



University Hospitals

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

AGE WELL. BE WELL. EVENTS JANUARY, 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
440-988-6800

GEAUGA MEDICAL CENTER

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

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

GENEVA MEDICAL CENTER

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

RICHMOND MEDICAL OFFICE BUILDING

27155 Chardon Road
Richmond Hts., OH 44143
440-735-2559

BEDFORD MEDICAL OFFICE BUILDING

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

LAKE WEST MEDICAL CENTER

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

ST. JOHN MEDICAL CENTER, A Catholic Hospital

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

CONNEAUT MEDICAL CENTER

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

TRIPOINT MEDICAL CENTER

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

SAMARITAN MEDICAL CENTER

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

ELYRIA MEDICAL CENTER

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

PARMA MEDICAL CENTER

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

If you no longer wish to receive the Age Well Be Well Calendar of Events, please email Concierge@uhhospitals.org

HEALTH SCREENINGS

BIOMETRIC SCREENINGS EVENTS

Ahuja Medical Center will be providing **FREE** health screenings including blood pressure, non-fasting blood sugar, and non-fasting cholesterol.

Sunday, January 7

9 a.m. - 12 p.m.

Mandel Jewish Community Center

OPEN HOUSE

26001 S Woodland Road
Beachwood, OH 44122

BLOOD PRESSURE SCREENING EVENTS

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

Thursday, January 4

10:30- 11:30 a.m.

Warrensville Heights YMCA

44333 Northfield Road
Warrensville Heights, OH 44128

Thursday, January 4

12:30 - 1 p.m.

Beachwood Senior Center

25325 Fairmount Blvd
Beachwood, OH 44122

Wednesday, January 10

10- 11 a.m.

Solon Senior Center

35000 Portz Parkway
Solon, OH 44139

HEALTH EDUCATION

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=5199&li=128>

Wednesday, January 17

5:30 – 8:30 p.m.

UH Ahuja Medical Center,

Conference Rooms A/B

3999 Richmond Rd
Beachwood, Ohio 44122

SUPPORT GROUPS

STROKE SURVIVOR SUPPORT GROUP

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

Second Tuesday of each Month

1-2 p.m.

UH Rehabilitation Hospital

23333 Harvard Road
Beachwood, OH 44122

BRAIN INJURY CAREGIVER SUPPORT GROUP

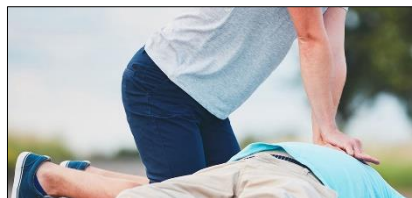
University Hospitals Rehabilitation offers a free support group for the families or caregivers of individuals who have suffered a brain injury. This group, facilitated by rehabilitation specialists, provides practical problem solving around caring for those with a brain injury as well as emotional support.

Fourth Wednesday of each Month

5 – 6:00 p.m.

**University Hospitals Rehabilitation
Hospital**

23333 Harvard Road
Beachwood, OH 44122



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>

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 PROGRAMS

RUNNING ENHANCEMENT AND INJURY PREVENTION PRESENTATION

Designed for new runners or those who find themselves getting injured or not meeting their goals. Join Renee Barrett, CHES, Program Manager/Personal Trainer for a presentation on how to find the joy in running while trying to avoid injury.

Wednesday, January 10
6:00-6:45p.m.

PARTNERSHIP PROGRAM

GATHERING PLACE PARTNERSHIP FOUNDATIONS OF AQUATIC EXERCISE

Explore aquatic exercise for improved strength, endurance and balance during and after cancer treatment. Participants are encouraged, but not required to complete all classes. First priority is given to cancer survivors who have not yet completed an aquatic series. For more information and to register contact Sandy at 216-455-1529 or email

Conochan@touchedbycancer.org
Tuesdays January 2-30th
6:00-6:55p.m.



