

7001 West Ridgewood Avenue

Parma

SECOND FRIDAY OF EACH MONTH

10 a.m. – 12 p.m.

Independence Senior Center

6363 Selig Drive

Independence

THIRD TUESDAY OF EACH MONTH

10 a.m. – 12 p.m.

Parma Heights Senior Center

9275 North Church Drive

Parma Heights

GLUCOSE SCREENING

(Walk-In)

FIRST AND THIRD WEDNESDAY OF EACH MONTH**JULY 3, 17****AUGUST 7, 21****SEPTEMBER 4, 18**

1 – 2 p.m.

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

440-743-4932**BONE DENSITY SCREENING FOR WOMEN**

Testing is done on the heel without socks or pantyhose.

Appointments required

THIRD WEDNESDAY OF EVERY OTHER MONTH;**JULY 17, SEPTEMBER 18**

9 – 11 a.m. or 5 – 6:30 p.m.

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

440-743-4932**FREE LOWER EXTREMITY SCREENING FOR YOUR RISK OF PERIPHERAL ARTERY DISEASE (PAD)****More than 50 percent of those with peripheral artery disease (PAD) have no symptoms.**

PAD is a serious condition that occurs when blood flow through the legs and feet is restricted by the build-up of fatty deposits in the blood vessels of the legs. It can cause pain and cramping that can make walking – and life – miserable. In extreme cases, PAD can result in the loss of a leg or foot to amputation.

If you answer yes to any of these questions, find out your risk at our free screening event:

- Are you 50 years of age or older?
- Do you have diabetes?
- Have you ever smoked?
- Do you have high blood pressure and/or high cholesterol?

By appointment only.

SATURDAY, SEPTEMBER 28

9 – 1 p.m.

UH Broadview Heights Health Center

5901 East Royalton Road.

*Call 1-800-883-3674 to make your appointment***CHOLESTEROL SCREENING**

Includes total cholesterol, HDL, LDL, triglycerides and blood sugar. A 12-hour fast is recommended for best results.

Appointment required.

THIRD WEDNESDAY OF EVERY OTHER MONTH;**JULY 17, SEPTEMBER 18**

9 – 11 a.m. \$30

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

440-743-4932

NON-FASTING CHOLESTEROL SCREENING

Includes total cholesterol, HDL and blood sugar. No fasting necessary.

Appointment required.

THIRD WEDNESDAY OF EVERY OTHER MONTH, JULY 17, SEPTEMBER 18

11 – 11:30 a.m.

5 – 6:30 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

440-743-4932

FLU VACCINE CLINICS

Clinics are open to everyone ages 19 and older. If you are a senior, please bring all of your health insurance cards, including Senior HMO card and Medicare card. If you belong to a Medicare HMO or Senior HMO, see your doctor or a fee of \$30 will be charged.

Walk ins only.

MONDAYS

SEPTEMBER 16, 23,30

OCTOBER 7, 14, 21, 28

NOVEMBER 4

9 a.m. – 12 p.m.

WEDNESDAYS

SEPTEMBER 18, NOVEMBER 20

5 – 6:30 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

SUPPORT GROUPS**ALZHEIMER'S SUPPORT**

For caregivers only

FIRST TUESDAY OF THE MONTH

7 – 8:30 p.m.

SECOND FRIDAY OF THE MONTH

1:30 - 3 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

1-800-272-3900

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.

EVERY FRIDAY

10 a.m. – 11 a.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

440-237-3967

LOOK GOOD...**FEEL BETTER® PROGRAM**

For women undergoing cancer treatment to help with appearance-related side effects.

1-800-227-2345 to register.

PARKINSON'S DISEASE SUPPORT

SECOND TUESDAY OF THE MONTH

1 – 2:30 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH

For more information call
216-524-6354

SHARED GRIEF SUPPORT

This program is a seven-week grief support group offered by bereavement care providers.

Evening groups available four times a year.

Contact Amy Quinlan at
440-743-4944 for location details and more information.

STROKE & ARTHRITIS INFORMATION AND SUPPORT

THIRD MONDAY OF EVERY MONTH

1 – 2:30 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

For more information call
440-743-4041

POST-LSVT SPEECH THERAPY

This support group is for those living with Parkinson's disease and who have completed the Lee Silverman Voice Treatment Program.

SECOND THURSDAY OF THE MONTH

11:30 a.m. – 12:30 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

For more information call
440-743-4160

NEW PERSPECTIVES: WEIGHT MANAGEMENT SUPPORT

Education and support for bariatric surgery patients and others interested in weight-loss surgery. Must register.

FOURTH WEDNESDAY OF THE MONTH

6 – 7 p.m.

UH Parma Medical Center

Medical Arts Center 2
6707 Powers Boulevard

Suite 303
Parma, OH 44129

216-844-5274

FEATURED EVENT

FAMILY HEALTH AND SAFETY DAYS

Join us for family-friendly community events to celebrate wellness with free health screenings, educational activities, and demonstrations.

