



University Hospitals

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

AGE WELL. BE WELL. EVENTS MARCH, 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

BLOOD PRESSURE SCREENING EVENTS

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

Wednesday, March 13

10- 11 a.m.

Solon Senior Center

35000 Portz Parkway
Solon, OH 44139

Thursday, March 21

10- 11 a.m.

Warrensville Heights YMCA

4433 Northfield Road
Warrensville Heights, OH 44128

Thursday, March 21

11:30 a.m. - 12:15 p.m.

Beachwood Senior Center

25325 Fairmount Blvd
Beachwood, OH 44122

Thursday, March 28

12.-2 p.m.

Mayfield Village Senior Luncheon

6621 Wilson Mills Rd
Cleveland, OH 44143

BIOMETRIC SCREENING EVENTS

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

Saturday, March 16

10 a.m.-1 p.m.

Phi Delta Kappa Gamma Rho Chapter Wellness Fair

4270 Northfield Rd
Warrensville Heights, OH 44128

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

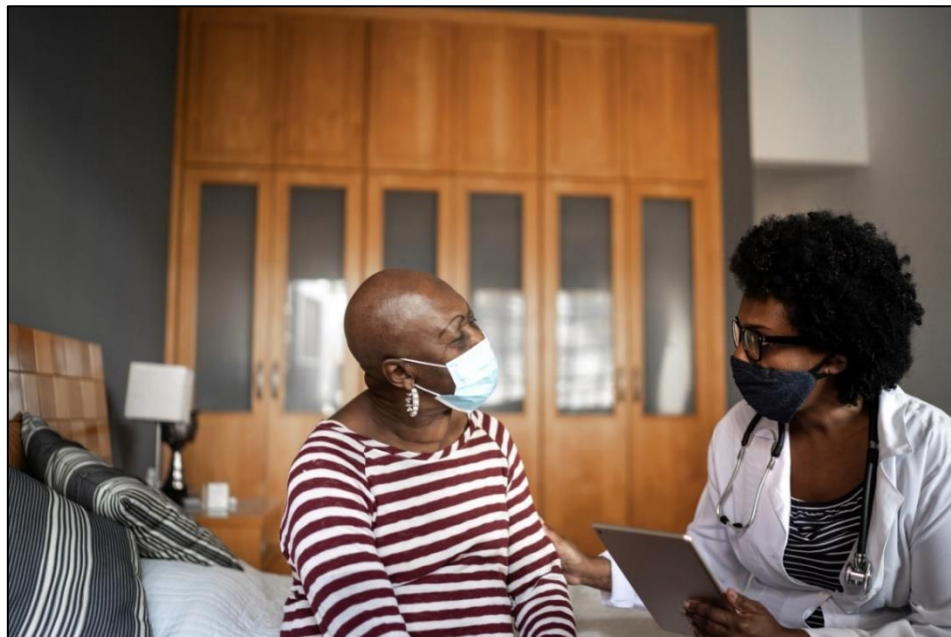
University Hospitals Rehabilitation offers a free support group for the families or caregivers of individuals who have suffered a brain injury. This group, facilitated by rehabilitation specialists, provides practical problem solving around caring for those with a brain injury as well as emotional support.

Fourth Wednesday of each Month

5 – 6:00 p.m.

University Hospitals Rehabilitation Hospital

23333 Harvard Road
Beachwood, OH 44122



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.

EXERCISE & FITNESS

IRON YOGA

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

Friday, March 1

8 - 8:45 a.m.

SPINNING BOOTCAMP COMBO

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, March 2

8-8:55 a.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, March 9

11:00 - 11:55 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, March 11

10 - 10:55 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, March 23

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, March 23

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, March 24

11:00 a.m. -12:30 p.m.



BENEFITS OF YOGA

The potential health benefits of yoga are numerous and include stress reduction, increased fitness, management of chronic health conditions and weight loss. While not a cure, yoga can help some health conditions when combined with standard treatment, or

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, March 7, 14, 21

9:30 - 10:30 a.m.

