

Education And Community Events Guide

UH ELYRIA, PARMA AND ST. JOHN MEDICAL CENTERS
July – December 2018 Class and Event Schedule



UH Elyria Medical Center
630 East River Street
Elyria, OH 44035

UH Parma Medical Center
7007 Powers Boulevard
Parma, OH 44129

UH St. John Medical Center
29000 Center Ridge Road
Westlake, OH 44145



Class and Event Schedule | July – December 2018

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Register early to reserve your place before classes fill up or to minimize the chance of a class being canceled because too few have signed up. Listings are free of charge or are accompanied by a fee, as noted.

WEATHER-RELATED CANCELLATIONS

Daytime and evening class cancellations due to weather may be aired over local television stations. With weather-related cancellations, some classes may not be able to be rescheduled. In this case, no refunds will be issued.

REACHING OUT TO YOU

The Outreach Departments of University Hospitals Elyria, Parma and St. John medical centers have the unique and valuable opportunity to interact with members of our communities and identify the health concerns of residents.

Each hospital’s Outreach Team is able to offer you and your family screenings, wellness programs, health talks and healthy lifestyle events. Many of these programs provide critical awareness, education and the opportunity to use these skill builders to enhance a healthy lifestyle.

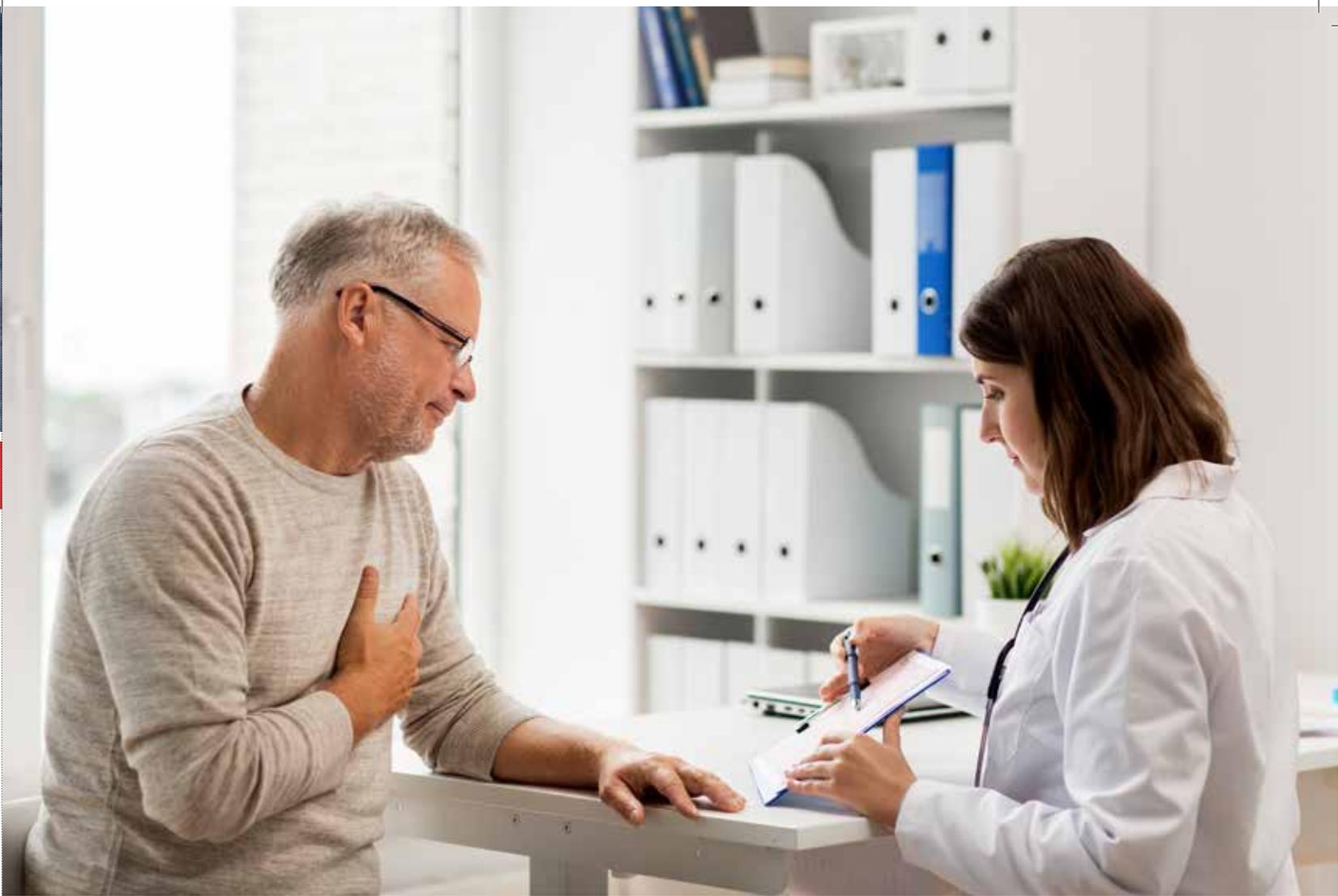
We wish to empower every member of our communities to enjoy the healthiest lifestyle possible. To that end, we are dedicated to providing health and outreach services to completely meet the needs of our communities.

THE “AGE WELL, BE WELL” CLUB

Join this fast-growing club membership from University Hospitals. “Age Well, Be Well” helps adults 55 years of age and over stay active and socially engaged. Membership is free and offers a variety of activities and benefits, including:

- Walking clubs
- Yoga classes
- Support groups
- Free newsletters and calendars
- Free subscription to the “Center for Lifelong Health/Better Living” eNewsletter
- Special events and programs

Call 1-844-312-LIFE (5433) or visit UHhospitals.org/AgeWell to register or get more information. Club membership is available at all University Hospitals medical centers.



MyPlate Guidelines for a Healthier Life



Several conditions such as heart disease, high blood pressure, type 2 diabetes, some cancers, arthritis and osteoporosis may be prevented or managed by adopting and maintaining a healthy lifestyle.

The average American diet is low in fruits, vegetables, dairy and healthy fats. We eat too much added sugar, saturated fat and sodium. American diets are often high in calories due to large portion sizes and unhealthy food choices. Fortunately, it is never too late to develop better habits to improve health.

The USDA MyPlate guidelines recommend eating up to two and half cups of vegetables and two cups of fruit per day. Choose healthy sources of mono-unsaturated fats such as olive oil, avocados, nuts and seeds. Avoid high-fat meats, shortening, stick margarine and other saturated fats. Include whole grains for fiber and limit refined and processed foods, which will also reduce added sugar and sodium. Maintain a healthy weight by reducing your calorie intake. Use smaller plates and serve foods with measuring cups rather than serving spoons. Eat half of your plate as fruits and vegetables and add yogurt or low-fat milk to complete your meal or snack.

When you create a new eating pattern by using the MyPlate guidelines and making small changes over time, you will feel better ... and your body will thank you.

Information and education compiled by:

Kim Horvath, MEd, RDN, LD, CDE, UH Elyria Medical Center | Dina Corrao, RD, LD, Bariatric Program, and Claudia Ulintz, RD, LD, Outpatient Dietician, UH Parma Medical Center | DeAna Rodriguez, RN, BSN, CDE; Marge Robison, MPH, RD, LD; and Mary Kiczek, RN, BSN, UH St. John Medical Center

Health Tip:

Weekly meal planning and food preparation make it easier to eat healthy. Set aside a day to plan your menu and grocery shop, then do food prep when you get home. It will simplify cooking during the week and you can use leftovers for next-day lunches, or freeze them for another meal.



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

SCREENINGS

Blood Pressure Screenings

Closed on all holidays and days with inclement weather.

First Wednesday of each month | 8:30 – 10 a.m.

UH Avon Health Center
1997 Healthway Drive, Avon

Second Wednesday of each month | 9:30 – 11 a.m.

Avon Senior Center
Community Meeting Room
36786 Detroit Road, Avon

Third Tuesday of each month | 12:30 – 2 p.m.

Old Firehouse Community Center
Avon Lake Senior Center
100 Avon Belden Road, Avon Lake

Glucose Screenings

Tuesdays | 7 – 9 a.m.