For more information or preregister for screenings, call **216-245-3841**.

SATURDAY, JULY 20

9 a.m. – 1 p.m.

UH Portage Medical Center
6847 North Chestnut Street,
Ravenna, OH 44266

SATURDAY, AUGUST 17

9 a.m. – 1 p.m.

UH Streetsboro Health Center
9318 State Route 14
Streetsboro, OH 44241

HEALTH EDUCATION

DIABETES SELF MANAGEMENT EDUCATION

THURSDAYS, JULY 11,
JULY 18, JULY 25
3 – 5 p.m.

UH Portage Medical Center
Medical/Surgical Classroom
6847 North Chestnut Street,
Ravenna, OH 44266

To register for a class, please call:
330-297-2575

ACTIVITIES

RELAX AND TAKE TIME FOR YOU STRESS MANAGEMENT SERIES

Come learn about the harmful effects of chronic stress and what you can do to manage stress better. All classes include a presentation and light physical activity. Activities include short walks, meditative coloring, chair yoga, and pet therapy.

TUESDAYS, JULY 16,
AUGUST 20, SEPTEMBER 24
4 – 6 p.m.

UH Portage Medical Arts Building
Room 150
6847 Chestnut St.
Ravenna, OH 44266

To register for a class, please call:
330-297-2575

RED CROSS BLOOD DRIVE

FRIDAY, JULY 5
THURSDAYS, AUGUST 1,
SEPTEMBER 5
1 – 7 p.m.

MONDAYS, JULY 22,
AUGUST 26, SEPTEMBER 23
12 – 6 p.m.

UH Portage Medical Arts Building
Atrium
6847 N. Chestnut St.
Ravenna, OH 44266

EXERCISE & FITNESS

WATER EXERCISE CLASSES

All classes require pre-registration.
Space is limited.

ADVANCED SENIOR WELLNESS

MONDAY, WEDNESDAY,
AND FRIDAY
11 – 11:45 am

BASIC SENIOR WELLNESS

MONDAY AND FRIDAY
12 – 12:45 p.m.
TUESDAY AND THURSDAY
11 – 11:45 a.m.

FRIDAY
5:30 – 6:15 p.m.

SATURDAY
10 – 10:45 a.m.

One visit: \$3.00
10 visit punch pass \$30.00

Children age 2 and under are free.
Children under age 14 welcome
Monday, Friday and Saturday.

WATER AEROBICS

TUESDAY AND THURSDAY
7 – 7:45 a.m.
5:30 – 6:15 p.m.
6:30 – 7:15 p.m.

MONDAY AND WEDNESDAY
4:30 – 5:15 p.m.
5:30 – 6:15 p.m.

FRIDAY
4:40 – 5:15 p.m.

SATURDAY
9 – 9:45 a.m.

Once a week: \$12.00 per month

UH Portage Medical Arts Building
Rehab Center Pool
6847 N. Chestnut St.
Ravenna, OH 44266

Call for information:
330-297-2770

SUPPORT GROUPS

To register for all Support Groups
call **330-297-2576**

Location for Support Groups is:

UH Portage Medical Arts Building
Room 150
6847 N. Chestnut Street
Ravenna, OH 44266

PARKINSON'S SUPPORT GROUP

TUESDAYS, JULY 16,
AUGUST 20, SEPTEMBER 17
1 – 3 p.m.

STROKE AND CARDIAC SUPPORT GROUP

TUESDAYS, JULY 9,
AUGUST 13, SEPTEMBER 10
4 – 5 p.m.

DIABETES SUPPORT GROUP

TUESDAY, AUGUST 6
5 – 6 p.m.

OSTOMY SUPPORT GROUP

MONDAY, SEPTEMBER 9
6 – 9 p.m.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

TUESDAYS, JULY 2,
AUGUST 6, SEPTEMBER 3
6:30 – 8:30 p.m.

UH Portage Medical Center
Meeting Room A
6847 N. Chestnut St.
Ravenna, OH 44266

To register, call: **330-297-2576**

FEATURED EVENT**FREE FAMILY HEALTH AND SAFETY DAY**

Celebrate wellness at our event, featuring:

- Health screenings
- Bike helmet fittings
- Health and wellness education
- Plus, a variety of health and safety activities for the entire family

SATURDAY, AUGUST 10

9 a.m. – 1 p.m.

UH Richmond Medical Center

27100 Chardon Road
Richmond Heights, OH 44143

For more information or to preregister for a screening, call 216-245-3841

HEALTH SCREENINGS**BLOOD PRESSURE, GLUCOSE, CHOLESTEROL SCREENINGS**

Physicians from the Richmond Primary Care Internal Medicine Residents Clinic will be present to discuss your screening results.

WEDNESDAYS,

JULY 10, OCTOBER 9

9 a.m. – 12 p.m.

UH Richmond Medical Center

Main Lobby
27100 Chardon Road
Richmond Heights, OH 44143

No reservation required.