Weather permitting

Ellenwood Center

Willard Pavilion

124 Ellenwood Avenue

Bedford, OH 44146

Call **440-735-2559** to register

UH MOBILE HEALTH UNIT

University Hospitals Mobile Health

Unit for 3-D mammogram

screenings in the parking lot on this date with extended

times. Mammogram appointments are available from 8:30 am -2:30 pm on the below dates. Accepting appointments now. To schedule an appointment, call *Nicole, UH Mobile Coordinator, at 216-896-1768.*

Wednesday, March 20

Wednesday, June 19

Wednesday, September 18

UH Wellness Center at Bedford

88 Center Road

Medical Office Building

Bedford, OH 44146

VIRTUAL TALKS

Virtual / Online events are

Available on our website

UHhospitals.org/AgeWell

Under the Virtual Events tab

FREE ART EXPERIENCE

Immerse yourself in a world of creativity and inspiration with a thoughtfully designed art experience by the Certified Community Health Worker. Creativity can help you feel calm and relaxed; rest and relax your mind; it is essential to your health.

Refreshments provided

Wednesday, March 13

12 - 1:30 p.m.

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

LINE DANCING

Join us for a fun-filled evening of line dancing with Line Dancing King, Robert Johnson. This event is completely free of charge and is a great way to improve your overall well-being while staying active through dancing, which is known to promote healthy cardiovascular and mental health. Robert has taught line dancing in Greater Cleveland for over 30 years, so you'll be in good hands.

Wednesday, March 13

6-7 p.m.

UH Wellness Center

88 Center Road Suite 150

Bedford, OH 44146

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

ZUMBA

Join us for what some may call the most awesome workout ever! Dance to great music with great people and burn many calories without even realizing it. The class features merengue, salsa, and cumbia. Come and "dance around the world"!

Friday, March, 15

12p-1 p.m.

Friday, April 19

12-1 p.m.

UH Wellness Center at Bedford

88 Center Road

Medical Office Building

Bedford, OH 44146

FORKS OVER KNIVES VIEWING

Get ready to be inspired by the thought-provoking documentary *Forks Over Knives*. Discover the power of a plant-based lifestyle and its impact on health and well-being. Immerse yourself in the eye-opening stories of individuals who have transformed their lives through the power of plants. Don't miss this opportunity to learn about the benefits of a plant-based diet and how it can improve your overall health. Please mark your calendars and join us for an evening of education, inspiration, and community! Snacks, including popcorn, fruit/vegetable trays, and cheese trays, will be provided.

Wednesday, March 30

4:45 -6:45 pm

UH Wellness Center at Bedford

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

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, March 2

9 a.m.-12 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, March 2

12-1 pm

UH Wellness Center at Bedford

88 Center Road
Medical Office Building
Bedford, OH 44146

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



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesdays, March 6, 20

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, March 13, 27

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

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, OH 44146

Thursday, March 14

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

Maple Hts. Senior Center

15901 Libby Road
Maple Heights, OH 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*

FREEDOM FROM SMOKING GROUP QUIT PROGRAM

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

NO COST QUIT PROGRAM Open to everyone. Light snacks provided

Thursdays (5:30pm – 7:00pm)
Call 440-593-0364 or email
kellie.mcginis@uhhospitals.org to
RSVP. *Deadline to RSVP is February
29th. Minimum of 3 participants
required for class to be held.*

Our first session starts on Thursday,
March 7th at 5:30pm
UH Geneva Medical Center
870 West Main St.
Geneva, OH 44041

HEALTH SCREENINGS

FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)

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

FREE WALK-IN BLOOD PRESSURE SCREENINGS

Monday – Friday
9 a.m. - 9 p.m.
Saturday - Sunday
9 a.m. - 5 p.m.

Urgent Care

UH Ashtabula Health Center
3315 N. Ridge Road, E
Suite 700A
Ashtabula, OH 44004
Call 440-992-0759 for information

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.*

SUPPORT GROUPS

BETTER BREATHERS CLUB

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

First Wednesday of every month
4 – 5:30 p.m.

UH Geneva Medical Center

1st Floor Pulmonary Rehab Dept.
870 West Main Street
Geneva, OH 44041
Call 440-415-0243 for information

CANCER SUPPORT GROUP

Tuesday, March 19

5 – 6 p.m.

