



University Hospitals

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

AGE WELL. BE WELL. EVENTS SEPTEMBER, 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

TRIPPOINT 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

COMMUNITY PROGRAMS

AHUJA MEDICAL CENTER HEARTSAVER CPR/AED TRAINING

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=5300&li=128>

Thursday, September 5

5:30 – 8:30 p.m.

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



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.

Friday, September 6

9 a.m.-12 p.m.

**Orange Library Biometric Screenings
Orange Library
31975 Chagrin Blvd.
Pepper Pike, OH 44124**

Wednesday, September 18

9 -11:30a.m.

**Solon Senior Fall Wellness Expo
Solon Senior Center
35000 Portz Parkway
Solon, OH 44139**

BLOOD PRESSURE SCREENING EVENTS

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

Wednesday, September 11

10 – 11 a.m.

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

Thursday, September 19

10.-11 a.m.

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

Thursday, September 19

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

**Beachwood Senior Center
25325 Fairmount Blvd
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 for information and to sign up.

COMMUNITY EVENT

MEATLESS MEALS DIETITIAN LED PRESENTATION

Meatless meals are generally rich in fiber, vitamins and other nutrients and can lower risk of heart disease. In this Meatless Meals Presentation with Dietitian Susan Campbell, RD, LD, MS, you will learn some on how to incorporate more meatless options including vegetables, legumes and more!

Tuesday, September 17

5-5:45p.m.

EXERCISE & FITNESS

IRON YOGA

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

Friday, September 6

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

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, September 14

Saturday, October 12

Saturday, November 2

10:45-11:30a.m.

HAVING A BALL

Stability balls are a fun addition to any fitness program. Stability balls improve flexibility, strengthen the core (abdominal and lower back muscles), and improve balance. So come for a fun workout with this versatile piece of fitness equipment.

Saturday, September 21

8-8:55a.m.

BEGINNER YOGA

Class is designed for those new to yoga. Participants will improve flexibility and breathing conditioning. The exercises are done on a mat. Standing and seated postures included. Although this class is not a chair-based class, chairs are available if you'd like something to use to get back off the floor or to have a hand near for balance.

Saturday, September 28

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

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, September 9

10 - 10:55 a.m.

WALK WITH A DOG WALK

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

Friday, September 27

5:30 p.m.



COMMUNITY PROGRAMS

WALKING CLUB

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

Thursdays, September 5, 12, 19, 26
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, September 18

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



MOBILE HEALTH UNIT

University Hospitals Mobile Health Unit for 3-D mammogram screenings in the parking lot on this date with extended times. **Mammogram appointments are available from 8:30 am -2:30 pm on the below dates.** Accepting appointments now. To schedule an appointment, call **Nicole, UH Mobile Coordinator, at 216-896-1768.**

Wednesday, September 18

UH Wellness Center at Bedford

88 Center Road

Medical Office Building

Bedford, OH 44146

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

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, September 16

1 -2 p.m.

UH Wellness Center at Bedford

88 Center Road

Medical Office Building

Bedford, OH 44146

FOOD AS MEDICINE: GATHERING GARDEN

Are you ready for fall? As the season transitions, this is the perfect time to learn how to make butternut squash soup. Butter squash soup is delicious and a great example of “Food as Medicine.” Learn all about how various types of squash can support a variety of health conditions, then plant your own culinary herb to take home. Participants will learn about medicinal and aromatherapeutic benefits of culinary herbs and have the opportunity to taste several fresh herbs.

Register for the Event at “UH Community Wellness Center at Bedford” on Eventbrite.

Friday, September 20

3:30 - 4:30 p.m.

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

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

REDUCE INFLAMMATION WITH NUTRITION

Embrace the transformative benefits of a well-balanced diet to reduce inflammation and enhance your overall well-being.

Monday, September 23

4-5 p.m.

To register for the nutrition class, visit us on Eventbrite at “UH Community Wellness Center at Bedford.”

UH Wellness Center at Bedford

88 Center Road

Medical Office Building

Bedford, OH 44146

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

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, September 9

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.

Wednesday, September 18

2-3 p.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.



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, September 11

6-7 p.m.

UH Wellness Center

88 Center Road Suite 150
Bedford, OH 44146

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

ZUMBA

Join us for what some may call the most awesome workout ever! Dance to great music with great people and burn many calories without even realizing it. The class features merengue, salsa, and cumbia. Come and "dance around the world"! *Visit us on Eventbrite at "UH Community Wellness Center at Bedford." for dates and times.*

Friday, September 20

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.

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, September 7

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

HIKING CLUB

Explore nature with a Dietitian! Enjoy your time outdoors and receive expert advice on healthy eating habits and nutrition advice. *weather permitting*

Visit Eventbrite or contact Bailey Gordon for details 440-735-4270 option 2.