ACTIVITIES**DINNER AND A MOVIE**

TUESDAYS, JULY 23,

SEPTEMBER 24

3 – 5 p.m.

JULY MOVIE TITLE: The Giver - 2014 - Drama, Romance, Sci-fi

SEPTEMBER MOVIE TITLE:

Letters to Juliet - 2010 - Adventure, Comedy, Drama

UH Richmond Medical Center

4th Floor Auditorium
27100 Chardon Road
Richmond Heights, OH 44143

Reservations are ONLY accepted during the week prior to each event.

Please call: 440-735-4739

COMMUNITY MUSIC EXPLORATION

Join Daniel Rose, MT-BC, UH Richmond Medical Center and Connor Integrative Network, for singing and socializing! You will enjoy meeting with other Age Well. Be Well. members while you sing and play instruments to your favorite songs.

TUESDAYS, JULY 16,

AUGUST 20, SEPTEMBER 17

2:30 – 3 p.m.

Governor's Village

280 North Commons Blvd.
Mayfield Village, OH 44143

Please call 440-735-4739

MONDAY AFTERNOON BOOK DISCUSSION

JULY TITLE: "The Tea Girl of Hummingbird Lane" by Lisa See

AUGUST TITLE: "Odd Child Out" by Gilly MacMillan

SEPTEMBER TITLE:

"The Line Becomes a River" by Francisco Cantu

Copies of the book are available one month prior to the discussion date

MONDAYS, JULY 8,

AUGUST 12, SEPTEMBER 9

2 – 3 p.m.

Cuyahoga County Library

Large Meeting Room 100
Mayfield Branch
500 SOM Center
Mayfield Village, OH 44143

ADULT COLORING CLASS

Coloring isn't just for kids. Coloring offers grown-ups a chance to relax, escape from life's stress and improve fine motor skills. Come learn about the color wheel, techniques of shading and blending as well as how to choose color schemes that will ensure a masterpiece worthy of hanging on the fridge or even framing on your wall. All levels of artistic ability are welcome to join us as we explore our inner artist. Coloring books and pencils will be provided. Feel free to attend as many classes as you would like.

TUESDAYS,

JULY 9, 23

AUGUST 13, 27

SEPTEMBER 10, 24

10 – 11 a.m.

UH Richmond Medical Center

Boardroom
27100 Chardon Road
Richmond Heights, OH 44143

Class size is limited. Please call: 440-735-4739

MAKE & TAKE CRAFTS

Simple crafts that you make & take with you!

WEDNESDAYS, JULY 17, 24, 31

AUGUST 7, 21, 28

SEPTEMBER 4, 18, 25

1 – 2 p.m.

South Euclid Community Center

1370 Victory Dr.
So. Euclid, OH 44121

The cost is \$3.00/person

Please call: 216-650-4029 to register

EXERCISE & FITNESS

SENIOR EXERCISE

A light workout to music!

WEDNESDAYS,

JULY 3, 10, 17, 24, 31

AUGUST 7, 14, 21, 28

SEPTEMBER 4, 11, 18, 25

THURSDAYS, JULY 11, 18, 25

AUGUST 1, 8, 15, 22, 29

SEPTEMBER 5, 12, 29, 26

10:30 – 11:30 a.m.

Community Partnership on Aging

South Euclid Community Center

1370 Victory Drive

South Euclid, OH 44121

Fees vary based on the class.

Please call: 216-650-4029

INTERMEDIATE LINE DANCING

Remember oldies like the Bossa Nova or learn new dances such as Cupid Shuffle and Cha Cha Slide! There is a fee for this class that is based on a 10-week session.

Flexible options are available and drop-ins are welcome for a fee of \$4 per person, per class. This is not a beginner class.

Fee: \$4 per person

FRIDAYS, JULY 5, 12, 19, 26

AUGUST 2, 9, 16, 23, 30

SEPTEMBER 6, 13, 20, 27

9:30 – 10:30 a.m.

Community Partnership on Aging

DeJohn Community Center

6306 Marsol Road

Mayfield Heights, OH 44124

Please call: 216-650-4029

EASY DOES IT WALKING CLUB

During the winter months, we will walk inside of Governor's Village.

New walkers will receive a complimentary T-shirt. This walking club is appropriate for a slower paced walker.

THURSDAYS,

JULY 11, 18, 25

AUGUST 1, 8, 15, 22, 29

SEPTEMBER 5, 12, 19, 26

9:30 – 10 a.m.

Governor's Village

280 North Commons Blvd.

Mayfield Village, OH 44143

Please call:

Lori Robinson at 440-735-4739

Stephanie Parker at

440-449-8788

GENTLE YOGA

Our instructor can work with ANY ability level!

FRIDAYS,

JULY 5, 12, 19, 26

AUGUST 2, 9, 16, 23, 30

SEPTEMBER 6, 13, 20, 27

12 – 1 p.m.

