



**1-866-UH4-CARE** (1-866-844-2273)

**UHhospitals.org**

11100 Euclid Avenue, Cleveland, Ohio 44106

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## AGE WELL BE WELL EVENTS 2018

1-844-312-LIFE (5433)

UHhospitals.org/AgeWell

## UH Locations

### UH AHUJA MEDICAL CENTER

3999 Richmond Road  
Beachwood, Ohio 44122  
216-593-5500

### UH BEDFORD MEDICAL CENTER

44 Blaine Avenue  
Bedford, Ohio 44146  
440-735-3900

### UH CLEVELAND MEDICAL CENTER

11100 Euclid Avenue  
Cleveland, Ohio 44106  
216-844-1000

### UH CONNEAUT MEDICAL CENTER

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

### UH ELYRIA MEDICAL CENTER

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

### UH GEAUGA MEDICAL CENTER

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

### UH GENEVA MEDICAL CENTER

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

### UH PARMA MEDICAL CENTER

7007 Powers Boulevard  
Cleveland, Ohio 44129  
440-743-3000

### UH PORTAGE MEDICAL CENTER

6847 North Chestnut Street  
Ravenna, Ohio 44266  
330-297-0811

### UH RICHMOND MEDICAL CENTER

27100 Chardon Road  
Cleveland, Ohio 44143  
440-585-6500

### UH ST. JOHN MEDICAL CENTER

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

### UH SAMARITAN MEDICAL CENTER

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

# UH Ahuja Medical Center

## DIABETES MANAGEMENT CLASSES

Four classes provide a diabetes overview: Pathophysiology, Blood Glucose Monitoring, Nutrition, Pharmacology and Complications. Specialists in each area will be on hand to answer questions.

**WEDNESDAYS – AUGUST 8, 15, 22, 29**

5:30 – 7:30 p.m.

### Ahuja Medical Center

Rosenberg Suite C  
3999 Richmond Road  
Beachwood, Ohio 44122

*Class size is limited. Registration is required: 216-285-4069*

## WARRENSVILLE HEIGHTS YMCA UH HEALTH SCREENINGS (FREE)

Cholesterol, Glucose, BP

**SATURDAY, AUGUST 11**

10:30 a.m. – 12:30 p.m.

### YMCA

4433 Northfield Road  
Warrensville Heights, Ohio 44118

## HIGHLAND HILLS VILLAGE HALL UH HEALTH SCREENINGS (FREE)

Cholesterol, Glucose, BP

**THURSDAY, AUGUST 16**

10:30 a.m. – 12 p.m.

### Highland Hills Village Hall

3700 Northfield Road  
Highland Hills, Ohio 44122

# UH Avon Health Center

## FREE EVENTS

All specialty group exercise classes below are free and open to the community, though pre-registration is required by calling 440-988-6801. Photo ID is required upon check-in to the facility. Ages 15 and over. Those under the age of 18 must have a legal guardian with them to sign liability waiver.

For specific questions, please contact:

**Renee Barrett, Program Manager**

440-988-6822

[Renee.Barrett@UHhospitals.org](mailto:Renee.Barrett@UHhospitals.org)

### UH Avon Health Center

1997 Healthway Drive

Avon, Ohio 44011

[UHhospitals.org/Fitness](https://UHhospitals.org/Fitness)

## BEGINNER YOGA CLASS

This class is designed for those who are new to yoga, and for participants who have learned the basic poses and breathing techniques. It is ideal for beginning flexibility and breathing conditioning.

**2ND SATURDAY OF THE MONTH**

11:15 a.m. – 12:10 p.m.

## OUTDOOR YOGA

Take in the nice summer weather using your 5 senses in an outdoor court area. Classes include breath work and poses to stretch and improve muscular endurance while enjoying the outdoors. Physical postures will include standing and floor work.

**SATURDAY, AUGUST 4**

10:15 – 11:15 a.m.

## BEGINNER SPINNING CLASS

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

**LAST SATURDAY OF EACH MONTH**

10:15 – 11:10 a.m.

### AQUA PILATES

Easier on your joints while the water increases the resistance of the moves, enhancing benefits for your muscles. This type of Pilates differs from the traditional version because the exercises are done standing up.