Monday, September 16

4-5 p.m.



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, September 7

10:30 -11:30 a.m.

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*

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesday, September 18

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

Bedford Heights Community Center

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

Wednesday, September 11, 25

11 a.m. - 1 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, OH 44146

Thursday, September 12

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

Maple Heights Senior Center

15901 Libby Road
Maple Heights, Ohio 44137

BIOMETRIC SCREENINGS

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

Saturday, September 7

9 a.m. - 12 p.m.

Monday, September 9

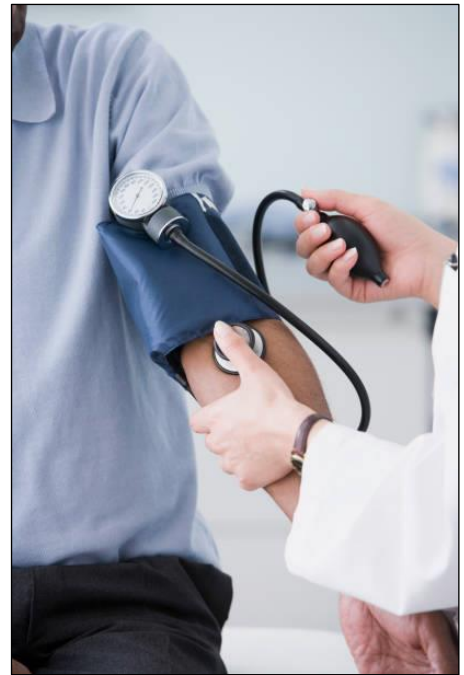
2- 3:30 p.m.

Monday, September 23

10 a.m. - 12 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 referral from a physician is required.

Monday – Friday

8 a.m. – 4:30 p.m.

UH Geneva Outpatient Pharmacy

870 West Main Street

Geneva, OH 44041

Call 440-415-9548 Rachel Norris, Pharmacist, for more information.

SLEEP MEDICINE

Detailed sleep studies are conducted by an experienced team of UH sleep medicine specialists and technicians to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (sleep walking/night terrors), Pediatric and Adult Sleep Studies, Pulmonary related sleep issues, Excessive Snoring, and Insomnia.

University Hospitals - Center for Advanced Sleep Medicine

810-A West Main Street

Geneva, OH 44041

Schedule a sleep consultation by calling 440-415-0153

FREEDOM FROM SMOKING GROUP QUIT PROGRAM

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

NO COST QUIT PROGRAM

Open to everyone. Light snacks provided

Thursdays (5:30pm – 7:00pm)

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

Deadline to RSVP is August 29th 2024.

Minimum of 3 participants required for class to be held.

Our first session starts on Thursday, September 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.

UH VIRTUAL TALKS

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

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

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

Walk for the Cure™

BREAST CANCER WALK – Survivor Ceremony – Celebration of Life

Sunday, September 15th

11am – 2:30pm

Geneva High School

1301 South Ridge Rd. E.

Geneva, OH 44041

For more information or to register,
call Lori Ann Vencill at **440-593-0373**

BREAST CANCER UPDATE 2024

Please join us for an evening of appetizers and drinks while you gain a better understanding of breast cancer care from annual screenings to the latest diagnostic and treatment options available to you and your loved ones. Seating is limited. Please RSVP by September 18th to Denise Brown at 440-593-0206.

Provider Spotlight:

Amitabh Goel, MD – Director of Surgical and Critical Care – UH Geneva Medical Center
Lori Ann Vencill, RN, M.Ed., CDCES – Community Educator – UH Geneva Medical Center

Wednesday, September 25

5-7 p.m.

Grand River Cellars

5570 S. Madison Rd.

Madison, OH 44057

GRAPE JAMBOREE

Stop by our UH booth – Come and have a “Grape” Time.

Family-friendly activities. Fun for all ages!

Saturday, September 28 & 29

Center of Town

Geneva, OH 44041

HEALTH SCREENINGS

FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)

For more information, call Lori Ann Slimmer, RN, M.Ed., CDCES @ 440-593-0373.

FREE WALK-IN BLOOD PRESSURE SCREENINGS

Monday – Friday

9 a.m. - 9 p.m.

Saturday - Sunday

9 a.m. - 5 p.m.

Urgent Care

UH Ashtabula Health Center

3315 N. Ridge Road, E

Suite 700A

Ashtabula, OH 44004

Call **440-992-0759** for information

SUPPORT GROUPS

BETTER BREATHERS CLUB

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

First Wednesday of every month

4 – 5:30 p.m.

UH Geneva Medical Center

1st Floor Pulmonary Rehab Dept.

870 West Main Street

Geneva, OH 44041

Call **440-415-0243** 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 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**

AVON HEALTH & SAFETY DAY

Join us for free health and safety exhibits, fire department car seat checks, food, Give-a-ways, crafts and fun!