Crow's Nest

1257 Harmon Road
Ashtabula, OH 44004
Call 440-593-0364 for information



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

COMMUNITY PROGRAMS

PEANUT BUTTER, MADE EASY LEARN ABOUT NUTRITIONAL VALUE OF PEANUT BUTTER QUICK AND EASY RECIPE

Monday, March 4

11 a.m.-12 p.m.

Orwell Country Neighbor

39 South Maple St.

Orwell, OH 44076

Tuesday, March 5

11:30 a.m. – 12:30 p.m.

Andover Community Center

181 South Main Street

Andover, OH 44003

Wednesday, March 20

10:30 – 11:30 a.m.

Conneaut Human Resource Center

327 Mill Street

Conneaut, OH 44030

*Call 440-593-0364 for more
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>

UH Elyria Medical Center

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, March 19

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 **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event calendars, please email concierge@uhhospitals.org or visit the website below to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

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, March 7

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

GARDENING FOR LIFELONG HEALTH: GARDENING WITH LIMITATIONS

Wednesday, March 13

3 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024

NAVIGATING THE HEALTHCARE SYSTEM

Visiting the emergency room or being admitted to the hospital can be overwhelming. Understanding the process, expectations from the emergency room, to hospital admission to discharge can help alleviate patient and family concerns. Staying connected with your care team is essential for successful patient-centered care. Ensuring one's safety and care is a critical step in the delivery of quality patient care.

Tuesday, March 5

12:30- 1:30 p.m.

West Farmington Senior Center

150 College Street

West Farmington, OH 44491

ELDERBERRIES PROGRAM

Join Naturalist Karie Indoors to learn about the upcoming total solar eclipse right here in Geauga County! 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. Refreshments served.

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

Thursday, March 21

1 – 2:30 p.m.

Refreshments provided

The West Woods

9465 Kinsman Road

Novelty, OH 44072

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, March 4

8:30 -10 a.m.

West Farmington Senior Center

150 College Street

West Farmington OH 44491

Tuesday, March 19

10 a.m.-12 p.m.

Gauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

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.

March 6

Big Creek Park

9160 Robinson Road

Chardon, OH 44024

March 13

The Rookery

10110 Cedar Road

Munson Twp., OH 44094

March 20

Headwater's Park

13365 State Road

Huntsburg, OH 44046

March 27

Maple Highlands Trail (Park at Dollar General)

15894 W. High Street

Middlefield, OH 44062



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, March 4, 11, 18, 25

Wednesdays, March 6, 13, 20, 27

Fridays, March 1, 8, 15, 22, 29

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

*Call 440-279-2137 for
Information*

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, March 4

6 p.m.

**UH Geauga Medical Center
(Conference Center)**

13207 Ravenna Road

Chardon, OH 44024

Call 440-214-3101 for information

PARKINSON'S SUPPORT GROUP

Tuesday, March 19

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: LABEL READING AND COUNTING CARBS

Tuesday, March 19

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, March 20

6-7 p.m.

Concord Health Center

Community Room

7500 Auburn Road

Concord, OH 44077

Call 440-214-3100 for information

BETTER BREATHERS CLUB

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

Second Tuesday of the month

UH Geauga Medical Center

Seidman Conference Center

13207 Ravenna Road

Chardon, OH 44024

Call 440-285-6355 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

REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event calendars, please email conciierge@uhhospitals.org or visit the website below to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

COMMUNITY PROGRAMS

LIVE HEALTHIER LUNCH & LEARN

Do you have diabetes? Do you want to learn strategies to live healthier and prevent disease? Enjoy a lunch and learn featuring University Hospital's Harrington Heart and Vascular Institute's Center for Integrated and Novel Approaches in Vascular – Metabolic Disease health talk series. University Hospitals' experts are committed to helping the community manage their health and well-being. The program will cover managing cardiometabolic conditions of diabetes, heart, and kidney disease. Audience questions and answers will follow this live streamed presentation.

Seating is limited. To find out more or register feel free to call 440-313-2030 or email

Bridgett.macmichael@uhhospitals.org

Friday, March 8

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

MARCH 4 MEALS

Join us & the Lake County Council on Aging for Lake County's 17th March for Meals at the Great Lakes Mall. University Hospitals will have free blood pressure screenings and prizes available. The luck of the Irish will reign supreme with basket raffles posted online beginning March 1st through the Lake County Council on Aging, which support the nutrition program. At the event there will be walking, more prizes, goodie bags and fun! Doors open at 8 am, walk begins at 8:45 am - 10 am, and shirts are available. For more information and to register for the walk check out: www.march4meals.org

Saturday, March 16

8 a.m. – 10 a.m.