**MONDAYS – JULY 9,  
AUGUST 13, SEPTEMBER 10**  
10 – 10:45 a.m.

### POUND® FITNESS

Using Ripstix – lightly weighted drumsticks engineered specifically for exercising – POUND transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.

**SATURDAYS – JULY 14,  
SEPTEMBER 15**  
11:30 a.m.

### CANCER WELLNESS EDUCATION

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

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

**TUESDAY, SEPTEMBER 11**  
6 – 7 p.m.

### RUNNING TIPS AND TRICKS PRESENTATION

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

**WEDNESDAY, SEPTEMBER 12**  
6 – 6:45 p.m.

### UNITED WE SWEAT WEEKEND

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

For more information and a calendar of events, visit [UHHospitals.org/avon/the-fitness-center/group-exercise](http://UHHospitals.org/avon/the-fitness-center/group-exercise) after September 1, or email Brad Calabrese at [Brad.Calabrese@UHHospitals.org](mailto:Brad.Calabrese@UHHospitals.org).

**THURSDAY, SEPTEMBER 13 –  
SUNDAY, SEPTEMBER 16**

### BALANCE WELLNESS PRESENTATION

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

**WEDNESDAY, JULY 18**  
5:30 – 6 p.m.

### PARKINSON'S DISEASE WELLNESS EDUCATION

**2ND THURSDAY OF EACH MONTH**

*Contact for schedule:*  
[Maria.Pujolas@UHHospitals.org](mailto:Maria.Pujolas@UHHospitals.org)  
440-328-3446

### NUTRITION PRESENTATION: LEARN HOW TO MANAGE YOUR PORTION SIZES

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

**WEDNESDAY, SEPTEMBER 26**  
6 – 7 p.m.

## UH Avon Health Center *cont.*

### PAID EVENTS

#### CANCER EXERCISE PROGRAM

The HOPE program is an exercise program for cancer patients at any stage of treatment (who are currently going through cancer or who have been in remission up to 6 months) tailored to individual goals and needs. 8-week program led by certified and specialty trained fitness professionals includes small group workout.

#### TUESDAYS AND THURSDAYS

*Contact for schedule:*

Christopher.Ross@UHhospitals.org  
440-988-6815

Fee: \$50

#### HEALTHY HABITS FOR A HEALTHY LIFESTYLE

Join dietitian Kim Horvath, MEd, RDN, CDE for an eight-week weight management program that explores macronutrients, meal planning, portion control, behavior modification, label reading and physical activity. A healthy meal plan guide is provided. The program is designated for individuals with a Body Mass Index (BMI) of 27 or more and who are interested in losing weight. Pre and post-program In Body composition measurements will be scheduled with each participant.

**TUESDAYS – SEPTEMBER 18, 23**  
6 – 7 p.m.

*Please pre-register by September 14.*  
Fee: \$60

#### MINDFULNESS SERIES

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

**WEDNESDAYS – SEPTEMBER 19, 26**  
5:30 – 6:30 p.m.

*For details call: 440-988-6801*  
Includes a CD and workbook.  
Fee: \$120

## UH Bedford Medical Center

#### YOGA WITH A TWIST

##### MONDAYS –

JULY 2, 9, 16, 22, 30

AUGUST 6, 13, 20, 27

SEPTEMBER 10, 17, 24

##### FRIDAYS –

JULY 6, 13, 20, 27

AUGUST 3, 10, 17, 24, 31

SEPTEMBER 7, 14, 21, 28

(No class on September 3)

11 – 12 p.m.

**Oakwood Village Community Center**

23035 Broadway Avenue

Oakwood Village, Ohio 44146

440-735-4739

#### BALANCE EXERCISE

##### THURSDAYS -

JULY 5, 12, 19, 26

AUGUST 2, 9, 16, 23, 30

SEPTEMBER 6, 13, 20, 27

11 a.m. – 12 p.m.

**The Mandel Jewish  
Community Center**

Warrensville Community Apartments

1500 Warrensville Center Road

Cleveland Heights, Ohio 44121

Please call 216-831-0700, Ext. 1210

#### WALKING CLUB

Weather permitting, our walking club will meet every Monday. We will walk around the perimeter of UH Bedford Medical Center for about 20 minutes.

If weather is not favorable, we will NOT walk. New walkers will receive a complimentary t-shirt upon sign-up.