Saturday, September 7

10 a.m. – 2 p.m.

Avon Aquatic Center

36265 Detroit Rd

Avon, OH 44011

AVON LAKE HEALTH & SAFETY DAY

Join us for free health and safety exhibits, food, giveaways, and fun!

Saturday, September 14

10 a.m. – 2 p.m.

Avon Lake Fire Department

32811 Walker Rd

Avon Lake, OH 44012

ELYRIA HOME DEPOT HEALTH & SAFETY DAY

Join us for free health and safety exhibits, food, giveaways, music and fun!

Saturday, September 14

10 a.m. – 2 p.m.

Home Depot Parking Lot in Midway Market Square

UH AMHERST BEAVER CREEK SURGERY CENTER OPEN HOUSE

Join us for free health screenings, tours, food and giveaways.

Saturday, September 28

1-4 p.m.

UH Amherst Beaver Creek Surgery Center

915 North Lake Street

Amherst, OH 44001

HEALTH SCREENINGS

HEALTH FAIRS (Cholesterol, glucose, blood pressure)

Monday, September 9

9-11 a.m.

North Ridgeville Senior Center

7327 Avon Belden Rd

North Ridgeville OH 44039

Friday, September 20

10 a.m. - 1 p.m.

Elyria Public Library ~West River ranch

1194 West River Rd N

Elyria OH 44035

BLOOD PRESSURE SCREENING

Tuesday, September 17

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 blood glucose monitoring, nutrition and preventing complications. A physician referral is required. Check your insurance to verify coverage.

Call Susan Campbell RD, LD at **440-284-5709** for information



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, September 5

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

HEALTHIER HAPPY YOU

Tuesday, September 10

12:30 - 1:30 p.m.

West Farmington Senior Center

150 College Street

West Farmington OH 44491

GARDENING FOR LIFELONG HEALTH: DÉCORATING WITH PUMPKINS & GOURDS

Wednesday, September 11

3 p.m.

**UH Geauga Medical Center
Conference Center**

13207 Ravenna Road

Chardon, OH 44024

OVERVIEW OF HEART ATTACK AND STROKE

Join UH to learn more about preventing heart disease through wellness and how early detections of heart attacks and strokes can maximize positive outcomes

Monday, September 23

10 - 11 a.m.

Bainbridge Library

17222 Snyder Road

Chagrin Falls, OH 44023



HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, September 16

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street

West Farmington OH 44491

Monday, September 9

10 a.m.-12 p.m.

Gauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

EXERCISE & FITNESS

GAUGA CYCLISTS

Tuesdays | 9 a.m.

September 3, 10, 17, 24

Maple Highland Trail

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

Must have your own bike and transportation to park.

Helmets are required

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

WALKING FOR WELLNESS

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

Thursdays | 9 a.m.

September 5

Blue Heron Preserve

14747 Ravenna Road

Burton, OH 44021

September 12

Holbrook Hollows

7250 Country Lane

Bainbridge, OH 44023

September 19

Big Creek Park (Woodin road entrance)

12017 Woodin Road

Chardon, OH 44024

September 26

Headwaters Park (Route 322 Entrance)

15052 Mayfield Road

Huntsburg, OH 44046

MONTVILLE COMMUNITY DAY

Join us for Montville Community Day for health education and screenings. Bring a chair to listen to the Band *Last Chance*. Tune Backers will be offering concessions of hamburgers, hotdogs, chips, soda and candy. There will be a cornhole tournament, 50/50 raffle, dunk tank and much fun. Don't miss out on this family fun event.

Saturday, September 14

3 - 7 p.m.

Montville Community Day

9755 Madison Road

Montville, OH 44094

FALL PREVENTION AWARENESS DAY

Falls are the leading cause of injury-related deaths and hospital admissions for trauma in older adults. The Geauga County Department on Aging, UH Geauga Medical Center and Ohman Family Living present a day dedicated to helping older adults learn more about risk factors, ways to reduce your risk of falling and identify potential hazards in your home. A panel discussion with UH Trauma Services, UH Clinical Pharmacy Specialists, Matter of Balance Coaches, Occupational Therapist and Personal Trainer begins at 12:30 p.m.

Lunch will be provided

Registration required, call Melissa at **440-279-2167** to register.

Wednesday, September 18

12:30 - 1:30 p.m.

Ohman Family Living at Briar

Post Hospital Entrance

14807 N. State Avenue

Middlefield, OH 44062

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

Join the American Lung Association's 7-week quit smoking program at UH Geauga Medical Center. No cost freedom from smoking group quit program. First session starts Wednesday, September 18 at 2:30 p.m. Light snacks provided. Call **440-285-6355** to register

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, Sept. 9, 16, 23, 30

Wednesdays, Sept. 4, 11, 18, 25

Fridays, Sept. 6, 13, 20, 27

Chardon Senior Center

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



PEDALING FOR PARKINSON'S

Pedaling for Parkinson's is where participants ride Pelton bikes indoors. Pedaling for Parkinson's provides an opportunity for people with Parkinson's to make positive improvements in their quality of life. (A collaboration with the Geauga County Department on Aging and Ohman Family Living)

M / W / F Class

1:30-2:30 p.m.