Great Lakes Mall

7850 Mentor Ave
Mentor, Ohio 44060

BLOOD PRESSURE SCREENING AT AN INDOOR TRIATHALON

Join us for our first ever indoor mini triathlon! You can also stop by to participate in a free blood pressure screening from 10 am – 1 pm. The blood pressure screenings are open to everyone, no need to register. The mini triathlon starts at 8 am and requires registration, so call 440-701-7515 with triathlon questions or go to <https://www.gcxc racing.com/indoortriathlon>

Saturday, February 24

10 a.m. – 1 p.m.

UH Brunner Sanden Dietrick

Wellness Center

8655 Market Street
Mentor, OH 44060

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, March 2

9 a.m. – 12 p.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

Saturday, March 16

9 a.m. – 12 p.m.

Lake West Medical Center

36000 Euclid Avenue
Willoughby, OH 44094
Call 440-313-2030 for information

Our Mission

To Heal. To Teach.

To Discover.

HEALTHY LIVING AT HARVEY

Join us for a family friendly community event to celebrate wellness with health screenings (glucose, cholesterol, blood pressure), educational activities, and demonstrations. The event is open to everyone and includes health screenings, breathing & stretching exercises, CPR demonstrations, fresh healthy produce give away, impaired driving simulator, music therapy, AmeriBrain tours, UH Clinical Research Mobile Unit tours and more. To learn more about the research mobile unit before touring it in person go to:

<https://www.uhhospitals.org/uh-research/for-researchers/research-and-clinical-trials/mobile-research-unit>

Saturday, March 2

9 a.m. – 2 p.m.

Thomas W. Harvey High School

200 West Walnut Ave
Painesville, OH 44077

FREE HEALTH SCREENINGS AT THE CENTRAL YMCA

One of the best ways to manage your health is the early Identification of your risk factors. Many diseases such as diabetes, heart disease and hypertension are unnoticed in the early stages but left untreated can develop into serious, even life threatening problems. Knowing your numbers is the first step toward managing and improving your overall health. Blood pressure, glucose and cholesterol screenings will be available. No preregistration is needed.

Monday, March 18

5:30 – 7:30 p.m.

Tuesday, March 19

9 – 11 a.m.

Wednesday, March 20

9:30 – 11:30 a.m.

Lake County YMCA Central Branch

933 Mentor Ave
Painesville, Ohio 44077

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, March 20

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, March 13

6 – 8 p.m.

UH Brunner Sanden Dietrick

Wellness Center (Conf. Room A)

8655 Market Street

Mentor, OH 44060

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. <https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>



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 Caitlyn Kandzer, RD, LD, our dietitian at 440-743-2155 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

JOIN THE VOLUNTEERS AT UH PARMA MEDICAL CENTER

Volunteers deliver the support necessary to ensure that UH Parma Medical Center continues to provide excellent, personalized care. The volunteer program at UH Parma Medical Center, promotes community wellness and also raises funds for the benefit of the hospital's healing environment.

Like all the team members at UH Parma Medical Center, our volunteers ascribe to a high standard of personal care and service with a dedicated purpose and mission.

If interested in volunteering, we would love to hear from you. To begin your experience with our team of volunteers, please [download the application](#) and mail the completed form to:

Parma Hospital Volunteer Services
7007 Powers Boulevard
Parma, OH 44129-5495

For questions and additional information about the volunteer services available at UH Parma Medical Center, please call 440-743-4287 or email

kimberly.tomblin@UHhospitals.org.

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 SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

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

Call 440-743-4932 for information

Wednesday, March 6

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

(Glucose Screening Included)

UH Parma Health Education Ctr.

7300 State Road
Parma, OH 44134

Wednesday, March 6

9 - 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road
North Royalton, OH 44133

Friday, March 8

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

Independence Senior Center

6363 Selig Drive
Independence, OH 44131

Friday, March 8

10-11:30 a.m.