- July 17
- September 18
- October 16
- November 20
- December 18

UH Elyria Medical Center lobby
630 East River Street, Elyria

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, October 17
10 a.m. – 12 p.m.**

North Ridgeville Senior Center
7327 Avon Belden Road,
North Ridgeville

WELLNESS EVENTS

Amherst Health and Safety Fair

Saturday, August 4 | Time TBD

UH Amherst Health Center
254 Cleveland Avenue, Amherst

Senior Health Fair

**Wednesday, September 26
10 a.m. – 12:30 p.m.**

UH Avon Health Center
1997 Healthway Drive, Avon

United Way Health Fair and Screening

**Thursday, September 27
10 a.m. – 2 p.m.**

El Centro
2800 Pearl Road, Lorain
Blood pressure, stroke risk, blood sugar and bone density assessments will be offered. Flu vaccines are also available.

CLASSES & COMMUNITY PROGRAMS

Diabetes Education

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.

Diabetes Education Group Classes

You must attend an individual session before attending group classes.

Tuesdays | 10 a.m. – 12 p.m.

- September 11, 18 and 25

Wednesdays | 1 – 3 p.m.

- October 10, 17 and 24

Wednesdays | 6 – 8 p.m.

- November 28
- December 5 and 19

No group classes in July and August.

Individual and Group Sessions:
UH Elyria Medical Center
630 East River Street, Elyria

Individual Sessions only:
UH Avon Health Center
1997 Healthway Drive, Avon

For more information and schedule details about Diabetes Education, call Kim Horvath, MEd, RDN, LD, CDE at **440-284-5709**.

Healthy Lifestyle Medical Nutrition Therapy

Monday – Friday

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.

For more information about Healthy Lifestyle Medical Nutrition Therapy including session times, call Kim Horvath, MEd, RDN, LD, CDE at **440-284-5709**.

SUPPORT GROUPS

Music, Health, and Wellness

Thursdays | 7 – 8 p.m.

- July 19
- August 23
- September 27
- October 25
- November 22
- December 27

Come join in drumming, listening, meditation and more, facilitated by board-certified music therapist Samantha Huffman. Learn how to reduce your daily stress and improve your life with methods developed from evidence-based research.

The sessions are free of charge and will be held in the Boyton Room on the third floor of the Training and Development Department. No musical skills are required to participate. Call Samantha Huffman, MT-BC at **440-326-4510**.

Neurological/Stroke

Fourth Thursday of each month 3:30 – 4:30 p.m.

You are invited to join us in an open, supportive and relaxed environment at UH Avon Rehabilitation Hospital, 37900 Chester Road, Avon.

Participants will experience:

- Peer support
- Educational guest presentations
- Emotional support for stroke survivors and families

Patients and family members are welcome. Reservations are not required and attendance is free of charge. The group facilitator is Tanya. For more information call: **440-695-7111**.

Diabetes Awareness

Wednesdays | 6 – 7 p.m.

- September 12 • Diabetes Basics
October 10 • Diabetes and Diet
November 14 • How to Handle the Holidays with Diabetes
December 12 • Stress Management and Diabetes

No groups sessions in July and August.

The Diabetes Support Group is held at the UH Elyria Medical Center Diabetes Education Office, 630 East River Street, Elyria. For more information, call Kim Horvath, MEd, RDN, LD, CDE at **440-284-5709**.

CHILDBIRTH & PARENTING

All classes take place at UH Elyria Medical Center, 630 East River Street, Elyria. For complete information or to register for any Childbirth or Parenting class or tour, visit UHElyria.org and click "Classes" or call **440-329-7466**.

Prepared Childbirth Refresher/Scheduled C-Section Class

For experienced parents, this class reviews the labor and birth process; pushing and breathing techniques; Cesarean birth; and recovery. Fee: \$20 per couple.

Childbirth Prep Class

One-day sessions (all day)

Saturdays | 8:30 a.m. – 4:30 p.m.

- July 7
- August 11
- September 8
- October 6
- November 3
- December 1

Two-day sessions (attend both days)

Fridays | 6:30 – 9:30 p.m.

Saturdays | 9:30 a.m. – 1:30 p.m.

- July 27 and 28
- August 24 and 25
- September 28 and 29
- October 26 and 27
- November 16 and 17
- December 28 and 29

Learn about labor and the birth process including breathing and relaxation techniques; comfort skills; the use of medications and anesthesia; and more. Please bring a pillow and blanket with you to class. Fee: \$60.

Baby Care Class

Mondays | 6:30 – 9:30 p.m.

- July 16
- August 13
- September 17
- October 8
- November 12
- December 10

We review the basics of newborn care to provide you with the practical information you need to care for your baby. Fee \$20 per couple.

Breastfeeding Class

Mondays | 6:30 – 9:30 p.m.

- July 9
- August 6
- September 10
- October 1
- November 5
- December 3

Learn the techniques and benefits of breastfeeding. Fee: \$20 per person.

Breastfeeding Support Group

Mondays | 11 a.m. – 12 p.m.

Wednesdays | 6 – 7 p.m.

Fridays | 11 a.m. – 12 p.m.

Meet with other moms who have experienced the joy of breastfeeding and have all your questions answered. These free group sessions are facilitated by a board-certified lactation consultant. No registration is required. Take the D elevator to the fourth floor and follow the signs to Lactation Services.

Infant/Child CPR Class

Wednesdays | 6:30 – 8:30 p.m.

- July 18
- August 15
- September 19
- October 17
- November 28
- December 19

Learn the valuable skill of infant and child CPR. You will leave with very important information about what to do in an emergency, as well as actual experience from performing CPR on our mannequins. Fee: \$20 per person.

Family Birth Center Tours

Tours begin Sundays at 2 p.m.

- July 15
- August 19
- September 9
- October 14
- November 11
- December 9

Tours of the UH Elyria Medical Center Birth Center are free of charge.

HypnoBirthing®: The Mongan Method

Mondays | 6:30 – 9:30 p.m.

THREE COURSE SCHEDULES:

- July 12, 19, 26;
August 2, 9
- September 6, 13, 20, 27;
October 4
- November 1, 8, 15, 29;
December 6

This five-class course teaches relaxation and self-hypnosis techniques to promote a more calm and comfortable birth experience. It is best taken during the second trimester. Fee: \$60 per couple.

Music, Mommy, Daddy and Me

Wednesdays | 7 – 8 p.m.

- July 18
- August 15
- September 19
- October 17
- November 14
- December 12

Learn and practice with a board-certified music therapist how to bond with your baby (0-18 months) through music and play. The sessions focus on fun with music but also how it's proven to help your baby's growth and development. You do not have to be a musician to join. The Music, Mommy, Daddy and Me class is free of charge and is held in the Lactation Room on the fourth floor. Call Samantha Huffman, MT-BC at **440-326-4510**.

Grandparenting Today Class

Mondays | 6:30 – 8:30 p.m.

- July 23
- August 27
- September 24
- October 22
- November 26
- December 17

This free class helps transition you to the new role of a grandparent by discussing changes in infant care and what creates a safe home environment. Topics include infant diapering, breastfeeding and car seat safety, as well as what it is like being a grandparent.



THE FITNESS CENTER AT UH AVON HEALTH CENTER: SPECIALTY CLASSES

UH Avon Health Center is located at 1997 Healthway Drive, Avon | All classes are free of charge and open to members of the community, ages 15 and older. Pre-registration is required by calling **440-988-6801**. A photo ID is required upon check-in. Those under 18 must be accompanied by a legal guardian to sign a liability waiver. For more information, visit UHhospitals.org/Fitness or contact Renee Barrett, Program Manager, at **440-988-6822** or Renee.Barrett@UHhospitals.org.

Aqua Pilates

Second Monday of each month | 10 a.m.

This Pilates approach is easier on your joints as the water increases the resistance of the moves as well as the benefits for your muscles. Unlike traditional Pilates, these exercises are performed standing.

Parkinson's Disease Wellness Education

Second Thursday of each month

For information and a program schedule, contact Maria Pujolas at Maria.Pujolas@UHhospitals.org or **440-328-3446**.