EXERCISE & FITNESS

SPINNING BOOTCAMP

Build power and strength through a Spinning and Bootcamp combo class. Come and experience “Spinning Bootcamp” class of indoor cycling to increase cardiovascular conditioning as well as mental endurance. Wrap it up with 25-30 minutes of strength training and stretching.

Saturday, January 6
8-8:55 a.m.

AQUA PILATES

This type of Pilates differs from the traditional version because the exercises are done in an upright position in the pool. This workout is easier on your joints while the water increases the resistance of the moves.

Monday, January 8
10 - 10:55 a.m.

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, January 12
8 - 8:45 a.m.

CARDIO KICKBOXING

The class will practice and break down basic kickboxing techniques that includes the jab, cross, front kick, side kick, and roundhouse instep kick incorporated into routines to promote and improve the cardiovascular system, and muscular endurance.

Activities include kickboxing footwork, light dumbbells for punches, and shoulder stability, core, stability and flexibility training. The class is designed by a personal trainer and black belt in Karate and Jujitsu.

Tuesday, January 9
Tuesday, January 23
7- 7:55 p.m.

BEGINNER PILATES

Posture is often the first thing people notice about a person, and those who carry themselves with poise display grace and confidence. This class will help teach the basic fundamentals of Pilates and establish proper form that will benefit you for a lifetime.

Saturday, January 13
11:00 - 11:55 a.m.

BETTER BALANCE

Join us for this once a month specialty class for a person of any age and ability. The class will focus on improving one’s strength, flexibility, stamina, and sensory concentration. Exercises can be done seated or standing (mat needed). Modifications will be given. The overall goal of the class is to improve these life-long skills to enhance the value of one’s longevity.

Saturday, January 27
11:00-11:55 a.m.

BEGINNER SPINNING

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

Saturday, January 27
10:15 a.m.

RACE DAY (90 MINUTES)

This advanced Spinning class is a 90 minute class where the instructor leads you through a road race course on a Spin bike, including hill training.

Sunday, January 28
11:00 a.m. -12:30 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, January 4, 11, 25

9:30 - 10:30 a.m.

Weather permitting

Ellenwood Center

Willard Pavilion

124 Ellenwood Avenue

Bedford, OH 44146

Call 440-735-2559 to register

THE NEW UH COMMUNITY WELLNESS CENTER

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

Our community-based wellness center, located in Bedford, will offer a wide range of programs and services that have been tailored to meet the specific needs of the community, including:

Preventive Services:

- Health education classes
- Health screenings
- Community programming

Enhanced Access to Care:

- Telehealth services
- Community health worker on site

Healthy Food:

- Teaching Kitchen

HOURS OF SERVICE:

Monday: 9 a.m. - 6 p.m.

Wednesday: 9 a.m. - 7 p.m.

Friday: 9 a.m. - 5 p.m.

Saturday (1st Saturday of each month): 9 a.m. - 1 p.m.

For more information or to schedule an appointment, call 440-735-4270, visit UHhospitals.org/Bedford

UH COMMUNITY WELLNESS CENTER PROGRAMS FOR THE FIRST SATURDAY OF THE MONTH

BIOMETRIC SCREENINGS

Free health screenings including blood pressure, non-fasting blood sugar, and non-fasting cholesterol.

Saturday, January 6

10:00 am-1 p.m.

COMMUNITY RESOURCES

Talk with the community health worker and get connected with resources for food insecurity, rental and housing assistance, reduce the need for Emergency Services, improved community health and well-being, utility assistance, transportation, and more.

Saturday, January 6

9 a.m.-1 p.m.

POST-WORKOUT NUTRITION

Join Registered Dietitian/ Nutritionist
Provided healthy post-workout food
Handout on examples for post-workout snacks
Educational handout talking about the importance of what snacks should look like, etc.

Saturday, January 6

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

THE VOLT FITNESS CHARG'D UP CLASS

Philly Weeden's Charg'd Up cardio class is a high-energy, high Intense class with music that keeps you moving.