Community Partnership on Aging

DeJohn Community Center

6306 Marsol Road

Mayfield Heights, OH 44124

Fees vary based on the class.

Please call: 216-650-4029

WITNESS THE FITNESS

ADVANCED WALKING CLUB

This advanced walking club will meet every Thursday. During the winter months we will walk inside of Governor's Village. New walkers will receive a complimentary T-shirt.

THURSDAYS,

JULY 11, 18, 25

AUGUST 1, 8, 15, 22, 29

SEPTEMBER 5, 12, 19, 26

10:30 – 11:30 a.m.

Governor's Village

280 North Commons Blvd.

Mayfield Village, OH 44143

Please call: Lori Robinson at

440-735-4739 Stephanie Parker at

440-449-8788

TAI CHI

Tai Chi has been called 'Meditation in Motion' and can improve flexibility, muscle tone, joint function, aerobic conditioning and can reduce stress and lower blood pressure.

MONDAYS,

JULY 1, 8, 15, 22, 29

AUGUST 5, 12, 19, 26

SEPTEMBER 9, 16, 23, 30

10:30 – 11:30 a.m.

Community Partnership on Aging

Lyndhurst Community Center

1341 Parkview Dr.

Lyndhurst, OH 44124

Fees vary based on class. Please

call: 216-650-4029 to register

HEALTH EDUCATION

HEALTH & WELLNESS TALKS AT ROSS DEJOHN COMMUNITY CENTER

Elder Care Options & How to Pay for Them
Cilla Buck, CarePatrol

WEDNESDAY, JULY 3

10 Steps to a Healthier Life
Roydean Avery - Medical Mutual
Medicare Sales & Service Rep

WEDNESDAY, AUGUST 7

Loss of Taste & Smell as We Age
Beverly Fertel - Community
Relations & Education Director -
Governor's Village

WEDNESDAY, SEPTEMBER 4

Talk: 10 – 10:30 a.m.
Blood Pressure, Glucose &
Cholesterol Screenings:
10:30 – 11:30 a.m.

Ross DeJohn Community Center
6306 Marsol Road
Mayfield Heights, OH 44124

Please call: 440-735-4739

SCREENINGS

For more information about our programs, contact the Outreach Department at UH St. John Medical Center at 440-827-5440. No screenings on all holidays. Screenings may be canceled on days with inclement weather.

BLOOD PRESSURE SCREENINGS

(Closed on all holidays or inclement weather)

FIRST MONDAY OF EACH MONTH

10:30 a.m. – 12 p.m.

North Olmsted Senior Center

Community Meeting Room
28114 Lorain Road North
Olmsted, OH 44070

THIRD MONDAY OF EACH MONTH

1 – 2 p.m.

UH St. John Medical Center

Main Lobby
29000 Center Ridge Road
Westlake, OH 44145

FOURTH MONDAY OF EACH MONTH

6 – 7:30 p.m.

Westlake Recreation Center

28955 Hilliard Boulevard
Westlake, OH 44145

FIRST WEDNESDAY OF EACH MONTH

9 – 10:30 a.m.

Westshore Family YMCA

1575 Columbia Road
Westlake, OH 44145

SECOND WEDNESDAY OF EACH MONTH

9:30 – 11 a.m.

Lakewood Senior Center

16024 Madison Avenue
Lakewood, OH 44107

BALANCE SCREENINGS

Please call to schedule an appointment. Space is limited.

Please call: 440-414-6050

GLUCOSE AND CHOLESTEROL SCREENING

No fasting is required for these screenings and no reservations are necessary.

WEDNESDAY, AUGUST 28

11:30 a.m. – 2 p.m.

North Olmsted Senior Center

28114 Lorain Rd
North Olmsted, OH 44070

AUDIOLOGY SCREENINGS

Screenings, testing, and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Dept.

Please call: 440-835-6160

WALK FOR WELLNESS!

Brisk walking has been linked to many health benefits, including a reduced risk of diabetes, heart disease, stroke and some cancers. In a collaborative effort, Great Northern Mall and UH St. John Medical Center provide an ongoing mall walking program.

A free health talk by a UH St. John Medical Center health care professional will be offered, along with blood pressure screenings by a Community Outreach nurse.

SECOND WEDNESDAY OF EACH MONTH

9 – 10 a.m. Health Talk

9 – 10:30 a.m. Blood Pressure Screenings

Great Northern Mall Food Court

4954 Great Northern Boulevard
North Olmsted, OH 44070

Walkers meet near the Food Court.

CLASSES & COMMUNITY PROGRAMS

DIABETES EDUCATION CLASSES

This four-week series offers education on diabetes self-management, including what

diabetes is and how it is diagnosed. Participants will learn how to make healthy food choices and achieve healthy meal planning. Ways to safely incorporate physical activity to improve blood sugar control and monitoring will be discussed, as well as what causes blood sugar to rise and how to handle fluctuations. Finally, we will cover ways to protect your eyes, heart, blood vessels, nerves, kidneys and feet. One-on-one education (Suite 100) is for instruction on individualized meal planning, blood glucose monitoring and insulin administration. Counseling for weight loss and lifestyle modification is also available.