Beginner Yoga Class

Second Saturday of each month | 11:30 a.m.

This class is designed for those who are new to yoga, and for participants interested in learning basic poses and breathing techniques. The class is ideal for individuals with beginning flexibility and breathing conditioning.

Outdoor Yoga (Mixed Level)

**Saturday, August 4
10:15 – 11:15 a.m.**

Take in the summer weather in our outdoor court area. Classes include breath work and poses to stretch and improve muscular endurance. Postures include standing and floor work. Bring sunglasses and wear sunscreen.

Beginner Spinning Class

Last Saturday of each month | 10:15 a.m.

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*).

Race Day

**Last Sunday of each month
October – December | 11 a.m.**

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.

POUND® Fitness

Saturdays | 11:30 a.m.

- July 14
- September 15
- October 20
- November 17
- December 1

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.

Balance Wellness Presentation

**Wednesday, July 18
5:30 – 6 p.m.**

Personal trainer Ashlee Ladikos discusses the importance of balance and leads you through examples using a variety of modalities. Participants will receive an exercise sheet to continue the activities on their own. This workshop is for anyone wanting to improve balance. It is offered in the first-floor conference room.

Beyond Cancer: Cancer Wellness Education

Tuesday, September 11 | 6 – 7 p.m.

Get back into the game of life safely and quickly. This proactive talk for cancer patients, family members and cancer survivors teaches how exercise can help improve quality of life and speed recovery, and help your body fight the demands of cancer treatment.

Learn safety and prevention tips from Avon Rehab staff members regarding lymphedema, a common complication to guard against. KC Hampton, OTR/L, CHT discusses and demonstrates techniques and safety tips relating to prevention and early detection of this heavy, uncomfortable swelling.

Running Tips and Tricks Presentation

**Wednesday, September 12
6 – 6:45 p.m.**

Join Certified Long Distance Coach and Personal Trainer, Jordan Smith, as she shares personal and professional insights about training for a running event. Prevent injury and get your mental game on with a plan of action as you prepare for running season. The class is held in the conference room. Register at the front desk or by emailing Jordan.Smith@UHhospitals.org.

United We Sweat Weekend

**Thursday, September 13 through
Sunday, September 16**

United We Sweat is a collaborative initiative of health, fitness, education and wellness entities in Lorain County working together to promote healthier lifestyle options for the community in conjunction with the United Way of Greater Lorain County. Join us for complimentary access to a specialized group exercise class schedule of over 15 classes that are offered only one time each year.

For more information and a calendar of events, visit UHhospitals.org/avon/the-fitness-center/group-exercise after September 1, or email Brad Calabrese at Brad.Calabrese@UHhospitals.org.

Bosu Balance Class

Saturdays | 11:30 a.m.

- September 15
- November 3

Enhance your fitness ability by using the Bosu to improve your stability and functional training, as well as strengthen your core. Complete various exercise routines that will challenge and improve your leg, abdominal, arm and glute strength.

Meal Prep Workshop

**Wednesday, September 26
6 – 7 p.m.**

Join Registered Dietitian Kim Horvath, MEd, LD, CDE for a unique and fun meal preparation workshop. Bring your own recipes and ideas to share. We will brainstorm how to meal plan and finish with a healthy cooking demonstration.

Intro to Tai Chi

Saturdays | 11:30 a.m.

- October 6
- December 1

Learn the practice of Tai Chi and how our evidence-based program can benefit you. Set aside quality time for yourself to relax, breathe deeply, have fun and learn basic Tai Chi movements.

Specialty Barre

Saturday, October 27 | 11:30 a.m.

Specialty “Barreless” barre is a fusion-style class with a true foundation of Pilates and dance. This class will increase your flexibility and improve your strength. Lift, tone, stretch and establish a mind-body connection to perform precise movements while having fun and burning calories.

Stress Management Techniques

**Thursday, December 6
6 – 6:30 p.m.**

Join Renee Barrett, Health Education Specialist and Registered Yoga teacher with tips and tricks to make stress management a part of your lifestyle. You will practice mindfulness techniques, breathing exercises and more. The session includes a question-and-answer session.

CLASSES AND MEMBERSHIPS REQUIRING A FEE

Fitness Center membership

Are you thinking about becoming a member of the award-winning 60,000-square-foot, state-of-the-art fitness center at UH Avon Health Center? August and September are our Back-to-School months. All school employees along with all PTAs/PTOs will receive a reduced enrollment fee of \$25 during those months.

To learn more, call **440-988-6801** and ask for Membership Services.

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. For details and a complete class schedule, email Christopher Ross at Christopher.Ross@UHhospitals.org or call **440-988-6815**.

Fee: \$50. Scholarships are available for those with a financial hardship.

Better Body Challenge

**Monday, September 10 through
Sunday, December 2**

A comprehensive, 12-week personal training program that focuses on weight loss, body fat improvement and increased fitness levels. Past participants have seen a marked Body Mass Index (BMI) reduction, as well as increased lean body mass and stamina.

Highlights of the Better Body Challenge program include:

- 24 small-group personal training sessions (four to six people).
- Nutritional guidance and education.
- Team challenges and educational seminars.
- Biweekly accountability with weigh-ins and measurements.

As an added incentive, prizes will be awarded based on a combination of the most body fat percentage reduced, weight loss and overall team progress. Past programs have shown participants losing up to 18 percent of their initial body weight with an average of over seven percent.

Fee: \$600 for Fitness Center Members; \$750 for non-Fitness Center members if registered by September 4. For more information and a complete schedule, contact Melissa Rau at **440-988-6824** or Melissa.Rau@UHhospitals.org.

Healthy Habits for a Healthy Lifestyle

Tuesdays | 6 – 7 p.m.

- September 18 and 23
- October 2, 9, 16, 23 and 30
- November 13

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 InBody composition measurements will be scheduled with each participant.

Fee: \$60 – please pre-register by September 14 at **440-988-6801**.

Mindfulness Series

Wednesdays | 5:30 – 6:30 p.m.

- September 19 and 26
- October 3, 10, 17 and 24
- November 7 and 14

In collaboration with the UH Connor Integrative Health Network, we are offering an eight-week course on Mindfulness, a way of paying attention in the present moment, purposefully and without judgement. Through the use of formal and informal practices we can train our minds and bodies to achieve this level of awareness. Participants will receive an introduction to the principles of mindfulness. For details, contact Renee Barrett at **440-988-6801** or Renee.Barrett@UHhospitals.org.

Fee: \$120. Includes a CD and workbook.

Personal Training Class with Beth Bastien, C-PT, C-TRX

Thursdays | 2 – 3 p.m.

Are you looking for the guidance of a personal trainer to improve your balance, core strength and muscle tone? This six-week program led by Beth is tailored for a group of two to five participants in Studio 1. For details and upcoming session dates, contact Renee Barrett at **440-988-6801** or Renee.Barrett@UHhospitals.org.

Fees: \$72 for members; \$90 for non-members.

Introduction to TRX with Beth Bastien, C-PT, C-TRX

Tuesdays | 12:20 – 1:20 p.m.

Join Beth to learn TRX suspension training system basics for improving posture, core strength, muscular strength and endurance. For the dates of the next six-week session, contact Renee Barrett at **440-988-6801** or Renee.Barrett@UHhospitals.org.

Fees: \$72 for members; \$90 for non-members; \$15 for a drop-in class (*subject to availability*).





Living Healthy: A Primary Care Physician Provides Links to Wellness



Bradley Banko, MD

Doctors provide treatment in times of illness, but they can also be partners in wellness throughout your life. “Establishing a relationship with a regular practitioner who knows your health history can be a comfort when health problems or hospitalizations occur,” says Bradley Banko, MD, a University Hospitals family medicine physician based in Broadview Heights.

With your primary care physician’s help, managing your blood pressure, glucose levels and body mass index may prevent more serious issues from developing. Regular, periodic checkups should include immunizations and screenings for chronic medical conditions and cancer. Examinations should include:

- **Cervical** Every three years starting at age 21.
- **Breast** Annual mammograms beginning at age 40.
- **Colorectal** Colonoscopy beginning at age 50, then as recommended by your doctor.
- **Lung** Low-dose CT scan for ages 55-74, for smokers with 30+ pack years.