##### MONDAYS –

JULY 2, 9, 16, 23, 30

AUGUST 6, 13, 20, 27

SEPTEMBER 10, 17, 24

(no walking on September 3)

9:30 – 10:30 a.m.

**UH Bedford Medical Center**

Medical Office Building

88 Blaine Avenue

Bedford, Ohio 44146

(Meet outside the Patient  
Concierge Office)

*Call to register: 440-735-4739*

#### COMMUNITY MUSIC EXPLORATION

Community Music Exploration (CME) is really just that – a means to discover music and all of its benefits. The CME events will feature several aspects of music including drumming, songwriting, music with meditation, music for wellness and instrument learning workshops. Please join Paul T. Ousley, MT-BC, UH Bedford Medical Center and Connor Integrative Health Network, to learn and grow while uncovering new ways of using music to enrich

## UH Bedford Medical Center *cont.*

your life holistically. No prior music experience required to join in on the fun!

**WEDNESDAYS – JULY 25,  
AUGUST 22, SEPTEMBER 26**

2:30 – 3:30 p.m.

**Light of Hearts Villa**  
283 Union Street  
Bedford, Ohio 44146  
440-735-4739

### SONGWRITING

It's your chance to be a songwriter! This fun group activity, led by Paul Ousley, our board-certified music therapist, will engage your creativity and provide a unique opportunity for meeting new people and making new friends. During each two-hour session, group members will work together to pick a topic, write verses and choruses, and the session will end with the group members playing their newly created group musical project. The completed song will then be given some studio magic, and each group member will get a CD copy to play for their family and friends. To hear past songs: [soundcloud.com/songwriting-with-seneca](https://soundcloud.com/songwriting-with-seneca)

**TUESDAY, AUGUST 7**  
2 – 4 p.m.

**UH Bedford Medical Center**  
Medical Office Building  
Conference Room 1 (Lower Level)  
88 Blaine Avenue  
Bedford, Ohio 44146

*Call to register:* 440-735-4739

### AFTERNOON BOOK DISCUSSION

**AUGUST TITLE:** "Map of the Heart"  
by Susan Wiggs

**SEPTEMBER TITLE:** "Camino Island"  
by John Grisham  
Copies of the book are available one month prior to the discussion date.

**WEDNESDAYS –  
AUGUST 1, SEPTEMBER 5**  
1:30 – 2:30 p.m.

**Cuyahoga County Library**  
Southeast Branch (Meeting Room 70)  
70 Columbus Street  
Bedford, Ohio 44146

### AFRICAN AMERICAN AUTHORS BOOK GROUP

Join us to explore all genres of African American writing. We will read African American classics, historical fiction, science fiction, mysteries, autobiographies, nonfiction and urban fiction.

**JULY TITLE:** "Bluebird, Bluebird"  
by Attica Locke

**AUGUST TITLE:** "No One Is Coming To Save Us" by Stephanie Powell Watts  
Copies of the book are available one month prior to the discussion date.

**TUESDAYS – JULY 31, AUGUST 28**  
7:15 – 8:30 p.m.

**Cuyahoga County Library**  
Southeast Branch  
(Small Meeting Room)  
70 Columbus Street  
Bedford, Ohio 44146

### DINNER AND A MOVIE

**TUESDAYS – JULY 17, SEPTEMBER 18**  
3 – 5 p.m.

**UH Bedford Medical Center**  
Cafeteria  
44 Blaine Avenue  
Bedford, Ohio 44146

*Reservations are ONLY accepted during the week prior to each event.*  
440-735-4739

### COMPUTER CLASS

Individual computer help for seniors.  
Not a group class.

**TUESDAYS –  
JULY 3, 10, 17, 24, 31  
AUGUST 7, 14, 21, 28  
SEPTEMBER 4, 11, 18, 25**  
11 a.m. – 12 p.m.

**The Mandel Jewish  
Community Center**  
Warrensville Community Apartments  
1500 Warrensville Center Road  
Cleveland Heights, Ohio 44121

*Please call:* 216-831-0700, Ext. 1210

### DEMENTIA EDUCATION SERIES

Presented by: Arden Courts Memory Care Assisted Living  
Bath – Chagrin Falls – Parma – Westlake

#### Umbrella of Dementia

Not all dementias are the same. Learn background information regarding the different forms of dementia and how each dementia affects the brain, along with caregiving tips for the challenging behaviors that may occur.