Saturday, January 6

12p-1 pm

For more information or to schedule an appointment, call 440-735-4270, visit UHhospitals.org/Bedford

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesdays, January 3, 17

10:30 a.m. - 1:00 p.m.

Bedford Heights Community Center

5615 Perkins Road

Bedford Heights OH 44146

(Bedford Heights 60+ community members only)

Wednesdays, January 10, 24

11:00 a.m. - 1:00 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue

Bedford, OH 44146

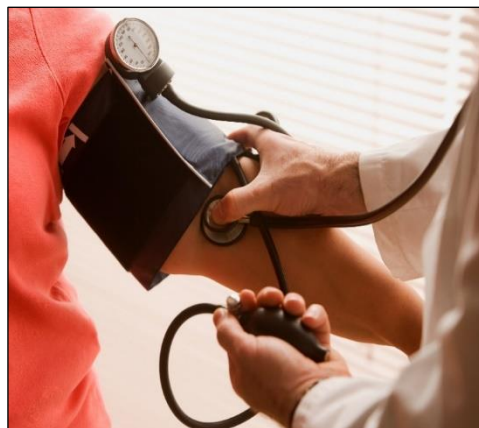
Thursday, January 11

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

Maple Hts. Senior Center

15901 Libby Road

Maple Heights, Ohio 44137



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

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

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.

COPING WITH STRESS AND THE WINTER BLUES

Learn simple coping skills that everyone can do

Monday, January 8th

11:00 a.m. 12:00 p.m.

Orwell Country Neighbor

39 South Maple St.

Orwell, OH 44076

Call 440-593-0364 for Information

Tuesday, January 9th

11:30 a.m. – 12:30 p.m.

Andover Community Center

181 South Main Street

Andover, OH 44003

Wednesday, January 17th

10:30 – 11:30 a.m.

Conneaut Human Resource Center

327 Mill Street

Conneaut, OH 44030

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.

Wednesday, January 3

(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

CANCER SUPPORT GROUP

Tuesday, January, 16

5 – 6 p.m.

Becker's Restaurant

1601 W. Prospect Road

Ashtabula, OH 44004

Call 440-593-0364 for information



Our Mission
To Heal. To Teach.
To Discover.

COMMUNITY PROGRAMS

Monday through Thursday
(Late afternoon and evenings on
Tuesdays and Wednesdays)
Call **440-284-5709**

DIABETES EDUCATION

Comprehensive individualized education on blood glucose monitoring, medication management, nutrition and preventing complications. A physician referral is required. Check your insurance to verify coverage.
Call Sara Deal MS, RDN, CNSC, LD at **440-284-5709** for information

HEALTH SCREENINGS

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.

BLOOD PRESSURE SCREENING

Tuesday, January 16
12:30 – 2 p.m.
Avon Lake Senior Center
Old Firehouse Community Center
100 Avon Belden Road
Avon Lake, OH 44012

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>



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, January 4

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, OH 44026

HEALTHY LIVING BINGO

Tuesday, January 16

11 a.m.-12 p.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

A MATTER OF BALANCE, MANAGING CONCERNS ABOUT FALLS

By attending A Matter of Balance workshop you will learn to manage concerns about falls, as well as set realistic goals for staying active, how to stay safe at home, exercises to increase strength and balance and learn how to identify and control your fear of falling

Tuesdays, February 6, 13, 20, 27

Thursdays, 8, 15, 22, 29

1:30 - 3:30 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, Ohio 44026
Call **440-279-2167** to register



A MATTER OF BALANCE, MANAGING CONCERNS ABOUT FALLS

By attending A Matter of Balance workshop you will learn to manage concerns about falls, as well as set realistic goals for staying active, how to stay safe at home, exercises to increase strength and balance and learn how to identify and control your fear of falling

Wednesdays, March 6, 13, 20, 27

Fridays, March 8, 15, 22, 29

1 - 3 p.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, Ohio 44062
Call **440-279-2167** to register

ELDERBERRIES PROGRAM

Join Geauga Park District Naturalist, John Kolar to discover the "Bear facts" about Ohio's largest mammal through a sit-down presentation. UH Resource table provided with health education information, upcoming programs & Blood Pressure screenings provided.