T / TH Class

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

Ohman Family Living at Holly

10190 Fairmount Road
Newbury, OH 44065
Call **440-632-3653** for
Information

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, September 9

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

Wednesday, September 18

12:30 -1:30 p.m.

Ohman Family Living at Briar

Post Hospital Entrance
14807 N. State Avenue
Middlefield, OH 44062
Call **440-279-2137** to register

DIABETES SUPPORT GROUP

Tuesday, September 17

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, October 24

6:30-8 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, September 25

2 p.m.

Maplewood at Chardon

12350 Bass Lake Road
Chardon, OH 44024
Call **440-285-3300** to RSVP or
chardonrsvp@maplewoodsl.com

SAVE THE DATE: DIABETES SELF MANAGEMENT CLASS

If you or someone you know has diabetes, join our six-week workshop, Diabetes Self-Management. You will get the support you need, find practical ways to deal with pain and fatigue, sugar control, discover better nutrition and exercise choices, understand new treatment choices and learn better ways to talk with your doctor and family about your health.

**Held every Wednesday for 6 weeks
October 2, 9, 16, 30 & November 6**
1 - 3:30 p.m.

West Geauga Senior Center
8090 Cedar Road
Chesterland, OH 44026
Call **440-279-2167** to register

SAVE THE DATE: A WOMEN'S DAY (In collaboration with Geauga County Department on Aging)

Come join us and “unplug” for a day of relaxation in nature and enjoy some of the many activities the day will offer. You can participate in outdoor activities, hiking, crafts, and much more. Dr. Maria Madden will present on Breast Health Awareness Moring pastries and lunch Included.
Cost \$20.00

Tuesday, October 1
9:30 a.m. - 2:30 p.m.

Claridon Woodlands
11383 Claridon Troy Road
Chardon, OH 44024

Call Sandy McLeod at **440-279-2137** to register. *Must be registered with the Dept. on Aging

THE GREAT GEAUGA COUNTY FAIR

Stop by the UH Geauga Medical Center tent for blood pressure screenings, health education, resources and MORE.

**Thursday, August 29 through
Monday, September 2**
9 a.m. - 11 p.m.

Gauga County Fairgrounds
14373 N. Cheshire Street
Burton, OH 44021

ELDERBERRIES ASTRONOMY NIGHT

Thursday, September 19
6 – 9:30 p.m.

Light meal provided

Join us for a special Elderberries Astronomy Night with Geauga Parks. There will be two groups rotating between a planetarium show and an outdoor astronomy activity. Then, we will finish the evening with night sky viewing (weather permitting)

UH Resource table provided with health education Information, upcoming programs & Blood Pressure Screenings Provided. *Registration required.* , Call **440-214-3180** to register

Observatory Park
10610 Clay Street
Montville, OH 44064

LYMPHEDEMA SUPPORT GROUP

Topic and location to be determined
Call 440-214-3101 for information or Email: Cathy.Jewell@uhhospitals.org or Patricia.schroeder@uhhospitals.org

SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?

UH Geauga Medical Center

Norma N. Chapman Senior Assessment Program
13207 Ravenna Road
Chardon, OH 44024
Call **440-285-6408** to schedule an Assessment

MEDICATION MANAGEMENT CLINIC

This clinic is staffed by pharmacists who are highly trained experts in the following areas: Diabetes, high blood pressure, high cholesterol, heart failure and smoking cessation. Pharmacists will help you organize your medications, answer questions about your health condition or medications. Call **440-214-3122** for information

2ND ANNUAL TOUCH A TRUCK EVENT

Touch-A-Truck events give the community a rare opportunity to sit in the driver's seat and honk the horns of unique vehicles. There will be a variety of different trucks and other equipment on display for all to learn and interact with. Stop by the UH Water Safety trailer for interactive fun and education. Food will also be for sale, with all proceeds going to the Alzheimer's Association.

Saturday, September 7

11 a.m. - 2 p.m.

Chardon Healthcare Center

620 Water Street
Chardon, OH 44024
Call **440-285-9400** for Information

REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event calendars, please email 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

FAMILY HEALTH AND SAFETY DAY

Join us for this family-friendly community event to celebrate wellness with free health screenings, educational activities, and demonstrations. University Hospitals will offer free blood pressure, cholesterol and glucose screenings as well as bone density, carpal tunnel, balance, and carotid ultrasounds. Call to register for the following screenings: hernia, mammogram, and Prostate Specific Antigen (PSA) testing. Several community partners will be on hand to share resources. Bring the whole family, there will be bike helmets and fresh locally grown produce given away while supplies last! Learn more about UH Tripoint! To register for hernia, mammogram, or PSA testing call: 440-313-2030
Saturday, September 28
9 a.m. - 1 p.m.