**THURSDAY, JULY 26**  
6 – 7:30 p.m.

#### Walking the Path of Dementia

This "hands on" program will give participants the opportunity to learn about the many changes people with dementia experience as their disease progresses.

**THURSDAY, AUGUST 23**  
6 – 7:30 p.m.

#### Why they do what they do?

What is the best way to communicate with a person with memory impairment? This presentation will demonstrate what works and doesn't work when communicating with someone with dementia. Techniques to communicate and avoid behavior issues are covered during this seminar.

**THURSDAY, SEPTEMBER 27**  
6 – 7:30 p.m.

**UH Bedford Medical Center**  
Medical Office Building  
Conference Room 1 (Lower Level)  
88 Blaine Avenue  
Bedford, Ohio 44146

*Please call to register:* 216-385-1610  
*Space is limited.*

## UH Bedford Medical Center *cont.*

### DIABETES SUPPORT GROUP

Seasonal Foods for Diabetes,  
Recipe Share.

**THURSDAYS – JULY 26,  
AUGUST 30, SEPTEMBER 27**  
10 – 11 a.m.

**Bedford Community Garden**  
Central Primary School  
(Behind the school)  
799 Washington Street  
Bedford, Ohio 44146

*Call to register:* 440-735-4700

### DIABETES SELF-MANAGEMENT EDUCATION

*Four-week class series held  
each Wednesday.* The Diabetes Center  
at UH Bedford Medical Center offers  
comprehensive care for people with  
a medical history of diabetes or those  
recently diagnosed with the disease in  
a convenient outpatient setting.

**WEDNESDAYS – JULY 11, 18, 25**  
5:30 – 7 p.m.

**WEDNESDAYS – AUGUST 1, 8, 15, 22**  
10:30 a.m. – 12 p.m.

**UH Bedford Medical Center**  
Conference Room 1 (Lower Level)  
88 Blaine Avenue  
Bedford, Ohio 44146

#### **Please note:**

*Diabetes Self-Management Classes are  
billable to your insurance provider, and  
a physician referral is required. For more  
information or assistance in obtaining a  
referral, please call 440-735-4700*

### CARDIOVASCULAR DISEASE–PREVENTING DIABETES COMPLICATIONS CLASS (FREE)

*Four-week class series held  
each Wednesday.*

**WEDNESDAYS –  
SEPTEMBER 5, 12, 19, 26**  
5:30 – 7 p.m.

**UH Bedford Medical Center**  
Medical Office Building  
Conference Room 1 (Lower Level)  
88 Blaine Avenue  
Bedford, Ohio 44146

*Call to register:* 440-735-4700

### HEALTH AND SAFETY DAY

Bring your friends and family to  
celebrate good health! Join our  
neighborhood experts for our annual  
Family Health and Safety Day. This free  
community celebration offers family-  
friendly activities, wellness screenings,  
safety tips and educational materials  
that promote healthy lifestyles for  
people of all ages. See what is new at  
UH Bedford Medical Center and meet  
our friendly physicians and nursing staff.

**THURSDAY, AUGUST 16**  
3 – 7 p.m.

**UH Bedford Medical Center**  
44 Blaine Avenue  
Bedford, Ohio 44146

### HEALTH AND WELLNESS TALK

**How Clutter Affects Your Life and  
the Issues with Hoarding**

Dr. Lili Lustig, DO  
*UH Regionals East Family Medicine*  
Residency Assistant Program Director  
*Case Western Reserve University*  
Associate Professor of Family Medicine,  
Board Certified in Family Medicine

**FRIDAY, SEPTEMBER 14**

11 a.m. – 12 p.m.

**The Mandel Jewish  
Community Center**  
Warrensville Community Apartments  
1500 Warrensville Center Road  
Cleveland Heights, Ohio 44121

*Please call:* 216-831-0700, Ext. 1210

### ADULT COLORING CLASS

Coloring isn't just for kids. Coloring  
offers grown-ups a chance to relax,  
escape from life's stress and improve  
fine motor skills. Come learn about the  
color wheel, techniques of shading and  
blending as well as how to choose  
colors schemes that will ensure a  
masterpiece worthy of hanging on the  
fridge or even framing on your wall. All  
levels of artistic ability are welcome to  
join us as we explore our inner artist.  
Coloring books and pencils will be  
provided. Feel free to attend as many  
classes as you would like.