Group classes are held on the third floor; one-on-one education takes place on the first floor. A physician referral is required to participate.

TUESDAYS,

JULY 9, 16, 23, 30

SEPTEMBER 3, 10, 17, 24

6 – 7:30 p.m.

UH St. John Medical Center

Westlake Family Health Center
26908 Detroit Road,
Westlake, OH 44145

For scheduling and pre-access call: 440-827-5668

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition counseling experience throughout each person's life cycle, Marge Robison, MPH, RDN, LD offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. Participants must obtain a physician's referral prior to their visit.

UH St. John Medical Center

Westlake Family Health Center
26908 Detroit Road, Suite 100
Westlake, OH 44145

Please call: 440-835-4426, ext 3

COMMUNITY YOGA

This is a general class that focuses on posture, breathing, meditation and relaxation. This class is taught by Colleen Brezine, CNM, and Certified Yoga Trainer. Please bring a yoga mat, towel and water.

Fee: \$5 – \$10 donation suggested

TUESDAYS

5 – 6 p.m.

SATURDAYS

8 – 9 a.m.

Connor Integrative Medicine

19800 Detroit Rd
(2nd Floor-Group Room)
Rocky River OH 44116

ROUNDTABLE HEALTH TALKS

Every day, new information is reported about our health and how our life choices affect our health. Often times the information is conflicting or contradicting. Does it make you question what you know? UH St. John Medical Center is offering a monthly speaker series, a presentation of professionals, discussing different aspects of current health concerns.

Join us for health and wellness information and discussion, while you enjoy nourishment from UH SJMC hospital food service.

THURSDAY, JULY 25

Meet Connor Integrative Health Network

This specialized team is made up of physicians, acupuncturists, massage therapists and other highly skilled practitioners trained in various integrative medicine disciplines.

THURSDAY, AUGUST 22

Orthopedics is the medical specialty of treatment of the musculoskeletal system. The

musculoskeletal system is the scaffolding, the framework, or the support for our body and the mechanics that make it function.

The human body has 206 bones, over 600 muscles, 360 joints, and 900 ligaments – what could go wrong?

Free bone density health screenings along with many information tables and educational handouts.

THURSDAY, SEPTEMBER 26

Headaches and Migraines

Headaches can be more complicated than most people realize. Learn about types, triggers and treatment

6 p.m. | Doors open at 5:30 p.m.

Westlake Recreation Center

28955 Hilliard Blvd
Westlake, OH 44145

Call to register: **877-597-6348**

COMMUNITY NUTRITION PROGRAMS

Westshore Primary Care dietitian Julie Wise, MS, RDN, LD, CDE holds monthly community nutrition programs at local Community Senior Centers. Topics range from One-Dish Dinners to Immune Health and even Healthy Eating on a Budget.

Current program locations include: North Royalton, Parma and Brooklyn Senior Centers

Please call: **440-250-8660**

AMERICAN HEART ASSOCIATION HEARTSAVER CPR/AED

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for healthcare providers. A course completion card will be provided.

This is a free class, but you must register at www.uhems.org. Please call: 216-849-5013 for information.

AMERICAN HEART ASSOCIATION FAMILY & FRIENDS CPR

This course is ideal for new grandparents, babysitters and others interested in learning how to save a life, but do not need a CPR course completion card to meet a job requirement. It teaches how to perform CPR or choking rescue on adults, children and infants. Cost \$20
For more information, call Kim at 440-827-5460.

BRING IT ON!! SENIOR WALKING AND WELLNESS CHALLENGE

Who has the best Senior Center around?

Join the Senior Walking and Wellness Challenge and find out. The participants must be at least 50 years of age and will receive a pedometer to track their steps. Begin and end this six week walking challenge with free biometric screenings.

Screenings include cholesterol, blood glucose, blood pressure, BMI, and waist circumference.

Senior Walking Challenge Kick-Off:
THURSDAY, SEPTEMBER 5
9 a.m. – 5 p.m.

Final Screening
THURSDAY, OCTOBER 17
9 a.m. – 5 p.m.

Awards Ceremony
FRIDAY, OCTOBER 18
12 p.m.

Participants will be given a screening time.

To participate, call your
local City Senior Center

HEALTH TALKS & HORS D'OEURVES

UH St. John Medical Center, Building 2

29000 Center Ridge Road
Auditorium B – unless
otherwise noted

(Please call 877-597-6348 to
RSVP for talks listed below)

OPIATE SERIES

Topic: Alternative Methods of Pain Relief

Partner with University Hospitals
St John Medical Center and
Connor Integrative Network in
the fight against opioid addiction.

Speakers:

Ben Cooksey, PT, DPT, OCS,
C-OMPT and Connor
Integrative Networking
addressing Massage Therapy

THURSDAY, AUGUST 8

6 p.m.