Encouraging the development of a healthy mind and body also are vital to a long life. Building connections with family and friends, getting adequate sleep and staying alert to signs of depression and anxiety are important.

For a healthy body, eat plenty of fruits, vegetables and whole grains. Drink alcohol only in moderation and avoid smoking, which doubles your risk of heart attack and stroke. Finally, aim for 30 minutes of physical activities on most days.

For a referral to a UH primary care physician, call **440-743-4900**.

Welcome to Five-Star health care right in your neighborhood, at UH Parma Medical Center.

A Five-Star recognition for quality by the Centers for Medicare and Medicaid Services is just another way we are advancing the science of health and the art of compassion.



REGISTER NOW.

Unless otherwise stated, register by credit card for events requiring a fee by calling **440-743-4932**. You may also register in person at University Hospitals Parma Health Education Center, 7300 State Road in Parma, during regular weekday office hours: Monday through Thursday, 8:30 a.m. to 4:30 p.m. and Friday: 8:30 a.m. to 12 p.m. Registration and required payments for all programs are due before the first class date. For general class information, visit UHParma.org/classes.

CLASS REFUND/REGISTRATION POLICY

Please note the dates and times of classes; confirmations are not sent. Register early to ensure placement. Same-day registration is accepted if class is not full or canceled. Class times and course instructors are subject to change. We reserve the right to cancel a class if too few are enrolled.

- A class will be canceled three days prior to the class date if too few are enrolled.
- Participants will receive a full refund if a class is canceled by UH Parma Health Education Center. **You may verify all announced cancellations by calling 440-743-4878.**
- If you withdraw from a course requiring a fee, a refund — less a \$5 processing fee per class — is given if a verbal or written request is received before the start of a class.
- No refunds will be given on or after the first class. **NO EXCEPTIONS.** Decisions to maintain classes are based on enrollment. Students assume the risk of any change in their personal affairs or health which may impact their ability to attend classes.
- No refunds for one-session programs or for not attending a class.
- **WEATHER-RELATED CANCELLATIONS:** Day and evening class cancellations will be aired over local television stations.

All classes, programs, sessions and screenings listed are held at UH Parma Health Education Center, 7300 State Road, Parma unless otherwise noted.

SCREENINGS

Free unless otherwise noted. Register for appointment-only screenings by calling **440-743-4932**.

Blood Pressure Screenings

First and third Wednesday of each month | 1 – 2 p.m.

- July 18
- August 1 and 15
- September 5 and 19
- October 3 and 17
- November 7 and 21
- December 5 and 19

Third Wednesday of every other month | 5 – 6:30 p.m.

- July 18
- September 19
- November 21

Walk-ins are welcome.

**Last Monday of each month
9 – 10:30 a.m.; 4:30 – 6:30 p.m.**

YMCA North Royalton
11409 State Road, North Royalton

**Tuesdays July 10 – September 25
11 a.m. – 2 p.m.**

UH Parma Medical Center
Farmer's Market
7007 Powers Boulevard, Parma

**Second Tuesday of each month
9 – 10 a.m.**

Broadview Heights Community Center
9543 Broadview Road, Broadview Hts.

**Third Tuesday of each month
10 a.m. – 12 p.m.**

Parma Heights Senior Center
9275 North Church Drive, Parma Hts.

**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 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.**

Smallwood Activity Center
Parma Office on Aging
7001 West Ridgewood Avenue, Parma

Glucose

First Wednesday of each month | 1 – 2 p.m.

- July 18 (*third Wednesday*)
- August 1
- September 5
- October 3
- November 7
- December 5

Third Wednesday of every other month | 5 – 6:30 p.m.

- July 18
- September 19
- November 21

Walk-ins are welcome.

Bone Density for Women

Third Wednesday of every other month | 9 – 11 a.m.; 5 – 6:30 p.m.

- July 18
- September 19
- November 21

An appointment is required. Test is done on the heel – no socks or pantyhose.

Fasting Cholesterol

Third Wednesday of every month | 9 – 11 a.m.

- July 18
- August 15
- September 19
- October 17
- November 21
- December 19

An appointment is required, and we recommend you fast for 12 hours prior to your screening time for the most accurate results. Testing includes assessments of your total cholesterol, HDL, LDL, triglycerides and blood sugar. Fee: \$30.

Non-fasting Cholesterol

Third Wednesday of every other month | 5 – 6:30 p.m.

- July 18
- September 19
- November 21

An appointment is required. Testing includes assessments of your total cholesterol, HDL and blood sugar. Fee: \$15.

Flu Vaccine Clinics

Monday | 9 a.m. – 12 p.m.

- September 10, 17 and 24
- October 1, 8, 15, 22 and 29
- November 5

Wednesday | 5 – 6:30 p.m.

- September 19
- November 21

Saturday | 9 a.m. – 11 a.m.

- October 13

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

Low-Cost Immunizations

Immunizations are offered by the Cuyahoga County Board of Health, 5550 Venture Drive, Parma. To schedule an appointment, call **216-201-2041** or visit ccbh.net/immunization-clinics.

CLASSES & COMMUNITY PROGRAMS

Register to participate by calling **440-743-4932**.

Yoga

BEGINNERS / GENTLE

FOUR-SESSION FEE \$40

Mondays | 7 – 8:30 p.m.

- July 9
- August 6

MODERATE

FOUR-SESSION FEE \$40

Thursdays | 7 – 8:30 p.m.

- July 12
- August 9

BEGINNERS / GENTLE

SIX-SESSION FEE \$60

Mondays | 7 – 8:30 p.m.

- September 10
- October 22

SIX-SESSION FEE \$60

Wednesdays | 7 – 8:30 p.m.

- September 12
- October 24

MODERATE

SIX-SESSION FEE \$60

Thursdays | 7 – 8:30 p.m.

- September 13
- October 25

Attain body awareness, relaxation and body/mind balance through a system of exercises and breathing. Dates listed are the first class in each series of sessions. Open to ages 16 and older. Dress comfortably, and bring a small blanket or towel and a water bottle. Yoga mats are provided. Sign up for two days a week and receive a \$5 discount. Walk-ins are welcome for a \$10 fee.

Chair Yoga

FOUR-SESSION FEE \$32

Tuesdays | 6:30 – 7:30 p.m.

- July 10
- August 7

SIX-SESSION FEE \$48

Tuesdays | 6:30 – 7:30 p.m.

- September 11
- October 23

Designed for those with physical limitations or who don't feel they can keep up in a regular yoga class. The focus is on body awareness, breath and relaxation. Dates listed are the first class in each series of sessions. Walk-ins are welcome for an \$8 fee.

Nutrition and Fall Prevention

Wednesday, July 18 | 4:30 p.m.

UH Parma Medical Center's registered dietitian will discuss the ways we lose muscle as we age along with tips to eat protein-rich foods to help replete muscle. Preventing muscle loss can prevent falls, so a therapy expert will review practical exercises to stop muscle loss. This free session also includes a cooking demonstration and taste testing. It takes place in the cafeteria at UH Parma Medical Center, 7007 Powers Boulevard, Parma.

Sleep Disorders

Thursday, August 9 | 5:30 p.m.

Moderated by neurologist John Andrefsky, MD. Sleep problems including snoring, sleep apnea and insomnia will be discussed. Learn why good sleep is necessary for optimum health and recognize the warning signs that you may be sleep-deprived. This free session takes place at UH Parma Medical Center, Medical Arts Building 4, 6115 Powers Boulevard, Sleep Lab, Suite 101, Parma.

The presentation will be followed by a tour of the new sleep lab. Space is limited, so register early.

Acid Reflux: What You Need to Know

Tuesday, August 21 | 12 p.m.

Dany Raad, MD, Medical Director of UH Parma Digestive Health Institute, will discuss acid reflux, including symptoms, diagnosis, complications and treatment options. This free session takes place at UH Parma Medical Center Auditorium, 7007 Powers Boulevard, Parma. A light lunch will be provided. Space is limited, so register early.