UH Tripoint Medical Center
7590 Auburn Road
Painesville, OH 44077

HOLA HEALTH FAIR

Join us at HOLA Lake County, a grassroots organization that works to increase opportunities for Latino families and individuals in our community. UH will be offering glucose, cholesterol, and blood pressure screenings.
Thursday, September 5
4 - 8 p.m.

HOLA Lake County
265 N State Street
Painesville, OH 44077

LAKE ERIE COLLEGE

This health fair will include eye exams, dental care, free clothes, mammograms, produce give away and much more! We will also include blood pressure, glucose, and cholesterol screenings. To learn more about this free event visit:
<https://www.lakehealthfair.com/>
Saturday, September 7
9 a.m. - 2 p.m.

Lake Erie College

Lake Erie College Jerome T Osborne Family Athletic and Wellness Center
391 W. Washington St.
Painesville, OH 44077

FALL PREVENTION WITH LCCOA

Learn about ways to prevent falls, talk with a pharmacist, and receive free health screenings! UH will offer cholesterol, glucose, blood pressure and bone density screenings.
Tuesday, September 24
10 a.m. - 4 p.m.

Lake County Council on Aging Office

8520 East Ave
Mentor, OH 44060

PERRY FALLFEST

Stop by this family fun festival, check your blood pressure and receive health education resources!
Saturday, September 7
11 a.m. - 9 p.m.

Lee Lydic Park
3954 Call Road
Perry, OH 44081

MENTOR ON THE LAKE 7th ANNUAL FALL FESTIVAL

Stop at this centennial celebration, check your blood pressure and receive health education resources!
Saturday, September 7th
2 - 8 p.m.

City of Mentor on the Lake
5860 Andrews Rd
Mentor on the Lake, OH 44060

WILLOUGHBY OUTDOOR MARKET

The wonderful Heart of Willoughby Market is back and in its 45th year! Join UH Lake Community Outreach as we offer free health screenings and health education. There is everything from healthy produce to fantastic finds at this market. For more market information:
<https://heartofwilloughby.com/market>
Saturday, September 14
8 a.m. - 12 p.m.

City Hall Parking Lot
1 E Spaulding Street
Willoughby, OH 44094

HEALTHY KIDS OUTDOOR YMCA EVENT

Stop by this family fun event! You can check your blood pressure and receive health education.
Sunday, September 8
12 - 4 p.m.

Outdoor YMCA Perry
4540 River Road
Perry, OH 44081

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 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 Lake Medical Center, (con't).

SENIOR DAY LAKE FARM PARK

This amazing event for seniors is not to be missed! Speakers, BINGO, fishing and more! UH will offer free health screenings for blood pressure, glucose, cholesterol, and bone density. Registration is recommended but walk-ins will be accepted as time permits. Call 440-358-7275 for screenings and free lunch! To learn more about the event:

https://www.lakemetroparks.com/events-activities/events/senior-day-at-farm-park/?banner=/KenticoTemplate/media/LakeMetroparks/Events/Senior_Day_at_Farm-park/field_Banner_Image/Senior-Day-at-Farm-park-fishing-on-the-dock.jpg

Thursday, September 12

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

Lake Farmpark

8800 Euclid Chardon Rd
Kirtland, Ohio 44094

LCCOA PANCAKE BREAKFAST

Enjoy breakfast and the opportunity to support our seniors! UH will offer blood pressures and health information. Tickets are available at any Lake County Senior Center, Lifeline, or the Lake County Council on Aging at a pre-event price of \$10 per adult, \$5 for children.

Sunday, September 15th

9:00 a.m. - 12:00 p.m.

Willowick Senior Center

321 E. 314th Street
Willowick, Ohio

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, September 7

9 – 10 a.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

SUPPORT GROUP

STROKE SUPPORT GROUP

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

Call **440-759-5114** to register or for information

Alecia.Crognale@UHhospitals.org |

Wednesday, September 11

6 – 8 p.m.

UH Brunner Sanden Dietrick

Wellness Center (Conf. Room A)

8655 Market Street
Mentor, OH 44060

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 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-2nd floor. Registration is recommended. Call **440-701-7507** to reserve your seat. Open to the public and UH Fitness Center members.

Tuesday, September 17

6-7 p.m.

Fitness: How to Exercise for Pain Management

Nutrition: Stress Management

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.

NEW! 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 or by calling 440-743-4295.

NEW! 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 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 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.