A light appetizer is served

HEALTHY LUNGS HEALTH TALK

Learn how to keep your lungs
healthy and get the facts about
lung disease. Learn about Radon
as a risk factor for lung cancer.

THURSDAY, JULY 11

6 p.m.

TAKE CHARGE OF YOUR HEALTH:

THE OUTREACH SERIES

These one hour presentations will
provide information on the
subject listed below.

JULY 15 – Melanoma and Skin
Cancer Prevention

AUGUST 5 – Colon Cancer and
guidelines for screening

AUGUST 19 – Disorders of the Ears,
Nose and Throat

SEPTEMBER 16 – Breast Health
and Breast Imaging

MONDAYS

5 – 6 p.m.

UH St John Medical Center

Community Outreach Department
Suite R Community Room
29160 Center Ridge Rd
Westlake, OH 44145

To register, call: 877-597-6348

SUPPORT GROUPS

Unless otherwise stated, all group
meetings are held at
29160 Center Ridge Road, Suite R,
Westlake, OH 44145.

A SECOND CHANCE: LUNG TRANSPLANT SUPPORT GROUP

This group is for anyone who is
considering or has received a
lung transplant. Family and
friends are welcome.

MONDAY, AUGUST 12

6 – 8 p.m.

UH St. John Medical Center

Westlake Family Health Center
26908 Detroit Road, Suite 300
Westlake, OH 44145

Call: 440-250-2042

Email: [Evelyn.Gorton@](mailto:Evelyn.Gorton@UHhospitals.org)

UHhospitals.org

MOOD DISORDER SUPPORT GROUP

We offer support for those with
depression and bi-polar
disorders. Our vision is one of
hope. Together we strive for
wellness and recovery.

EVERY TUESDAY OF EACH MONTH

7 – 8:30 p.m.

Information:

Bobby Klinko: 440-539-9415

Laura Vanni: 216-267-5923

BETTER BREATHERS CLUB

This is a support group
designed for people living with
lung disease.

TUESDAY, AUGUST 6

1 – 2:30 p.m.

UH St. John Medical Center

Westlake Family Health Center
26908 Detroit Road, Suite 300
Westlake, OH 44145

Call: 440-250-2042

Email: [Evelyn.Gorton@](mailto:Evelyn.Gorton@UHhospitals.org)

UHhospitals.org

CAREGIVERS CLUB

This group will focus on those
individuals who are faced with
the challenges of overseeing a
parent or spouse through their
senior years.

TUESDAYS, JULY 16,

AUGUST 20, SEPTEMBER 17

11:30 a.m. – 1 p.m.

HOPE GROUP

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

FIRST WEDNESDAY OF EACH MONTH

5:30 – 7:30 p.m.

Please call: 440-827-5440

GAMBLERS ANONYMOUS

You can contact Gamblers
Anonymous at 626-960-3500 for a
meeting in your area or go to
gamblersanonymous.com.

EVERY SATURDAY OF EACH MONTH

10 – 11 a.m.

Please call: 440-752-3315

OVEREATERS ANONYMOUS

EVERY SUNDAY OF EACH MONTH
10 – 11 a.m.

UH St. John Medical Center

Building 2 (Auditorium B)
29000 Center Ridge Road
Westlake, OH 44145

GRIEF RECOVERY

The Grief Recovery Program will guide those who wish to resolve their loss issues and move beyond their grief to a richer quality of life.

WEDNESDAYS (8 WEEK PROGRAM)

SEPTEMBER 4 – OCTOBER 23
6 – 8 p.m.

Please call:

Kristy Holt 216-654-9151 to sign up or for any questions

COMMUNITY ASSISTANCE INFORMATION (2-1-1)

This is a free and confidential information and referral line run by the United Way. Call 2-1-1 for help to find resources for health care and social

services in your area. This information may include listings of local support groups as well as resources for food, housing, employment, counseling and volunteer opportunities.

LOW-COST IMMUNIZATIONS

Affordable immunizations are offered by the Cuyahoga County Board of Health

An appointment is required.

Please call: 216-201-2041

Visit: ccbh.net/immunization-clinic

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 and "Simply to Go" items. There is a \$10 limit per customer for the discount: after that, the items are full price.

For more information, call the North Olmsted Senior Center at **440-777-8100** or the Westlake Center for Community Services at **440-899-3544**. Supper times are Monday – Friday 4 – 7 p.m. and Saturday and Sunday 4 – 5:30 p.m. You must present your card to receive the discount.

FREE FAMILY HEALTH & SAFETY DAYS

Celebrate wellness at our events, featuring:

- Health screenings: vascular, cancer, memory and more
- Bike Safety information and bike helmet fittings
- Health and wellness education booths
- Safety and emergency vehicle tours
- Plus, a variety of health and safety activities for the entire family

EAST

UH Ashtabula Health Center
Ashtabula Towne Square Mall
3315 North Ridge East
Ashtabula, OH 44004

July 13
9 a.m. – 1 p.m.