**WEDNESDAYS –  
JULY 11, 25  
AUGUST 8, 22  
SEPTEMBER 12, 26**  
11 a.m. – 12 p.m.

**UH Bedford Medical Center**  
Medical Office Building  
Conference Room 1 (Lower Level)  
88 Blaine Avenue  
Bedford, Ohio 44146

*Class size is limited.*

*Please call:* 440-735-4739



## FEATURED EVENTS

### **FAMILY HEALTH AND SAFETY DAY (FREE)**

Bring your friends and family to celebrate good health! Join University Hospitals neighborhood experts for our annual Family Health and Safety Day. This free community celebration

offers family-friendly activities, wellness screenings, safety tips and educational materials that promote healthy lifestyles for people of all ages. See what is new at UH Conneaut and meet our friendly physicians and nursing staff!

**SATURDAY, JULY 14**  
9 a.m. – 1 p.m.

**UH Ashtabula Health Center**  
Ashtabula Towne Square  
3315 North Ridge Road East  
Ashtabula, Ohio 44004

### **SUMMER WALK PROGRAM CONNEAUT**

Join us each Tuesday morning for a refreshing and relaxing walk at Conneaut Township Park.

**TUESDAYS –**  
JULY 3, 10, 17, 24, 31  
AUGUST 7, 14, 21, 28  
SEPTEMBER 4, 11, 18, 25  
8 – 9 a.m.

**Conneaut Township Park**  
480 Lake Road  
Conneaut, Ohio 44030

*Please call: 440-998-0107*

**Andover Recreational Park**  
Chestnut Street  
Andover, Ohio 44003

*Please call: 440-593-0364*

### **SUMMER WALK PROGRAM LAKE CITY, PENNSYLVANIA**

Join us each Monday afternoon for a refreshing and relaxing walk.

**MONDAYS –**  
JULY 2, 9, 16, 23, 30  
AUGUST 6, 13, 20, 27  
SEPTEMBER 3, 10, 17, 24  
12:30 – 1:30 p.m.

**Lake Erie Community Park**  
10192 West Lake Road  
Lake City, Pennsylvania 16423

*Please call: 440-998-0107*

### **ORWELL COUNTRY NEIGHBOR PRESENTATIONS**

**JULY 2:** Friends and Family CPR  
**AUGUST 6:** What's New in the UH ER and Urgent Care?  
**SEPTEMBER 10:** Senior Depression

**MONDAYS – JULY 2, AUGUST 6, SEPTEMBER 10**  
11 a.m. – 12 p.m.

**Orwell Country Neighbor**  
39 South Maple Street  
Orwell, Ohio 44076

*Please call: 440-593-0364*

### **SUMMER WALK PROGRAM JEFFERSON**

Join us each Wednesday morning for a refreshing and relaxing walk.

**WEDNESDAYS –**  
JULY 11, 18, 25  
AUGUST 1, 8, 15, 22, 29  
8 – 9 a.m.

**Jefferson Giddings Park**  
(Meet at the pavilion)  
104 East Jefferson Street  
Jefferson, Ohio 44047

*Please call: 440-593-0206*

### **ALBION SENIOR CENTER PRESENTATIONS**

Join us the second Tuesday of each month for a new health topic presentation.

**JULY 10:** Heat Stroke versus Exhaustion  
**AUGUST 14:** What's Great about UH ER and Urgent Care?  
**SEPTEMBER 11:** Colon Cancer

**TUESDAYS – JULY 10, AUGUST 14, SEPTEMBER 11**  
10:30 – 11 a.m.

**Albion Senior Center**  
9 Academy Street  
Albion, Pennsylvania 16401

*Please call: 440-998-0107*

### **ANDOVER COMMUNITY CENTER PRESENTATIONS**

**JULY 10:** Friends and Family CPR  
**AUGUST 14:** What's New in the UH ER and Urgent Care?  
**SEPTEMBER 4:** Senior Depression

**TUESDAYS – JULY 10, AUGUST 14, SEPTEMBER 4**  
10:30 a.m. – 12 p.m.

**Andover Community Center**  
181 South Main Street  
Andover, Ohio 44003

*Please call: 440-593-0364*

### **JEFFERSON SENIOR CENTER**

**JULY 16:** Friends and Family CPR  
**AUGUST 20:** What's New in the UH ER and Urgent Care?  
**SEPTEMBER 24:** Senior Depression

### **SUMMER WALK PROGRAM ANDOVER**

Join us each Thursday morning for a refreshing and relaxing walk.