Eating for a Happy Colon

**Wednesday, September 19
4:30 p.m.**

UH Parma Medical Center's outpatient dietitian will discuss mindful eating and how to incorporate more fiber into diet your while reducing fat in order to promote a healthy colon. Participants will learn about making mindful choices whether eating in or out. This free session takes place in the cafeteria at UH Parma Medical Center, 7007 Powers Boulevard, Parma. It includes a cooking demonstration and taste testing.

Prostate Cancer

Tuesday, September 25 | 6 p.m.

September is National Prostate Health Month. Join oncologist Neeraj Mahajan, MD from UH Parma Medical Center Seidman Cancer Center for a discussion on prostate cancer, the screening process and treatment options. Prostate-Specific Antigen (PSA) testing will be available after the presentation. This free session takes place at UH Parma Medical Center Auditorium, 7007 Powers Boulevard, Parma. A light refreshment will be provided.

Take the Fruit and Veggie Journey

Wednesday, October 17 | 5:30 p.m.

Learn how to spice up your vegetables to encourage more consumption; how to cook with fruit; and learn proper storage, blanching and freezing of veggies. The free session is moderated by a registered dietitian and a chef from UH Parma Medical Center and includes a cooking demonstration and taste testing. Space is limited, so register early.

Skin Cancer

Tuesday, November 6 | 6 p.m.

Oncologist Neeraj Mahajan, MD from UH Seidman Cancer Center at UH Parma Medical Center will talk about ways to identify and prevent skin cancer, and how it is treated in its later stages. The free session takes place at UH Parma Medical Center Auditorium, 7007 Powers Boulevard, Parma. A light refreshment will be provided.

Family & Friends CPR

**Saturday, November 10
9:30 a.m. – 12:30 p.m.**

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. The 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 and work with the PulsePoint Respond app*. Upon completion, a course participation card is issued. Fee: \$30.

***First Responder App** | Download the free PulsePoint Respond app, which alerts citizen first responders of anyone nearby in a public place who needs CPR. Bystander CPR can double or even triple the chances of survival before EMS arrives. This enhancement to the Parma Regional Dispatch Center — covering Parma, Parma Heights, Brook Park and Brooklyn — was funded by UH EMS Training & Disaster Preparedness Institute. For more information, go to pulsepoint.org.

YMCA 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 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 percent. The reduction was even greater for adults over 60 years old.

This year-long small-group program is for people who are at high risk for diabetes. 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 participate in this program.

Prevent Diabetes with Lifestyle Changes

**Tuesday, September 11
10 a.m. and 6 p.m.**

Join YMCA lifestyle coach Elicia Polacek as she discusses research-backed ways to prevent diabetes through lifestyle changes. Topics include healthy eating, increasing activity and dealing with life challenges. This free session will be held at UH Parma Health Education Center, 7300 State Road, Parma.

FREE INFORMATION SESSIONS

Bariatric Surgery

Second Tuesday of every other month | 5:30 – 6:30 p.m.

- August 14
- October 9
- December 11

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. Sessions are held at the Metabolic Clinic, Medical Arts Center 2, 6707 Powers Boulevard, Suite 303, Parma. For more information and to register, call **216-844-5274**, or visit UHhospitals.org/weightloss to watch an online information session.

Medical Weight Loss

Learn about the New Directions Medically Supervised Weight Loss program. For complete information about the program and session dates and times, call **440-743-2995**.

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**.

SUPPORT GROUPS

Stroke & Arthritis

Third Monday of each month | 1 – 2:30 p.m.

This session provides stroke and arthritis information and support. For details call **440-743-4041**.

Alzheimer's Disease

First Tuesday of each month | 7 – 8:30 p.m.

Second Friday of each month | 1:30 – 3 p.m.

For caregivers only. For more information call **1-800-272-3900**.

Parkinson's Disease

Second Tuesday of each month | 1 – 2:30 p.m.

For details, call **216-524-6354**.

What to Expect During Chemotherapy

Wednesdays | 2 – 3 p.m.

For first-time patients scheduled for chemotherapy. Know what to expect and learn how to manage common side effects. For more information and to register call **440-743-4748**.

New Perspectives: Bariatric Support

Fourth Wednesday of each month | 6 – 7 p.m.

Education and support for bariatric surgery patients and others interested in weight loss surgery. Meetings take place at UH Parma Medical Center, Medical Arts Center 2, 6707 Powers Boulevard, Suite 303, Parma. For details, call **440-743-2995**.

Post-LSVT Speech Therapy

Second Thursday of each month | 11:30 a.m. – 12:30 p.m.

This support group is for those living with Parkinson's disease and who have completed the Lee Silverman Voice Treatment Program. For more information, call **440-743-4160**.



Food Addicts Anonymous

Fridays | 10 a.m.

Are you having trouble staying on a diet or being faithful to your 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? Food Addicts Anonymous can help. For complete program details, call **440-237-3967**.

Look Good ... Feel Better® Program

This support program is for women undergoing cancer treatment to help with appearance-related side effects. Sessions are held at UH Seidman Cancer Center at UH Parma Medical Center, 6525 Powers Boulevard, Parma. To register, call **1-800-227-2345**.

Shared Grief

Join us for a seven-week grief support group offered by bereavement care providers. These evening groups are available four times a year. Contact Amy Quinlan at 440-743-4944 for location, meeting dates, times and more information.

The Well-Being Retreat

Our Well-Being Retreat helps alleviate suffering due to cancer through psychosocial support, spiritual care and renewal in a comfortable, convenient setting. Most important, these support services provide the best gift of all to people coping with cancer – the gift of peace during an extremely trying time in their lives.

This retreat area is offered to those using UH Seidman Cancer Center at UH Parma Medical Center, 6525 Powers Boulevard, Parma. For more information, call **440-743-4154**.

EMS TRAINING

Educational opportunities provided by UH EMS Training & Disaster Preparedness Institute:

- Paramedic training
- EMT Basic Training
- Basic Life Support/CPR for health care providers

The Basic Life Support/CPR sessions are for those who need a credential card documenting successful CPR course completion. The training covers adult, child and infant CPR, two-rescuer CPR, foreign-body airway obstruction and AED.

Daytime and evening classes are available. For complete details about registration and session dates and times, call **440-743-4970**.





Car Seat Program

Third Saturday of each month | 9 a.m. – 1 p.m.

- July 21
- August 18
- September 15
- October 20
- November 17
- December 15

In partnership with the Parma Fire Department, free car seat checks and installations are offered at Fire Station #2, 3311 Snow Road, Parma. No appointment necessary.

CHILDBIRTH & PARENTING

Classes are held in a third-floor conference room at UH Parma Medical Center, 7007 Powers Boulevard, Parma. To register, call **440-743-4932**.

Prepared Childbirth

Thursdays | 7 – 9 p.m.

- July 5, 12, 19 and 26
- September 6, 13, 20 and 27
- October 25; November 1, 8 and 15

Saturdays | 9 a.m. – 12:30 p.m.

- August 11 and 18
- October 13 and 20
- December 8 and 15

Parents-to-be will learn about the process of labor and birth; breathing and relaxation techniques; comfort skills; the use of medications and anesthesia; Cesarean birth; and postpartum recovery. Please bring a blanket and two pillows to class. Fee: \$80 for two- or four-session program (*no charge for support person*).

Preparing to Breastfeed

Tuesdays | 7 – 8:30 p.m.

- July 10
- September 11
- November 6

Learn breastfeeding fundamentals as well as practical information. Fathers are welcome. One-session fee: \$20 (*no charge for support person*).

Breastfeeding Support Group

**Mondays excluding holidays
10 a.m. – 12 p.m.**

A lactation consultant will be available to answer your questions during this free session. Bring your baby; a scale will be available for checking weight. Private consultations can be arranged by calling **440-743-2262**.

Daddy Boot Camp

Saturdays | 9:30 a.m. – 12:30 p.m.

- July 14
- September 22
- November 3

This free program is just for fathers and is taught by veteran dads. It's a one-day, three-hour course in a relaxed, comfortable setting. Learn the best way to hold, feed and cuddle your new baby. Interact with real babies with the help of our male instructors who are skilled in infant care. Presented by the Cuyahoga County Fatherhood Initiative.

Maternity Unit Tours

Third Saturday of each month | 1 – 2 p.m.