UH Streetsboro Health Center
9318 State Route 14
Streetsboro, OH 44241

Aug. 17
9 a.m. – 1 p.m.

UH Portage Medical Center
6847 North Chestnut Street
Ravenna, Ohio 44266

July 20
9 a.m. – 1 p.m.

UH Bedford Medical Center
44 Blaine Ave.
Bedford, OH 44146

Aug. 24
9 a.m. – 1 p.m.

UH Richmond Medical Center
27100 Chardon Road
Richmond, OH 44143

Aug. 10
9 a.m. – 1 p.m.

WEST

UH Samaritan Medical Center
UH Administrative Services Building
663 East Main Street
Ashland, OH 44805

Aug. 24
10 a.m. – 1 p.m.

UH Amherst Health Center
254 Cleveland Street
Amherst, OH 44001

Sept. 14
10 a.m. – 1 p.m.

FEATURED EVENTS**UH SAMARITAN FREE HEALTH AND SAFETY FAIR**

FREE screenings will include Blood Sugar, Cholesterol, Balance, Stroke Risk Assessment... and more. Speak with professionals from the UH Samaritan Pain Clinic, UH Samaritan Music Therapy, UH Samaritan Physical/Occupational/ Speech Therapy...

SATURDAY, AUGUST 24

10 a.m. – 1 p.m.

UH Administrative Services Building

663 East Main Street
Ashland, OH 44805

Please register for this program by calling 419-207-2563

FREE VASCULAR SCREENING EVENT

Peripheral Artery Disease (PAD) is a serious condition that occurs when blood flow through the legs and feet is restricted. PAD can cause pain and cramping that can make walking – and life – miserable. In extreme cases, PAD can lead to loss of a leg or foot to amputation.

Find out if you qualify for a free screening.

SATURDAY, SEPTEMBER 14

Reservations are required and space is limited.

Call 1-800-883-3674 to schedule.

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 call or visit the website to register.

1-844-312-5433 or
UHhospitals.org/AgeWell

EXERCISE & FITNESS**DRUMS ALIVE! (FOR SENIORS)**

Drums Alive is a movement and drumming wellness activity that takes a “whole mind, whole body” approach. It incorporates movement, music, sound, rhythm and relaxation to engage your mind and your body into extraordinarily FUN physical activity! This series is specially targeted to seniors, who may be less mobile than a younger crowd.

Join music therapist, Angel Foss for a fun “moving” experience!

**WEDNESDAYS, JULY 10, 24
AUGUST 14, 28**

1 p.m.

UH Administrative Services Building

663 East Main Street
Ashland, OH 44805

Please register for this program by calling 419-289-0491 ext. 3038 or email: Angelique.Foss@UHhospitals.org

DRUMS ALIVE!

Drums Alive is a movement and drumming wellness activity that takes a “whole mind, whole body” approach. It incorporates movement, music, sound, rhythm and relaxation to engage your mind and your body into extraordinarily FUN physical activity! Join music therapist, Angel Foss for a fun “moving” experience!

**EVERY TUESDAY, BEGINNING IN
SEPTEMBER, 2019**

4:30 p.m.

UH Administrative Services Building

663 East Main Street
Ashland, OH 44805

Please register for this program by calling 419-289-0491 ext. 3038 or email: Angelique.Foss@UHhospitals.org

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

Participants receive a pedometer and walk with Respiratory Therapist supervision. Therapists monitor heart rate and SPO2 before and after walking as well as keep record of steps accomplished each time for goal setting and monthly progress report.

Open to anyone in the community that has COPD and would like to participate.

EVERY TUESDAY AND THURSDAY
10 a.m.

Salvation Army Kroc Center

527 East Liberty Street
Ashland, OH 44805
Time and place subject to change! Please call for update before you join us.

For questions and registration call: 419-207-2453

UHSMC HARMONICA GROUP

Who knew respiratory exercises could be such a blast? Open to the public for those with COPD and their caregivers. All equipment and music is provided.

EVERY FRIDAY
4 p.m.

UH Samaritan Medical Center
East Tower Conference Room
1025 Center Street
Ashland, OH 44805

To register for a class, please call: 419 207-2303

HEALTH EDUCATION**MEMORY MENDING AND BRAIN BUILDING**

Ask 10 people what they fear most about getting older. 9 of them will have memory problems near the top of the list. Join UH Samaritan's Steve Baldrige, RN as

he takes a deep dive into some of the latest research about how our brains work, ways to maintain our brain function, and even improve our thinking and memories.

THURSDAY, AUGUST 8

5:30 p.m.

UH Administrative Services Building663 East Main Street
Ashland, OH 44805

Please register for this program by calling 419-207-2563

LABEL READING 101

Young - or not, healthy - or not, diabetic - or not, we all know we should pay attention to the food we eat. Whether you have been trying to eat better for decades or this is all new to you, UH Samaritan's dietitian Taylor Hause, RDN LD will help you decipher the important information found on everyday food labels.