PARMA SENIOR CENTER / DONNA SMALLWOOD ACTIVITY CENTER SENIOR WELLNESS SERIES **Tuesdays, September 3, 10, 17, 24** **1 p.m.**

Parma Senior Center - Donna Smallwood Activity Center
7010 Powers Blvd.
Parma, OH 44129
R.S.V.P. 440-885-8800

September 3

Self-Care and Self-Compassion

Learn to enhance one's ability to recognize and practice self-care and self-compassion.

PARMA SENIOR CENTER / DONNA SMALLWOOD ACTIVITY CENTER SENIOR WELLNESS SERIES (cont.)

September 10

Cooking For One

UH Parma's Chef Michael Adams

September 17

Heart Attack & Stroke Prevention

Blood pressure screening

Learn hands only CPR

September 24

Diabetes Management and Identification of the Diabetic Foot Ulcer

Glucose screening

COMMUNITY ART THERAPY SESSIONS

Join UH Connor Whole Health Art Therapist, Jessica Grimm, ATR-P for a FREE weekly art therapy group open to the community. In these group sessions you will learn how to utilize art materials in an expressive way to help increase your well-being and help with anxiety, stress, emotions, relaxation, coping with change and much more. Each session will feature a different art intervention. You do not have to commit to all sessions. **MUST R.S.V.P.** to

Jessica.grimm@uhhospitals.org or call 216-844-5298

Thursdays, September 5, 12, 19, 26
10 -11 a.m.

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

Call 440-743-4932 for information

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

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

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

Tuesday, September 3

10 a.m. - 12 p.m.

Parma - Snow Branch Library

2121 Snow Road

Parma, OH 44134

Wednesday, September 4

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

Wednesday, September 4

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road

North Royalton, OH 44133

Tuesday, September 10

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road

Broadview Hts., OH 44147

Wednesday, September 11

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

Thursday, September 12

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue

Brooklyn, OH 44144

Friday, September 13

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

Independence Senior Center

6363 Selig Drive

Independence, OH 44131

Friday, September 13

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard

Parma, OH 44129

Tuesday, September 24

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road

North Royalton, OH 44133

HEALTH SCREENINGS

NON-FASTING CHOLESTEROL SCREENING

Free. Includes total cholesterol, HDL, and blood sugar.

Wednesday, September 18

9 - 11 a.m.

Appointment required

Call 440-743-4932 to register

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, September 4, 11, 18, 25

12:30 - 2 p.m.

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

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

SUPPORT GROUPS

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

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

STROKE & ARTHRITIS SUPPORT GROUP

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

Monday, September 9

12:30 - 2 p.m.

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. Presentation - Movement Disorders by Dr. Alex Wang, Neurologist with University Hospitals. PLEASE NOTE DATE CHANGE FOR THIS MONTH.

Must RSVP - call **440-743-4932**

Monday, September 16

1 - 2:30 p.m.

FOOD ADDICTS ANONYMOUS

Having trouble staying on a diet or eating plan? Do you crave sugar and high-carb foods? Are you shaky, angry or moody when you skip a meal? Do you think about food all the time? This group can help.

No registration required, walk-in meeting. 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, September 6, 13, 20, 27

4:30 p.m.

NEW! 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 or call the Parma Pastoral Care Department at **440-743-4295**

Thursday, September 12, 26

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, September 23

11 a.m. – 5 p.m.

UH Portage Medical Arts Building,
Atrium

Ravenna, Ohio 44266

To make an appointment, visit

RedCrossBlood.org or scan QR code:



SAIL FALLS PREVENTION CLASS

SAIL – Stay Active & Independent for Life

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

Streetsboro Senior Center

9307 State Route 43

Streetsboro, OH 44241

INFO/RSVP: 330-626-2398

Portage County Senior Center

705 Oakwood Street,

Ravenna, OH 44266

INFO/RSVP: 330-297-345

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition experience throughout each person's life cycle, David Yakunich, MS, RDN, LD offers individual outpatient nutrition counseling to help improve your health and wellbeing. A physician referral is required prior to your visit.

Call 216-844-1499 to schedule

**UH Portage Medical Center –
Portage Professional Center Suite
#200**

Portage Professional Center

6847 North Chestnut Street

Ravenna, OH 44266

VIRTUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

UH PORTAGE WOUND CARE & HYPERBARIC MEDICINE CENTER

The University Hospitals Portage

Wound Care Center offers

comprehensive wound care close to

home. Our goal is same day or next

day appointments and the Portage

Wound Care Center has specialists to

treat many non-healing wound

issues. Call today to get scheduled for

an appointment! *Call 330-422-7755 to*

schedule

UH Streetsboro Health Center

9318 State Route 14,

Streetsboro, OH 44241

NO COST CORONARY ARTERY CALCIUM SCORE TEST

University Hospitals Harrington Heart

& Vascular Institute offers a screening

test called cardiac CT imaging for

coronary artery calcium scoring. This

test has been shown by many studies

in medical literature to predict future

risk of heart attack. **While coronary**

artery calcium scoring is costly at

other health systems and generally

not covered by insurance, UH offers

this test at no cost. To receive a no-

cost calcium score test you must

have an order from your physician.