- July 21
- August 18
- September 15
- October 20
- November 17
- December 15

Tours of the maternity unit at UH Parma Medical Center are free of charge. Learn about our admitting procedures, unit routine and visiting policies. Siblings may attend if they are not ill. Participants meet in the main lobby of UH Parma Medical Center, 7007 Powers Boulevard, Parma.

Infant Care Class

Thursdays | 6:30 – 9:30 p.m.

- August 16
- October 18
- December 13

Saturdays | 9:30 a.m. – 12:30 p.m.

- July 21
- September 15
- November 17

Learn about the world of your newborn. Topics include normal newborn appearance, growth and development; choosing a pediatrician; car seat safety and safe sleep practices; newborn care; and when to call the doctor. For those who are adopting a child, a letter of completion of will be provided. One-session fee: \$30.

Health Tip:

The U.S. Surgeon General recommends at least 30 minutes of moderate physical activity five or more days each week. Walking is one of the easiest ways to increase your physical activity and improve your overall health. Taking 10,000 steps a day is approximately equal to walking five miles.



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

SCREENINGS

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

Blood Pressure Screenings

First Monday of each month | 10:30 a.m. – 12 p.m.

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

Second Monday of each month | 12:30 – 2 p.m.

Rocky River Senior Center
Community Meeting Room
21014 Hilliard Boulevard, Rocky River

Third Monday of each month | 1 – 2 p.m.

UH St. John Medical Center
Main Lobby
29000 Center Ridge Road, Westlake

Fourth Monday of each month | 6 – 7:30 p.m.

Westlake Recreation Center
28955 Hilliard Boulevard, Westlake

First Wednesday of each month | 9 – 10:30 a.m.

Westshore Family YMCA
1575 Columbia Road, Westlake

Second Wednesday of each month | 9:30 – 11 a.m.

Lakewood Senior Center
16024 Madison Avenue, Lakewood

Blood Pressure, Glucose, Cholesterol and Bone Density Screenings

No fasting is required for this screening and no reservations are necessary.

**Monday, November 5
10:30 a.m. – 12 p.m.**

North Olmsted Senior Center
28114 Lorain Road, North Olmsted

Blood Pressure and Glucose Screenings

No fasting is required for this screening and no reservations are necessary.

**Wednesday November 14
9:30 – 11:00 a.m.**

Lakewood Senior Center
16024 Madison Avenue, Lakewood

Audiology Screenings

Audiology screenings, testing and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology, Building 2, Suite 290, 29000 Center Ridge Road, Westlake. You must be 18 years or older. To schedule an appointment, call **440-835-6160**.

Balance Screenings

Screenings are available at UH St. John Medical Center Westlake Family Health Building, 26908 Detroit Road, Suite 300, Westlake. Space is limited. For details and to schedule an appointment, call **440-414-6050**.

WELLNESS EVENTS

“Health is Contagious” Wellness Fair

**Saturday, July 14, 2018
10 a.m. – 12 p.m.**

UH Avon Health Center, in partnership with UH St. John and Elyria medical centers, invites you to attend the “Health is Contagious” Wellness Fair in the Health Center gym, 1997 Healthway Drive, Avon. There will be exhibitors, activities and attractions, plus health screenings, assessments and educational opportunities for your entire family.

Walk for Wellness!

**Walkers Club/Great Northern Mall
Second Wednesday of each month | includes:**

- 9 - 10 a.m. Health talk
- 9 - 10:30 a.m. Blood pressure screenings

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.

Walkers meet near the Food Court, Great Northern Mall, 4954 Great Northern Boulevard, North Olmsted.

Bring It On! A Six-Week Senior Walking and Wellness Challenge

Challenge kick-off:
Thursday, August 2

Challenge ends:
Thursday, September 13

Who has the best Senior Center around? Join the Senior Walking and Wellness Challenge and find out! In 2018, seven senior centers in seven different cities will be participating.

Begin and end this six-week walking and wellness challenge with FREE health screenings at UH St. John Medical Center Building 2, Auditorium B, 29000 Center Ridge Road, Westlake. The winning senior center will be decided based on screening improvements, participation in healthy behaviors and steps taken. An awards ceremony will be held at Westlake Recreation Center at 12 p.m. on Friday, September 14.

Register with your area senior center to join their team. Participants may RSVP to attend the awards ceremony by calling **877-597-6348**.

CLASSES & COMMUNITY PROGRAMS

Diabetes Education Classes

Choice of three series:
6 – 7:30 p.m.

- July 3, 10, 17 and 24
- September 4, 11, 18 and 25
- November 6, 13, 20 and 27

This four-week series offers education on diabetes self-management. Participants will learn how to make healthy food choices and plan healthy meals. 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 in Suite 100 covers individualized meal planning, blood glucose monitoring and insulin administration. Weight loss and lifestyle modification counseling is also available.

Sessions are held at UH St. John Medical Center Westlake Family Health Building, 26908 Detroit Road, Westlake. 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. For scheduling and pre-access, call **440-827-5668**.

Diabetes Education Day “Meal Planning and Preparation for Diabetes 2.0.”

Saturday, October 20

Event: 8:30 – 11:30 a.m.

Presentation doors open at 9 a.m.

- **8:30 – 9:30 a.m.**
Blood pressure and cholesterol screenings
(*outside presentation room*)
- **9:30 – 10:30 a.m.**
Presentation by Marge Robison, RD LD MPH: Eating well with diabetes and how to keep it simple. Learn the 3 “Ps” – planning, preparing and portioning healthy meals.

This free program takes place at Westlake Recreation Center, 28955 Hilliard Boulevard, Westlake. Light snacks are included. Reservations are required: call **877-597-6348**.

Diabetes Glucose Management: Critical Thinking Workshop

Wednesday, October 17
5 – 7 p.m.

Taught by UH St. John Medical Center health care professionals in UH St. John Medical Center Building 2, Auditorium A, 29000 Center Ridge Road, Westlake, this session benefits individuals needing better glucose control. For more information and to register, call **440-827-5440**.

Diabetes Shared Experience Support Group

Thursdays | 7:30 – 9 p.m.

- August 16
- November 15

These sessions enable people living with diabetes to share their experiences in support of others who have the disease. The group meets at UH St. John Medical Center Westlake Family Health Building, 26908 Detroit Road, Suite 300, Westlake. Meetings are free of charge and no physician referral is needed. For details, call DeAna Rodriguez, RN at **440-827-5341**.

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.

Counseling sessions take place at UH St. John Medical Center Westlake Family Health Building, 26908 Detroit Road, Suite 100, Westlake. Participants must obtain a physician’s referral prior to their visit.

To schedule an appointment please call **440-835-4426, extension 3**.

Community Yoga

Wednesdays | 5 – 6 p.m.

Saturdays | 8 – 9 a.m.

This is a general class that focuses on posture, breathing, meditation and relaxation. The class is taught by certified yoga trainer Colleen Brezine, CNM. Please bring a yoga mat, towel and water. Community Yoga is held at UH St. John Medical Center, Auditorium A or B, 29000 Center Ridge Road, Westlake.

The class is free of charge, but a \$5 to \$10 donation is suggested.

Germ Safety Day

Wednesday, July 25

9 a.m. – 12 p.m.

Learn about germs and healthy habits. Germ Safety Day will be held at the Boys & Girls Clubs of Lorain County, Desich Family Campus, 4111 Pearl Avenue, Lorain. To sign up for the organization's summer program of activities, call **440-277-0110**.

Living Well: A Nutrition and Lifestyle Program

Every other Wednesday

4 – 5 p.m.

Are you done with diets? Are you frustrated with losing and gaining weight over many for years? Are you looking for a lifestyle change that fits your individual needs?

The Living Well Lifestyle Program is the right fit for you. Registered dietitian Julie Wise runs a year-round healthy living program that makes you more enthusiastic and proactive about healthy, mindful eating; grocery shopping; easy meals for yourself and your family; movement and exercise; and more. Classes are held at UH St. John Medical Center Westlake Family Health Building, 26908 Detroit Road, Suite 200, Westlake.

Fee for one participant: \$275; two participants: \$375. Fee includes four months of classes, percent body fat analysis, one month of meal replacement shakes and weekly emailed healthy living tips.