Donna Smallwood Activity Center

7010 Powers Boulevard
Parma, OH 44129

Tuesday, March 12

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road
Broadview Hts., OH 44147

Wednesday, March 13

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive
Seven Hills, OH 44131

Thursday, March 14

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue
Brooklyn, OH 44144

Tuesday, March 26

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road
North Royalton, OH 44133

NON-FASTING CHOLESTEROL SCREENING

FREE, includes total cholesterol, HDL, and blood sugar.

Wednesday, March 20
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, March 6, 13, 20, 27
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, March 11
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. *This month's presentation will be, "Parkinson's Genetics: Why Should I care?" Call **440-743-4932** to RSVP*

Tuesday, March 12
1 – 2:30 p.m.

FOOD ADDICTS ANONYMOUS

Having trouble staying on a diet or eating plan? Do you crave sugar and high-carb foods? Are you shaky, angry or moody when you skip a meal? Do you think about food all the time? This group can help. No registration required, walk-in meeting.

NEW DAY & NEW TIME!

Fridays, March 1, 8, 15, 22, 29
4:30 p.m.

UH VIRTUAL TALKS

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

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



COMMUNITY PROGRAMS **RED CROSS BLOOD DRIVE**

Monday, March 18

11 a.m. – 5 p.m.

UH Portage Medical Arts Building,
Atrium
Ravenna, Ohio 44266

To make an appointment, visit
RedCrossBlood.org or scan QR code:



SAIL FALLS PREVENTION CLASS

SAIL – Stay Active & Independent for Life

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

Streetsboro Senior Center

9307 State Route 43
Streetsboro, OH 44241
INFO/RSVP: 330-626-2398

Portage County Senior Center

705 Oakwood Street,
Ravenna, OH 44266
INFO/RSVP: 330-297-345

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition experience throughout each person's life cycle, David Yakunich, MS, RDN, LD offers individual outpatient nutrition counseling to help improve your health and wellbeing. A physician referral is required prior to your visit. *Call 216-844-1499 to schedule*

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

Portage Professional Center
6847 North Chestnut Street
Ravenna, OH 44266

VIRTUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

UH PORTAGE WOUND CARE & HYPERBARIC MEDICINE CENTER

The University Hospitals Portage Wound Care Center offers comprehensive wound care close to home. Our goal is same day or next day appointments and the Portage Wound Care Center has specialists to treat many non-healing wound issues. Call today to get scheduled for an appointment! *Call 330-422-7755 to schedule*

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

NO COST CORONARY ARTERY CALCIUM SCORE TEST

University Hospitals Harrington Heart & Vascular Institute offers a screening test called cardiac CT imaging for coronary artery calcium scoring. This test has been shown by many studies in medical literature to predict future risk of heart attack. **While coronary artery calcium scoring is costly at other health systems and generally not covered by insurance, UH offers this test at no cost. To receive a no-cost calcium score test you must have an order from your physician.** Yes, I have an order: Call 216-452-8082 to schedule an appointment with Radiology.

No, I do not have an order: Contact your Primary Care Provider to discuss if this test is right for you and request an order.

HEALTH EDUCATION **COLON CANCER AWARENESS TABLE**

Thursday, March 7

11 a.m. – 1:30 p.m.

**UH Portage Medical Center,
Cafeteria**

Stop by to learn more about the signs, symptoms, and prevention of Colon Cancer

HEALTHY COOKING DEMONSTRATION

UH Portage Medical Center and Elizabeth Flinner from Central State University Extension will provide a healthy cooking demonstration and information on maintaining a healthy diet.

Saturday, March 16

10 a.m. – 1p.m.

Haymaker Farmer's Market

Unitarian Universalist Church of Kent, Hobbs Hall
217 N. Mantua Street
Kent, OH

GI HEALTH LUNCH & LEARN

Dr. Amanda Lathia, Geriatric Medical Specialist, will be on hand to provide education on the importance of GI and Colon Cancer Screenings. Lunch will be provided.

Monday, March 18

11:30 a.m. – 1:p.m.

UH Medical Arts Building, Room 150

6847 N. Chestnut Street
Ravenna, OH 44266

Pre-registration is required. Call 330-297-2576 to register.