A collaboration with the Geauga County Department on Aging and Geauga Park District

*Registration required. , Call **440-214-3180** to register*

Thursday, January 18

1 – 2:30 p.m.

Refreshments provided

The West Woods

9465 Kinsman Road
Novelty, OH 44072

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, January 8

8:30 -10 a.m.

West Farmington Senior Center

150 College Street
West Farmington OH 44491

Monday, January 22

10 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

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

Tuesday, January 9

2 p.m.

UH Geauga Medical Center

Seidman Conference Center
13207 Ravenna Road
Chardon, OH 44024
Call **440-285-6355** for information



EXERCISE & FITNESS

WALKING FOR WELLNESS

Walking has shown to help with weight management, reducing stress and increasing energy levels. Group walking programs can help you reach your personal wellness goals (*In collaboration with Geauga Dept. on Aging*)
Wednesdays | 1 p.m.

January 3

Walter C Best (Meet at Sunset Shelter)

11620 Ravenna Road
Chardon, OH 44024

January 10

Beartown Lakes Reservation

18870 Quinn Road
Chagrin Falls, OH 44023

January 17

Girdled Road Reservation (South entrance)

12926 Radcliffe Road
Concord, OH 44077

January 24

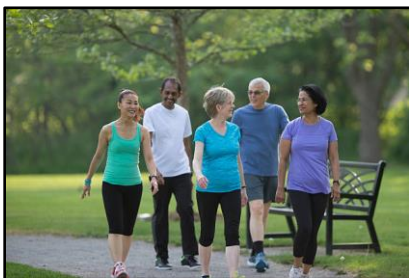
Orchard Hills

11340 Caves Road
Chesterland, OH 44026

January 31

The West Woods

(Meet at the Nature Center)
9465 Kinsman Road
Novelty, OH 44072



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*

Mondays, January 8, 15, 22, 29

Wednesdays, January 3, 10, 17, 24, 31

Fridays, January 5, 12, 19, 26

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024

Call **440-279-2137** for Information

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, January 8

6 p.m.

Outpatient Rehab Services at YMCA

12460 Bass Lake Road
Chardon, OH 44024

Call **440-214-3101** for information

PARKINSON'S SUPPORT GROUP

Tuesday, January 16

12:30 -1:30 p.m.

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024

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

DIABETES SUPPORT GROUP: CHANGING BEHAVIORS

Tuesday, January 16

2 -3 p.m.

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024

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

LIVING WITH LYMPHEDEMA

Wednesday, January 17

6-7 p.m.

Concord Health Center

Community Room

7500 Auburn Road

Concord, OH 44077

Call **440-214-3100** for information

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

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**

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

COMMUNITY PROGRAMS

LIVE HEALTHIER LUNCH & LEARN

Enjoy lunch and learn featuring University Hospital's Harrington Heart and Vascular Institute's Center for Integrated and Novel Approaches in Vascular –Metabolic Disease. The title of the presentation is not released in time for Age Well Be Well submission, if you attended last month's event, this will be the next in the series and follow the same format. Audience questions and answers will follow this live streamed presentation. If you would like to inquire about the topic, it should be released by the Institute closer to the event date. *To find out more or register feel free to call 440-313-2030 or email Bridgett.macmichael@uhhospitals.org*

Friday, January 12

11:30 a.m. – 1:00 p.m.