For more information or to register, call Julie Wise at **440-250-8660**.

University Hospitals Summer Speaker Series

All talks | Wednesdays 6 p.m.

"Anxiety and Depression"

JUNE 6

- Cathy Knorzer, RN, Chief Nursing Officer, UH St. John Medical Center; RSVP by June 1.

"Living and Nourishing Well"

JULY 11

- Julie Wise, MS, RDN, LD, CDE, Registered Dietician, UH Westshore Primary Care; RSVP by July 6.

"University Hospitals Full Spectrum of Care & Services"

AUGUST 8

- Bradley Hillard, MD, Medical Director, UH Quality Care Network; RSVP by August 3.

The University Hospitals Summer Speaker Series is presented by UH Center for Lifelong Health and hosted by Rose Senior Living Community, 33200 Health Campus Boulevard, Avon. Seating is limited and reservations are required. For details, call Carol Morris at Rose Senior Living: **440-653-8460**.

Mindful Health: Lunch and Learn

Friday, September 7 | 12 p.m.

Join us for an exploration of mindfulness and its relationship to health, wellness and body-centered practices. Lunch will be provided by Brookdale Westlake Village.

This wellness session is sponsored by UH St. John Medical Center and hosted by the North Olmsted Senior Center, 28114 Lorain Road, North Olmsted. For more information, call **440-777-8100**.

Roundtable Health Talk Series

All programs | Thursdays 6 p.m.

Doors open at 5:30 p.m.

"Which Is It?"

SEPTEMBER 27

- Identify the difference between allergies, sinus infections, rhinitis and colds. Sponsored by The Normandy.

"How Fast Am I Aging?"

OCTOBER 25

- While chronological age is simply your current age in years, biological age is all about how old or young your organs are. This talk will end with a sing-along with a 'Bel Canto' Master Musician. Sponsored by Brookdale/Westlake Village.

These free health talks are held at UH St. John Medical Center Building 2, Auditorium B, 29000 Center Ridge Road, Westlake. A light dinner will be provided. Reservations are required. Call **877-597-6348**.

Community Nutrition Programs

UH 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. For complete details and schedule information, contact Julie Wise at **440-250-8660**.

Trick or Treat ... It's Diabetes

Saturday, October 27

10 a.m. – 12 p.m.

Do any of the following apply to you?

- You are overweight.
- You don't make time for exercise.
- You're tired and have no energy.
- Your blood sugar levels are higher than normal.
- You have a parent, grandparent or relative with diabetes.
- Your waist is expanding.
- You have high blood pressure.
- You have undesirable triglyceride and/or cholesterol levels.

One symptom isn't necessarily a concern, but together they could be signs you are at risk for pre-diabetes or diabetes. You can manage this disease and prevent complications, or even prevent the onset, by your lifestyle choices. We will help you learn how.

UH St. John and Elyria medical centers and UH Avon Health Center join forces to help you defeat diabetes. Join us for a DIABETES INTERVENTION, including screenings for ages 16 and older; nutrition education; cooking and exercise demonstrations; and many informative exhibitors.

This event will be held at UH Avon Health Center, 1997 Healthway Drive, Avon. For more information call Kim at UH Elyria Medical Center, **440-284-5709**, or Mary at UH St. John Medical Center, **440-827-5440**.

Continuing Education Programs

Visit UHStjohn.org and click the "Community Outreach" tab for a complete listing of our continuing education programs for nurses and social workers. To register for classes, call **877-597-6348**.

Senior Resource Fair

Thursday, November 15

11 a.m. – 1 p.m.

Learn about in-home and senior living housing options at this free seminar. Talk to elder law attorneys and local hospice representatives. A light lunch will be provided and gift cards will be given away. The Senior Resource Fair will be held at UH St. John Medical Center, Auditorium A and B, 29000 Center Ridge Road, Westlake.

American Heart Association Heartsaver CPR/AED

First Wednesday of each month | 9 a.m. – 12 p.m.

This program includes instruction on adult, child and infant CPR and AED use. It is intended for the general public, not for health care providers. The class is held at the UH St. John Medical Center Community Outreach Department, 29160 Center Ridge Road, Suite R, Westlake.

The class is free of charge, but registration is required at UHems.org. For more information, contact Betsy at **216-849-5013**.

American Heart Association CPR/AED and First Aid

We will be offering CPR and First Aid classes throughout the year on an as-needed basis. The classes include a completion card with a two-year expiration date. The program requires a minimum of six participants. For complete details, contact Julie at **440-827-5440**. Fee: \$30.

Stop the Bleed

Massive bleeding from any cause, but particularly as a result of an active shooter or explosive event where a response is delayed, can result in death.

Similar to learning and performing CPR, the public must learn proper bleeding control techniques, including how to use their hands, dressings and tourniquets. Victims can die from uncontrolled bleeding within five to ten minutes. However, anyone at the scene can act as an immediate responder and save a life if they know what to do.

BleedingControl.org is an initiative of the American College of Surgeons and the Hartford Consensus. It offers diagrams, news, videos and other resources contributed by a variety of private and nonprofit partners to help prepare you in case you are involved in a catastrophic event and are able to help in an emergency.

Our shared goal is to provide you with a one-stop, online resource of credible, up-to-date information on bleeding control. If your business would like to arrange a class, please contact Matt Sheehan, EMS Coordinator, UH St. John Medical Center at **440-221-6835**.

SUPPORT GROUPS

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

A Second Chance: A Lung Transplant Support Group

Mondays | 6 – 8 p.m.

- August 13
- October 8
- December 10

This support group is for anyone who is considering or has received a lung transplant. Family and friends are welcome at UH St. John Medical Center Westlake Family Health Building, 26908 Detroit Road, Suite 300, Westlake. For details, contact Evelyn Gorton at **440-250-2042** or Evelyn.Gorton@UHhospitals.org.

Mood Disorder Support Group

Tuesdays | 7 – 8:30 p.m.

We offer support for those living with depression and bipolar disorders. Our vision is one of hope that, together, we can strive for wellness and recovery. For more information, call Bobby Klinko at **440-539-9415** or Laura Vanni at **216-267-5923**.

Better Breathers Club

Tuesdays | 1 – 2:30 p.m.

- August 7
- October 2
- December 4

UH Westlake Family Health Center
26908 Detroit Road, Suite 300,
Westlake

This is a support group designed for people living with lung disease. For more information, contact Evelyn Gorton at **440-250-2042** or Evelyn.Gorton@UHhospitals.org.

Caregiver's Club

Third Tuesday of each month | 11:30 a.m. – 1 p.m.

- July 17
- August 21
- September 18
- October 16
- November 20
- December 18

This group focuses on individuals faced with the challenges of overseeing a parent or spouse through their senior years.

Reserve by calling **877-597-6348**
Monday – Friday, 10 a.m. – 6 p.m.

Breastfeeding Support Group

Wednesdays | 10 a.m. – 12 p.m.

Meet with other moms who have experienced the joy of breastfeeding and have all your questions answered. These free group sessions are facilitated by an international board-certified lactation consultant. No registration is required.

The group meets at UH St. John Medical Center Community Outreach, 29160 Center Ridge Road, Westlake.

Grief Recovery Program

Wednesdays | 12:30 – 2 p.m.

- August 8, 15, 22 and 29
- September 5, 12, 19 and 26
- October 3 and 10

Grief is a normal and natural reaction to loss. This ten-week program, sponsored by Crossroads Hospice, provides guidance to those who wish to resolve their loss. For more information call John Monnin, M.Ed. at **216-654-9300**.

Hope Group

First Wednesday of each month | 5:30 – 7:30 p.m.

This support group is designed for newly diagnosed breast cancer patients and breast cancer survivors. For more information call Community Outreach at **440-827-5440**.

Gamblers Anonymous

Saturdays | 10 – 11 a.m.

Call Matt at **440-752-3315** for details. You can also contact Gamblers Anonymous at **626-960-3500** for a meeting in your area, or visit gamblersanonymous.com.

Overeaters Anonymous

Sundays | 10 – 11 a.m.