NARCAN EDUCATION AND DISTRIBUTION

UH Portage Pharmacists will be on hand to educate and train the public about the lifesaving effects of NARCAN. NARCAN units will be distributed.

Thursday, March 21

11 a.m. – 1 p.m.

**UH Portage Medical Center,
Cafeteria**

For more information call 330-297-2576.

HEALTH SCREENINGS

FREE BLOOD PRESSURE SCREENINGS

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

Tuesday, March 12

11 a.m. - 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street
Ravenna, OH 44266

Friday, March 15

11 a.m. - 1 p.m.

UH Portage Professional Center, Lobby

6847 N. Chestnut Street
Ravenna, OH 44266



SUPPORT GROUPS

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

BEYOND STROKE SUPPORT GROUP (Virtual quarterly meetings)

AMPUTEE WALKING CLINIC

Thursday, March 7

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

DIABETES SUPPORT GROUP

Tuesday April 2

4 - 5 p.m.

UH Portage Medical Arts Building, Room 150

6847 N. Chestnut Street
Ravenna, OH 44266

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, March 21

4 - 5 p.m.

Portage Medical Arts Building, Room 150

6847 North Chestnut Street,
Ravenna, OH 44266

WOMEN'S HEALTH

FREE MAMMOGRAMS

For underinsured or uninsured women.

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

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

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

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

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

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

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

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

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, March 5, 19, 26

12 – 1 p.m.

Weather permitting

Richmond Heights City Hall

26789 Highland Road
Richmond Heights, OH 44143
Call 440-735-2559 to register



UNIVERSITY HOSPITALS RICHMOND HEIGHTS: HEALTH & WELLNESS DAY

Health & Wellness Events including but not limited to: Join our executive chef, Tony Verona, and Registered Dietitian, Bailey Gordon, for a cooking demonstration. Learn how to prepare healthy meals with simple ingredients. You can sample food, and recipes will be given—**registration is required. To register for the cooking demonstration, visit us on Eventbrite at “UH Richmond Wellness.”**

Tuesday, March 12

4 - 5 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143
Call 440-735-4270 for more Information

HEALTH SCREENINGS

BIOMETRIC SCREENINGS

Blood pressure, Non-Fasting Cholesterol & Glucose screenings, and education from our Community Outreach Nurse.

Tuesday, March 12

2 - 5 p.m.

COMMUNITY RESOURCES

Connect with the Certified Community Health Worker and improve community health and well-being, get linked to resources for food insecurities, rental and housing assistance, utility assistance, transportation, mental health services, reduce the need for EMS through education and connections to health and social services, and more.

Tuesday, March 12

2 - 5 p.m.

FREE ART EXPERIENCE

Immerse yourself in a world of creativity and inspiration with a thoughtfully designed art experience by the Certified Community Health Worker. Creativity can help you feel calm and relaxed; rest and relax your mind; it is essential to your health.

Tuesday, March 12

3- 4 p.m.

DIGITAL HEALTH WORK

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

Tuesday, March 12

2 - 5 p.m.

Additional Activities:

Join a certified instructor from *In The Now Yoga Meditation Wellness* for a chair stretching class.

Tuesday, March 12

2-3 p.m.

For any questions or to register, please call 440-735-4270.

THE VOLT FITNESS CHARG'D UP CLASS

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

Saturday, March 23

12-1 p.m.

Richmond Heights Elementary

447 Richmond Road
Richmond Heights, Ohio 44143

Call 440-735-4270 for more information or to register, visit us on Eventbrite at “UH Richmond Wellness.”

SAVE THE DATES

University Hospitals Mobile Health Unit for 3-D mammogram screenings in the parking lot on this date with extended

times. Mammogram appointments are available from 8:30 am -2:30 pm on the below dates. Accepting appointments now. To schedule an appointment, call *Nicole, UH Mobile Coordinator, at 216-896-1768.*

Call 440-735-4270 for more Information

Wednesday, April 17

Wednesday, July 17

Wednesday, October 16

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44

COMMUNITY PROGRAMS

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

Thursday, March 21
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, March 13
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*

RED CROSS BLOOD DRIVE

Friday, March 1
12 p.m. – 6 p.m.

Thursday, March 14
9 a.m. – 3 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, March 13
9 – 10:30 a.m.