Tripoint Medical Center

Lubrizol Conference Room (*enter through the Physician's Pavilion*)

7590 Auburn Road
Painesville, OH 44077

SMOKE-OUT AT UH LAKE WEST

This Smoke-out event is an opportunity for people who smoke to commit to healthy, smoke -free lives. The Great American Smokeout event challenges people to stop smoking and helps people learn about the many tools they can use to help them quit and stay quit. We know it is hard to quit tobacco! Stop by UH Lake West Medical Center's main lobby for resources to help you live a healthy smoke free life! The Lake County Health Department will be on hand to help. Meet University Hospital's Lung Cancer program coordinator! All are welcome to join for prizes, blood pressure screenings, and more!

Wednesday, January 24

11:30 a.m. – 1 p.m.

Lake West Medical Center (Lobby)

36000 Euclid Avenue
Willoughby, OH 44094

Call 440-313-2030 for information

NEW YEAR NEW YOU!

Join us at the Willoughby Public Library for their annual all-day health and wellness program! University Hospitals Lake Health will provide free blood pressure, cholesterol and glucose screenings. For questions regarding other New Year New You programming call 440-942-3200 or visit

<https://welibrary.libcal.com/event/11515677>

Saturday, January 13

10:00 a.m. – 4 p.m.

Willoughby Public Library

1 E Spaulding Street
Willoughby, OH 44094

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, January 6

9 a.m. – 12 p.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

Saturday, January 20

9 a.m. – 12 p.m.

Lake West Medical Center

36000 Euclid Avenue
Willoughby, OH 44094

Call 440-313-2030 for information

SUPPORT GROUP

BREAST CANCER SUPPORT GROUP

Open to all patients with breast cancer or who are recovering from breast cancer. Meetings will be held in person. Call **440-375-8121** to register or for information email

james.buck@uhhospitals.org

Wednesday, January 17

6 – 7 p.m.

UH Tripoint Medical Center

Women's Center Waiting Area
7590 Auburn Road
Concord, OH 44060

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, January 10

6 – 8 p.m.

UH Brunner Sanden Dietrick

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

Our Mission

To Heal. To Teach.

To Discover.

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 877-229-8727 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 Bustillos, Program Director
(567) 284-1663

UH Parma Medical Center

Medical Arts Building 2
6707 Powers Boulevard
Parma, OH 44129

UH PARMA MEDICAL CENTER'S COMMUNITY CARE CLINIC

Walk-ins welcome, Urgent Care and scheduled appointments. 6707 Powers Boulevard, Parma
Call 440-743-8520 for information on days and times.

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 Auxiliary, 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 you believe in providing support to those delivering exceptional care and are 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 Auxiliary

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 e-mail kimberly.tomblin@UHHospitals.org.

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>

HEALTH EDUCATION

CORE4 VIRTUAL - Adult Weight Management Program

12 week program

Includes one-on-one and group sessions. Cost is \$100 which includes workbook. Payment due at the first one-on-one session.

Topics include: Guidelines for weight management; nutrition components; body composition; the power of exercise; behavior modification; protein, carbohydrates & fat; food labels & meal planning; portions & dining out; stress & sleep and long term success with monthly follow ups
Call 440-743-2155 to register and get the link for the VIRTUAL meeting.

**Tuesday, January 9
4 p.m.**

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>

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

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

Call 440-743-4932 for information

Wednesday, January 3

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road
Parma, OH 44134

Wednesday, January 3

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road
North Royalton, OH 44133

Cuyahoga County Public Library

(Will resume In March)

Parma Snow Road Branch
2121 Snow Road
Parma, OH 44134

Tuesday, January 9

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road
Broadview Hts., OH 44147

Wednesday, January 10

8 - 9:30 a.m.

Seven Hills Recreation Center

7777 Summit View Drive
Seven Hills, OH 44131

Thursday, January 11

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue
Brooklyn, OH 44144

Friday, January 12

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

Independence Senior Center

6363 Selig Drive
Independence, OH 44131

COMMUNITY BLOOD PRESSURE SCREENINGS (con't).