Yes, I have an order: Call 216-452-

8082 to schedule an appointment with

Radiology.

No, I do not have an order: Contact

your Primary Care Provider to discuss

if this test is right for you and request

an order.

PORTAGE PARKS DISTRICT PRESENTS: HIKE WITH A UH EXPERT

Get your day started with a hike and learn from a representative of University Hospitals Portage Medical Center's Rehabilitation Center on healthy movement.

Tuesday, September 17

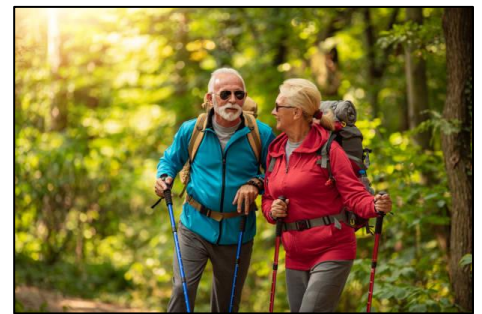
10 a.m.

Morgan Park

8828 OH-44

Ravenna, OH 44266

Call 330-297-7728 to register



UH Portage Medical Center, (con't).

HAYMAKER FARMER'S MARKET

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

Saturday, September 14

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, September 5

11 a.m. - 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street
Ravenna, OH 44266

Tuesday, September 10

11 a.m. – 2 p.m.

Renaissance Family Center

9005 Wil Verne Drive, Windham, OH 44288

Wednesday, September 18

11 a.m. – 1 p.m.

UH Portage Professional Center - Lobby

6847 N. Chestnut Street
Ravenna, OH 44266

Wednesday, September 25

11 a.m. – 1 p.m.

UH Streetsboro Health Center

9318 OH-14

Streetsboro, OH 44241

FALL COOKING DEMONSTRATION & INFORMATIONAL EVENT

Join us for a complimentary food demonstration highlighting seasonal recipes with a focus on establishing healthier habits this fall. This will be a "live" and Interactive cooking demonstration. Space is limited.

Tuesday, September 17

12 – 1 p.m.

Reservation / RSVP by Friday, September 13 to 330-297-2576

UH Portage Medical Arts Building, Room 150

6847 N. Chestnut Street
Ravenna, OH 44266

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

330-686-1750

Kelly's Grief Center

INFO: ww.kellysgriefcenter.com

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

DIABETES SUPPORT GROUP

Tuesday October 1

4 - 5 p.m.

UH Portage Medical Arts Building, Room 150

6847 N. Chestnut Street
Ravenna, OH 44266

AMPUTEE WALKING CLINIC SUPPORT GROUP

Thursday, September 5

4 - 5 p.m.

(Meets every other month)

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>

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 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

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, September 3, 10, 17, 24
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

Wednesday, September 4

10 a.m. - 1 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

Saturday, September 14

9 a.m. - 12 p.m.

Euclid Hunger Center

291 E. 222nd Street
Euclid, OH 44123

BLOOD PRESSURE SCREENINGS

Monday, September 9

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

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

SAVE THE DATE

UNIVERSITY HOSPITALS MOBILE HEALTH UNIT

3-D mammogram screenings in the parking lot on this date with extended times. Mammogram appointments are available from 8:30 am -2:30 pm on the below dates. Accepting appointments now. To schedule an appointment, call *Nicole, UH Mobile Coordinator, at 216-896-1768.*

Call 440-735-4270 for more Information

Wednesday, October 16

Richmond Heights Community Center
(Kiwaniis Lodge)
27285 Highland Road
Richmond Heights, OH 44143

UNIVERSITY HOSPITALS RICHMOND HEIGHTS: HEALTH & WELLNESS DAY

Dinner on a Budget: A Cooking

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

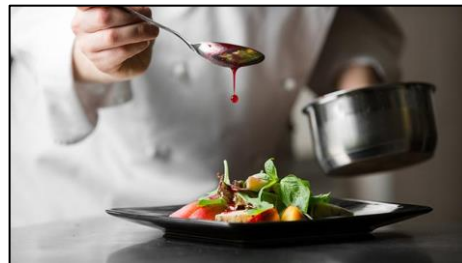
To register for the cooking demonstration, visit us on Eventbrite at "UH Richmond Wellness."

Wednesday, September 4

12 - 1 p.m.