THURSDAY, AUGUST 22

5:30 p.m.

UH Administrative Services Building663 East Main Street
Ashland, OH 44805

Please register for this program by calling 419-207-2563

**MOOD DISORDERS:
WHEN WILL IT END?**

Contrary to what social media may lead you to believe, nobody is happy all the time. We all experience emotional ups and downs. But what is normal and when should you be concerned?

UH Samaritan's Todd Yorby, MA, LPCC-S will present "Mood Disorders: When will it end?" Todd will tell cover Major Depression, Persistent Depressive Disorder, Bipolar Disorder, and more.

THURSDAY, SEPTEMBER 12

5:30 p.m.

UH Administrative Services Building663 East Main Street
Ashland, OH 44805

Please register for this program by calling 419-207-2563

MAKING AN IMPACT ON THE OPIOID CRISIS THROUGH ACCOUNTABLE PAIN MANAGEMENT

The opioid crisis and drug epidemic we see in the news is actually on our doorstep. Our community is fortunate to have the professionals from the UH Samaritan Pain Clinic as a resource, not only to help us control our own pain but also to help decrease the amount of opioids on the market. For your pain and for the public good, join us for this free presentation.

THURSDAY, SEPTEMBER 26

5:30 p.m.

UH Administrative Services Building663 East Main Street
Ashland, OH 44805

Please register for this free program by calling 419-207-2563

SUPPORT GROUPS**FREE SMOKING CESSATION CLINICS****EVERY MONDAY**

5 – 7 p.m.

Salvation Army Kroc Center
527 East Liberty Street
Ashland, OH 44805

EVERY WEDNESDAY

6 – 7 p.m.

UH Samaritan Medical Center
East Tower Conference Room
1025 Center Street
Ashland, OH 44805

EVERY THURSDAY

5 – 6 p.m.

UH Samaritan Medical Center Kettering546 N. Union Street
Loudonville, OH

*For questions, or to register for a class, please call:
419-207-2303*

THE COPD COFFEE CLUB

The informal group setting provides a relaxed environment to share concerns and experiences for ongoing help, advice and support. Family members and caregivers are welcome to join us as well.

2ND TUESDAY OF THE MONTH

JULY 9 – Staying active during the summer months

AUGUST 13 – Knowing your options with home health.

SEPTEMBER 10 – What is TaiChi and how it can help you (will be held in Cardiac/Pulmonary Rehab 2nd floor of UH Samaritan)
1 p.m.

UH Samaritan Medical Center
East Tower Conference Room
1025 Center Street
Ashland, OH 44805

*For questions and registration call:
419-207-2453*

REGISTER TO BECOME A MEMBER TODAY

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1-844-312-5433 or **UHhospitals.org/AgeWell**



University Hospitals

1-866-UH4-CARE (1-866-844-2273)

UHhospitals.org

730 SOM Center Road, Suite 210
Mayfield Heights, OH 44143

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Permit #1764

The Wellness Clinic for Chronic Disease Management now open at UH Geauga Medical Center

Living with a chronic disease can be challenging. Chronic Care Management is a program approved by Medicare and created to assist patients with two or more chronic conditions. Whether you have recently been diagnosed or have been living with a chronic condition such as hypertension, heart disease, anemia, chronic kidney disease, Type 2 diabetes or respiratory diseases such as asthma and COPD, our clinical experts can coordinate your care and offer a variety of essential services, including:

- Diagnostic testing and preventive screenings
- Identification of early signs and symptoms
- Management of medications and side effects
- Recommendations for diet and exercise
- Administration of IV medication
- Referrals to primary care or specialist physicians
- Coordination of care and enhanced communication between physicians and care providers
- Communication to help improve day-to-day wellness through with an assigned Registered Nurse Chronic Care Coordinator
- Connection to tools and resources that help you to better manage your chronic conditions
- Plan of care with your health goals in mind and together track and review your monthly progress.

During your initial clinic visit, you will meet with your dedicated Registered Nurse Chronic Care Coordinator who will take the time to get to know you and how your chronic conditions affect your daily activities. After, you will meet with an Advanced Practice Provider who will ask you about your health goals and from these goals will create a personalized plan of care. A member of our pharmacy team will review your medications, ensure there are no barriers in obtaining or taking your medications, make you aware of possible interactions and answer your questions.

Please note: the Clinic is not meant to replace your doctor, but to support your care between regularly scheduled physician visits.

To learn more, call 216-286-5433 (LIFE) or

To schedule an appointment, call 440-285-3030

The Wellness Clinic is located:

UH Geauga Health Center, Building 1

13221 Ravenna Road, Suite 12, Chardon, OH 44024

If you no longer wish to receive this Calendar of Events from the Age Well. Be Well. Club, please contact us at **1-844-312-5433**