Friday, January 12

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard
Parma, OH 44129

Tuesday, January 23

9 - 10:30 a.m.

North Royalton Y.M.C.A.

11409 State Road
North Royalton, OH 44133

FASTING & NON-FASTING CHOLESTEROL SCREENING

NON-FASTING - FREE. Includes total cholesterol, LDL and blood glucose **FASTING - \$30 (credit card only)** Includes total cholesterol, LDL, HDL, triglycerides and blood glucose. Payment is taken the day of screening.

Wednesday, January 17

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.

Wednesdays, January 3, 10, 17, 24, 31

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 question, call 440-743-4127

Monday, January 8

12:30 - 2 p.m.



PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. Second Tuesday of each month.

Tuesday, January 9

1 - 2:30 p.m.

COMMUNITY PROGRAMS **RED CROSS BLOOD DRIVE**

Monday, January 22
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: 330-297-3456

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>

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.

HEALTH EDUCATION **WELLNESS GOALS FOR THE NEW YEAR**

Get ready for a new year of health and wellness. Information to help you reach your wellness goals and free BMI screenings will be provided **Thursday, January 4**
11 a.m. – 1:30 p.m.

UH Portage Medical Center, Cafeteria
6847 N. Chestnut Street,
Ravenna, OH 44266

WELLNESS & HEALTHY EATING FOR THE NEW YEAR!

A UH Portage Medical Center Dietitian will be on hand to discuss healthy eating and how to read nutrition labels.

Saturday, January 13
10 a.m. – 5 p.m.

Haymaker Farmer's Market
Unitarian Universalist Church of Kent, Hobbs Hall
217 N. Mantua Street
Kent OH 44240

UH Portage Medical Center (*con't*).

HEALTH SCREENINGS

FREE BLOOD PRESSURE SCREENINGS

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

Monday, January 8

11 a.m. – 1 p.m.

UH Portage Medical Center, Atrium

6847 North Chestnut Street
Ravenna, OH 44266

Monday, January 22

11 a.m. – 1 p.m.

UH Portage Professional Building Lobby

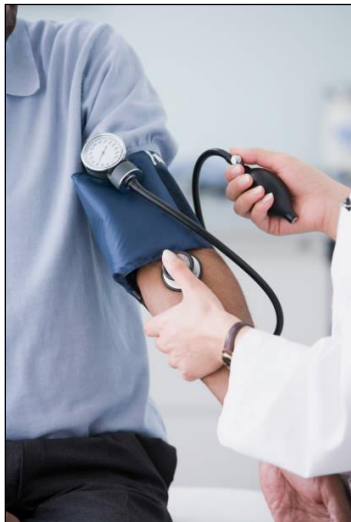
6847 North Chestnut Street
Ravenna, OH 44266

Monday, January 29

9:30 – 10:30 a.m.

Portage Senior Center

705 Oakwood Street, Floor G
Ravenna, OH 44266



SUPPORT GROUPS

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

BEYOND STROKE SUPPORT GROUP (*Virtual quarterly meetings*)

NEW! HEALTHY HEART SUPPORT GROUP

This program is free and open to the community for anyone who wants to learn more about improving their cardiovascular health and wellness.

What you can expect:

- Regular health talks by UH providers & professionals.
- Networking and peer support through group participation.
- Local resource support, access and education to assist you in understanding, maintaining and improving your health.

Thursday, January 18

4 – 5 p.m.

Portage Medical Arts Building, Room 150

6847 North Chestnut Street,
Ravenna, OH 44266

AMPUTEE WALKING CLINIC

Thursday, January 4

3 - 5 p.m.

UH Portage Medical Arts Building, Room 150

6847 N. Chestnut Street
Ravenna, OH 44266

SUPPORT FOR GRIEVING ADULTS

The Grief Place

INFO: www.thegriefcareplace.org
330-686-1750

Kelly's Grief Center

INFO: www.kellysgriefcenter.com
Call **330-593-5959** for Information

WOMEN'S HEALTH

FREE MAMMOGRAMS

For underinsured or uninsured women.