Ashlnd YMCA
FirstFloor Conference Room
207 iller Street

COLORECTAL CANCER EVENT

*Diagnosis and Treatments: What
should I Expect?*

Education and Resource Information

Friday March 8
3 - 5 p.m.

Samaritan Auditorium

663 East Main Street
Ashland, OH 44805
Refreshments/Giveaways/Door Prizes

To register call:

Christina Vanderpool 419-207-7856

Or email

Christina.vanderpool@uhhospitals.org

WOMEN SUPPORTING WOMEN MUSIC THERAPY GROUP

*Guest Speaker: Katie Evens, CNP-
Women and Heart Health*

Tuesday March 20
6-7 p.m.

Samaritan Auditorium

663 East Main Street
Ashland, OH 44805

EXERCISE & FITNESS

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

Walking support group for COPD
patients

Tuesdays and Thursdays
10 a.m.

The Keith Field House

Ashland High School
Ashland, OH 44805

ASHLAND HEART TROTTERS WALKING CLUB

Walking support group for
cardiac/pulmonary rehab patients

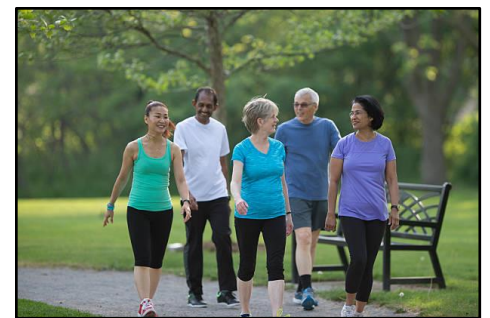
Monday, Wednesday, Friday
11:30 a.m.-12:00 p.m.

Freer Field

Ashland, Ohio 44805

Subject to cancellation for inclement
weather

Call 419-207-2453 for Information



COMMUNITY PROGRAMS

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

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

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for health care providers. A course completion card will be provided. *This is a free class, but you must register at www.uhems.org. Call 440-735-3513 for information*

SENIOR SUPPER CLUB

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

EVERYDAY

4 – 5:30 p.m.

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



OUTPATIENT NUTRITION COUNSELING

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

St. John Health Center
26908 Detroit Road, Suite 100
Westlake, OH 44145
Call 440-835-4426 to schedule

DIABETES EDUCATION CLASSES

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

Diabetes Self -Management

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

Participants can choose what they would like to learn during class.

Nutrition for Diabetes Class: We will discuss nutrition, reading labels, meal planning and exercise to help manage diabetes. Bring recipes, food labels and all of your questions.

Diabetes Educator Follow-up:

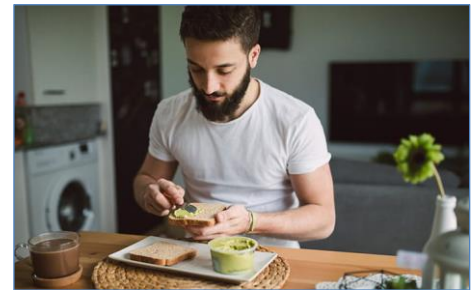
After attending the above classes, participants schedule a one on one appointment with their diabetes educator. Together they will collaborate to track goals and discuss individual needs that may not have been covered during the group class discussions.

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

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

UH St John Health Center
26908 Detroit Road, Suite 100
Westlake, OH 44145

For scheduling or questions, call 216-844-1768



UH VIRTUAL TALKS

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

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

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, March 7
11:30 a.m. - 1 p.m.

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

Monday, March 11
10:45-11:45 am

Fairview Park Senior Center
20769 Lorain Road
Fairview Park OH 44126

Wednesday, March 13
9:00 – 10:30 a.m.

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

Thursday, March 14
10:45 -11:45 am

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

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, March 8
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*

Our Mission
*To Heal. To Teach.
To Discover.*

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).***

North Royalton Fire Station

7000 Royalton Road

North Royalton, OH 44133

Email Kathy Salvo for scheduling

ksalvo@northroyalton.org

Thursday, March 21

2 – 5 p.m.

Bay Village Fire Station

28100 Wolf Road

Bay Village, OH 44140

Thursday, March 28

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**.