This group convenes at UH St. John Medical Center, Building 2, Auditorium B, 29000 Center Ridge Road, Westlake. For program details, call Community Outreach at **440-827-5440**.

Opiate Advisory Committee

In light of the current opioid crisis, UH St. John Medical Center, in partnership and collaboration with many community organizations, has formed an Opiate Advisory Committee under the direction of Rachel Kelch, LSW, MSW.

The goal of this multidisciplinary committee is to identify and implement solutions to the opioid epidemic. Is your life being affected by an overdose? Addiction? Are you unsure of where to turn for help? We can help. For assistance and resource information, please call Rachel Kelch at **440-827-5250**.

CHILDBIRTH & PARENTING

Unless otherwise stated, all classes and sessions take place at UH St. John Medical Center, Building 2, Auditorium B, 29000 Center Ridge Road in Westlake. Reservations are required to participate. Please call **877-597-6348**.

Infant Care

Tuesdays | 7 – 9:30 p.m.

- July 10
- August 7
- September 4
- October 2
- November 6
- December 4

This class helps to prepare parents in the care of their newborn and for what to expect in the first weeks of parenthood. The recommended techniques for bathing, diapering, feeding and swaddling will be demonstrated and every question you have will be answered. One-session fee: \$30. *(There is no charge if you are registered for a Childbirth class.)*

Bradley Method of Prepared Childbirth

Thursdays | 7 – 9:30 p.m.

Ten-week class series:

- September 20 – November 29
(no class November 22)

The Bradley Method focuses on a natural, unmedicated childbirth in the absence of medical complications.

This class stresses the importance of a healthy baby, healthy mom and healthy family. Emphasis is placed on nutrition, exercise, coaching and the natural process of labor and birth. Fee: \$150.

From Bump to Bundle Saturday Childbirth Class

One Saturday class

9:30 a.m. – 4:30 p.m.

- July 7
- August 4
- September 1
- October 6
- November 3
- December 1

Preparation for childbirth can increase the joyful experience and confidence of the mother-to-be and her partner. This one-day class is designed to fit into your busy schedule by covering nutrition, the birth process, exercise, relaxation, breathing techniques and pain management options. The class includes a tour of the UH St. John Medical Center family suites. One-session fee: \$85.

Couples attending this class may also attend our Infant Care class at no additional charge.

Holistic Birth Options

Second Monday of each month | 7 – 9:30 p.m.

- July 9
- August 13
- September 10
- October 8
- November 12
- December 10

This free class covers a variety of birthing options including natural

childbirth techniques, the use of hydrotherapy during labor and birth, aromatherapy, therapeutic use of music and relaxation techniques in an effort to achieve a satisfying birth experience. You will be introduced to the services offered by a midwife or doula. A tour of the family suites is included.

Breastfeeding Class

Mondays | 7 – 9:30 p.m.

- July 9
- September 10
- November 12

Prepare for the experience of breastfeeding your newborn prior to the baby's arrival. All your questions will be answered. The class is held in Auditorium A. Fee: \$30.

Birth and Beyond

Mondays (except as noted)

7 – 9:30 p.m.

- July 2
- August 6
- September 5 (Wednesday)
- October 1
- November 5
- December 3

Join us for a free one-hour class for expectant parents in the third trimester who are planning a delivery at UH St. John Medical Center. Learn about the admission process and hospital routines, get help completing paperwork and have your questions answered about delivering at our hospital. A tour of the family suites will follow class.

Daddy Boot Camp

Mondays | 6:30 - 9 p.m.

- August 13
- October 8
- December 10

Come to this informative class that assists and supports men in their new roles as daddies. The class includes hands-on techniques for diapering, cuddling, swaddling, feeding and bonding with your newborn. We will also discuss how to best support the new mommy. This free class will be held in Auditorium A.

Natural Family Planning

Mondays | 6:30 – 9 p.m.

- August 13
- September 10
- October 15

This three-class series represents a healthy and effective way for a couple to understand how a woman's body works in order to achieve or postpone pregnancy. The classes enhance communication and respect for the gift of life. Couples who practice Natural Family Planning report greater marital intimacy. Fee: \$135. Registration is required by calling **440-779-5793**. Participants must attend all three classes at UH Westlake Health Center, 960 Clague Road, Westlake.

Family Suites Tour

Fourth Monday of each month (except as noted) | 7 p.m.

Join us in the main lobby of UH St. John Medical Center, located just outside the cafeteria on the first floor. Take a guided tour of the Family Suites unit, as well as the Holistic Birth Center if unoccupied. Information about the unit will be discussed and your questions will be answered. (The December tour will be held on Monday, December 17. No tour is scheduled for December 24.)

COMMUNITY SERVICES AND RESOURCES

Community Assistance Information (2-1-1)

This is a free and confidential information and referral line run by the United Way. Call 211 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.

Health Care Access

This program is designed as a resource to access health care services for the uninsured. Referrals can be made by any person or group including community agencies, churches and physician offices. For details, call **440-827-5250**.

Low-Cost Immunizations

Second and fourth Thursdays of each month | 9 a.m. – 3:30 p.m.

AN APPOINTMENT IS REQUIRED.

Affordable immunizations are offered by the Cuyahoga County Board of Health and are accessible at UH St. John Medical Center Community Outreach, 29160 Center Ridge Road, Suite R, Westlake. For more

information, call **216-201-2041** or visit ccbh.net/immunization-clinic.

Deaf Access Program (DAP)

DAP teaches deaf people self-advocacy skills in order to improve access to and quality of their health care, and promotes cultural and linguistic diversity among caregivers. The program provides an on-site deaf advocate and American Sign Language (ASL) interpreter to deaf and hard-of-hearing patients around the clock. For information, call **216-370-7318**.

Senior Supper Club

Men and women over the age of 60 may apply for a Supper Club card. Seniors can pick up their card from the Westlake Center for Community Services or the North Olmsted Senior Center. Once they have their 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 seven days a week, 4 – 7 p.m. Be sure to bring your card with you.

Concussion Management Program for Student Athletes

UH St. John Medical Center offers student athletes the opportunity to establish balance and cognition baselines with free tests. Taking this step before an injury occurs creates an invaluable baseline for measuring injury impact. This results in a faster and more successful rehabilitation, and provides objective information to help clinicians make safe return-to-play decisions. For more information, call **440-414-6050**.

Blood Donation

11 a.m. – 3 p.m.

In partnership with LifeShare Community Blood Services, UH St. John Medical Center hosts blood drives on the hospital campus every other month beginning in July in Building 2, Auditorium B. For dates and information about donating blood at other locations, visit lifeshare.cc or call **866-644-LIFE (5433)**.

FIVE-STAR QUALITY RATING ★★★★★

“Being designated a Five-Star entity by the Centers for Medicare and Medicaid Services (CMS) is truly an honor. It requires focus and teamwork from every employee and physician, every day. The communities we serve expect the highest level of care from us and we are committed to providing that care.”

————— **Robert G. David**
President
UH St. John Medical Center





University Hospitals

UH Elyria Medical Center

630 East River Street

Elyria, OH 44035

UH Parma Medical Center

7007 Powers Boulevard

Parma, OH 44129

UH St. John Medical Center

29000 Center Ridge Road

Westlake, OH 44145



Get Moving for Your Health

The Centers for Disease Control and Prevention suggests that getting regular physical activity is one of the most important things you can do for your health. Regular activity provides many health benefits. It is a natural mood lifter, it manages stress, it keeps you physically fit and it decreases your risk for chronic diseases.

Begin slowly with exercises that are easily accomplished and then gradually advance. You don't have to make major life changes to see the benefits ... just move. Build more and higher levels of activity into your day, one step at a time.

Many find it difficult to adhere to some form of exercise routine, while others don't know where to begin. Experts say the key to starting and staying with any form of physical activity is to have fun. Get off the couch and enjoy getting fit. Try exploring community programs such as University Hospitals' walking programs.

- What is it about walking that makes it more successful than other exercise? Part of it is the simplicity. By putting one foot in front of the other, you can not only walk off weight, but also reduce your risk of heart disease, high blood pressure, stroke, certain cancers, depression, osteoporosis, diabetes and high cholesterol. You'll also help clear artery-clogging plaque. *Are you walking yet?*