

March

2024

UH Community Wellness Center at Bedford
88 Center Road, Suite 150
Bedford, Ohio 44146

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.

Register for Events at “UH Community Wellness Center at Bedford” on Eventbrite
<https://UHbedfordwellnesscenter.eventbrite.com>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Biometric Screenings 9-12pm Volt Fitness Charg'd Up Class: 12-1pm * 
3	4 ERAS 11:30-12pm Weight Management Program Q&A 12-1pm	5	6 Digital Health Hour 1 - 3 pm	7	8 CLOSED	9
10	11 ERAS 11:30-12pm	12	13 Digital Health Hour 1 - 3 pm Art Experiences *  2-4:30 pm Line Dancing 6-7pm *	14	15 Zumba 12- 1pm * Biometric Screenings 1- 3pm 	16
17	18 CORE4 Weight Management Group Classes Begins!	19	20 Digital Health Hour 1 - 3 pm Forks Over Knives Viewing 4:45-6:45pm *	21	22 Chair Stretching * 11:30-12:30 pm 	23
24 31	25 Biometric Screenings 10- 12pm Spring Break Bash * 11-1pm ERAS 11:30-12pm	26	27 Hands-On Cooking * Class 4-5pm 	28	29 CLOSED	30

*Registration Required

Wellness Center Weekly March Programming

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March 1st- 8th

March 2nd:

9-12pm Biometric Screenings

Free blood pressure, heart rate, non-fasting cholesterol and non-fasting glucose screenings from our Community Outreach Nurse. No appointment needed.

12 - 1pm 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.

March 4th:

11:30-12pm ERAS- Road to Recovery *EVERY MONDAY*

A pre-op patient education class which teaches the elements of ERAS and how to prepare and recovery from surgery. This class will be recommended by the surgeons office based on the type of surgery that is scheduled.

*ZOOM OPTION

12-1pm Core4 Weight Management Program Q&A

Ready to kickstart your healthy lifestyle? If you have questions or are curious about the program attend our Q&A session to get answers directly from our Dietitian!

March 6th:

1-3pm Digital Health Hour *EVERY WEDNESDAY*

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

March 11th - 19th

March 13th:

2-4:30pm Art Experiences

Come join our Certified Community Health Worker and construct a Concertina Book. Experience the book making process and creative journaling. Supplies and snacks will be provided.

6-7pm Line Dancing

Ready to add a little rhythm to your routine? Come join the Line Dance King, Robert Johnson. Perfect for all skill levels, this class is a fantastic way to stay active, socialize, and learn some new moves. No partner needed – just bring your enthusiasm!

March 15th:

12-1pm Zumba

Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it. The class features merengue, salsa and cumbia. Come and "dance around the world"!

1-3 pm Biometric Screenings

Free blood pressure, heart rate, non-fasting cholesterol and non-fasting glucose screenings from our Community Outreach Nurse. No appointment needed.

March 18th:

Core4 Weight Management Group Classes Begin!

Whether it's changing your eating habits, understanding your metabolism or tracking your progress, Core4 is the multifaceted program that will enable you to control your weight for good. *Call our dietitian to join the wait list!*

March 20th- 29th

March 20th:

4:45-6:45pm Forks Over Knives Viewing

Join our Registered Dietitian for a viewing of the popular documentary Forks Over Knives. Food will be provided.. popcorn too!

March 22nd:

11:30- 12:30pm Chair Stretching

Come and stretch out those joints and increase your flexibility with a certified instructor from In The Now Yoga Meditation Wellness.

March 25th:

10-12 pm Biometric Screenings

Free blood pressure, heart rate, non-fasting cholesterol and non-fasting glucose screenings from our Community Outreach Nurse. No appointment needed.

11-1 pm Spring Break Bash

Come join us for an afternoon of family fun health and wellness activities.

March 27th:

4-5pm Hands On Cooking Demonstration

REQUIRED REGISTRATION

Join us for our first hands on cooking class! Due to the nature of the hands-on class, space is limited. **We are only accepting 6 participants.** Recipe(s) TBA.

Call 440-735-4270 to sign up for any session. Walk-ins welcome if registration is not full.