Richmond Heights Community Center

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



RICHMOND HEIGHTS FALL FESTIVAL

UH table, will have a table providing valuable wellness information, including insights on nutrition, health education, community resources, and screenings. It's a perfect opportunity to engage with health professionals and learn about healthy lifestyles. We can't wait to see you there!

Saturday, September 21

12 - 5 p.m.

Greenwood Farms

264 Richmond 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.

Wednesday, September 4

10 a.m. - 1 p.m.

Richmond Heights Community Center

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

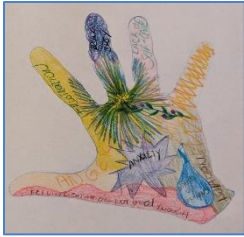


FREE ART EXPERIENCE

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.

Wednesday, September 4

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.

Wednesday, September 4

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.

Wednesday, September 4

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

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<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

Thursday, September 26
2 - 4 p.m.

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

*Call 419-207-7856 to register
Class limited to 10*

AMERICAN HEART ASSOC. HEARTSAVER CPR TRAINING FOR THE COMMUNITY

Friday, September 27
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, September 6
11 a.m. – 5 p.m.

Thursday, September 19
9:30 a.m. – 3:30 p.m.

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

UH MID-WEEK FARMER'S MARKET

Wednesday September 4, 11, 18, 25
4- 6 p.m. (weather permitting)

Samaritan on East Main

663 East Main Street
Ashland, Oh 44805

SMOKING CESSATION

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

HEALTH SCREENINGS

BIOMETRIC SCREENINGS

Wednesday, September 11

9 – 10:30 a.m.

Ashland YMCA

FirstFloor Conference Room
207 Miller Street
Ashland, OH 44805

WOMEN SUPPORTING WOMEN MUSIC THERAPY GROUP

Tuesday September 17
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.

Call 440-735-3513 for information

SENIOR SUPPER CLUB

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

EVERYDAY

4 – 5:30 p.m.

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



OUTPATIENT NUTRITION COUNSELING

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

St. John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145

Call 440-835-4426 to schedule

DIABETES EDUCATION CLASSES

The Diabetes Education Program at UH St. John Medical Center is committed to empowering the community to gain the knowledge, skills and confidence to thrive with diabetes.

Diabetes Self -Management

Classes: Day to day management of diabetes involves a lot of decision making: checking your blood sugar, knowing your diabetes numbers, taking medication, preventing complications, learning how to cope with chronic disease and staying motivated to make changes. We will also learn how to set goals to stay motivated.

Participants can choose what they would like to learn during class. **Nutrition for Diabetes Class:** We will discuss nutrition, reading labels, meal planning and exercise to help manage diabetes. Bring recipes, food labels and all of your questions.

Diabetes Educator Follow-up:

After attending the above classes, participants schedule a one on one appointment with their diabetes educator. Together they will collaborate to track goals and discuss individual needs that may not have been covered during the group class discussions.

For scheduling or questions regarding these classes or virtual options, call DeAna Lewis 440-827-5341

Individualized education sessions available for more personalized support. If you would like a plan based on your unique needs and preferences for meal planning, physical activity and diabetes self-management then these classes are for you. A physician referral is required.

UH St John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145

For scheduling or questions, call 216-844-1768

BALANCE SCREENING

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

AUDIOLOGY 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, September 4

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, September 5
11:30 a.m.-1 p.m.

Westlake Center for Community Services

Community Meeting Room
28975 Hilliard Blvd
Westlake, OH 44145

Monday, September 9
10:45-11:45 am

Fairview Park Senior Center
20769 Lorain Road
Fairview Park OH 44126

Wednesday, September 11
9:00 – 10:30 a.m.

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

Thursday, September 12
10:45 -11:45 am

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

UH HEALTH & SAFETY DAY

Join the city of Westlake and your University Hospitals neighborhood experts for our annual safety day event. This FREE community celebration offers family-friendly activities – plus wellness screenings, safety tips and educational materials that promote healthy lifestyles for people of all ages.

Saturday, September 14
10 a.m. - 1 p.m.

Westlake Recreation Center

28975 Hilliard Blvd
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 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. In response to community requests, UH Rainbow is making it easier for Westside families to get expert help in choosing and installing car seats with the opening of car seat fitting stations at area fire stations. ***The service is provided free-of-charge, at the following fire departments, but an appointment is required. Call 440-827-5440 to schedule (if not otherwise noted).***

Thursday, September 19

2 – 5 p.m.

Bay Village Fire Station

28100 Wolf Road

Bay Village, OH 44140

Thursday, September 26

2 – 5 p.m.

North Olmsted Fire Station

24291 Lorain Avenue

North Olmsted, OH 44070

Call **440-827-5440** to schedule

North Royalton Fire Station

7000 Royalton Road

North Royalton, OH 44133

Email Kathy Salvo for scheduling

ksalvo@northroyalton.org



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**