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

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

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

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

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

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

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

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



COMMUNITY PROGRAMS

WALKING CLUB

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

Tuesdays, January 9, 16, 23, 30
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

BLOOD PRESSURE SCREENINGS

Monday, January 8
10:30 a.m. - 12:30 p.m.

Kiwanis Lodge Community Center
27285 Highland Road
Richmond Heights, OH 44143

RISK ASSESSMENT AND SCREENING

UH Richmond Outpatient Campus offers a no-cost risk assessment and screenings including glucose, pulse ox and blood pressure screening. You will be asked a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Recommendations are made for scheduling the recommended testing.

Tuesday, January 9
10 – 11:30 a.m.

UH Richmond Medical Office Building
27155 Chardon Road Suite 106
Richmond Heights, OH 44143

*Call **440-735-2559** to schedule an appointment*



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>

All Your Pharmacy Needs Available in UH MyChart

University Hospitals Pharmacy Services is integrated with your medical record, connecting your doctors to our team of pharmacists who can assist you with medication costs or insurance issues. There are many University Hospitals community pharmacy locations for your convenience, as well as the option for free home delivery of medications.

UH MyChart offers these convenient features:



Make an appointment or request a referral from your provider.



Request prescription refills from your UH Meds retail pharmacy.



View your messages and notifications from your pharmacy team.



View current and past test results.



View or pay your bill.



Get started today:

Visit UHhospitals.org/MyChart or scan the QR code.



University Hospitals

COMMUNITY PROGRAMS

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

Tuesday, January 16
2 - 4 p.m.

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

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

AMERICAN HEART ASSOC. HEARTSAVER CPR TRAINING FOR THE COMMUNITY

Wednesday, January 3
9 - 11 a.m.

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

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

RED CROSS BLOOD DRIVE

Friday, January 5
11 a.m. – 5 p.m.

Thursday, January 18
9:30 a.m. – 3:30 p.m.

UH Samaritan Medical Center Auditorium

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, January 10
9 – 10:30 a.m.

Ashlnd YMCA FirstFloor Conference Room

207 iller Street
Ashland, OH 44805

WOMEN SUPPORTING WOMEN MUSIC THERAPY GROUP

Tuesday January 23
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 216-849-5013*

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

HEALTHY@UH PODCASTS

Medical information on the internet can be complex, difficult to understand and sometimes based on misinformation. UH is helping to change that by posting Healthy@UHpodcasts, representing a source of truth and establishing our institution as a leading provider of medical information online.

You can also go to <https://www.uhhospitals.org/healthy-at-UH> and have the opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser.

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

BLOOD PRESSURE SCREENINGS

Thursday, January 4
11:30 a.m. -1 p.m.

Westlake Center for Community Services
Community Meeting Room
28975 Hilliard Blvd
Westlake, OH 44145

Monday, January 8
10:45-11:45 am

Fairview Park Senior Center
20769 Lorain Road
Fairview Park OH 44126

Wednesday, January 10
9:00 – 10:30 a.m.

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

Thursday, January 11
10:45 -11:45 am

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

AUDIOLOGY SCREENING

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**.*

BALANCE SCREENING

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

SUPPORT GROUPS

HOPE GROUP

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

Wednesday, (No Meeting in January)

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*

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>

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, January 11

1 – 4 p.m.

North Royalton Fire Station

7000 Royalton Road

North Royalton, OH 44133

Email Kathy Salvo for scheduling

ksalvo@northroyalton.org

Thursday, January 18

2 – 5 p.m.

Bay Village Fire Station

28100 Wolf Road

Bay Village, OH 44140

Thursday, January 25

2 – 5 p.m.

North Olmsted Fire Station

24291 Lorain Avenue

North Olmstead, OH 44070

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



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**.