**THURSDAYS –**  
JULY 5, 12, 19, 26  
AUGUST 2, 9, 16, 23, 30  
8 – 9 a.m.

## UH Conneaut Medical Center *cont.*

**MONDAYS – JULY 16,  
AUGUST 20, SEPTEMBER 24**  
12 – 1 p.m.

**Jefferson Senior Center**  
104 East Jefferson Street  
Jefferson, Ohio 44047

*Please call: 440-593-0364*

### **HEALTH SMART**

**JULY 13:** Senior Summer Picnic  
**AUGUST 21:** What's New in the UH ER  
and Urgent Care?  
**SEPTEMBER 25:** Senior Depression

**FRIDAY, JULY 13**  
**TUESDAYS – AUGUST 21,  
SEPTEMBER 25**  
11 a.m. – 12 p.m.

**Conneaut Human Resource Center**  
327 Mill Street  
Conneaut, Ohio 44030

*Please call: 440-593-0364*

### **DIABETIC SUPPORT GROUP CONNEAUT**

Join us each month for new topics  
and ideas to encourage you with your  
diabetic health.

**THURSDAYS – JULY 19,  
AUGUST 23, SEPTEMBER 27**  
10:30 – 11:30 a.m.

**Conneaut Human Resource Center**  
327 Mill Street  
Conneaut, Ohio 44030

*Please call: 440-593-0364*

### **DIABETIC SUPPORT GROUP ANDOVER**

Join us each month for new topics and  
ideas to encourage you with your  
diabetic health.

**TUESDAYS – JULY 10,  
AUGUST 14, SEPTEMBER 4**  
1 – 2 p.m.

**Andover Community Center**  
181 South Main Street  
Andover, Ohio 44003

*Please call: 440-593-0364*

### **DIABETIC SUPPORT GROUP ORWELL**

Join us each month for new topics  
and ideas to encourage you with  
your diabetic health.

**MONDAYS – JULY 2,  
AUGUST 6, SEPTEMBER 10**  
10 – 11 a.m.

**Orwell Country Neighbor**  
39 South Maple  
Orwell, Ohio 44076

*Please call: 440-593-0364*

### **CONNEAUT HUMAN RESOURCE CENTER SCREENINGS**

Blood Pressure, Glucose  
and Cholesterol Screening

**TUESDAY, JULY 17**  
8:30 – 11:30 a.m.

**Conneaut Human Resource Center**  
327 Mills Street  
Conneaut, Ohio 44030

*Please call: 440-593-0364*

### **SILVER SNEAKER CONNEAUT**

**AUGUST 8:** Adult Immunization  
**SEPTEMBER 12:** National  
Cholesterol Awareness Education

**WEDNESDAYS –  
AUGUST 8, SEPTEMBER 12**  
9:30 – 10:00 a.m.

**New Leaf Church**  
110 Gateway  
Conneaut, Ohio 44030

*Please call: 440-998-0680*

### **SCREENINGS AT NEW LEAF CHURCH IN CONNEAUT**

Screening: Blood Pressure, Glucose  
and Cholesterol

**WEDNESDAY, SEPTEMBER 12**  
8:30 – 9:30 a.m.

**New Leaf Church**  
110 Gateway Avenue  
Conneaut, Ohio 44030

*Please call: 440-998-0680*

### **WEIGHT LOSS SUPPORT GROUP**

Join us each Monday morning at Snap  
Fitness, where we will have new topics  
and speakers each month to encourage  
you on your weight loss journey and  
share new ideas.

**MONDAYS –  
JULY 2, 9, 16, 23, 30  
AUGUST 6, 13, 20, 27  
SEPTEMBER 10, 17, 24**  
8:30 – 9:30 a.m.

**Snap Fitness Conneaut**  
236 Main Avenue  
Conneaut, Ohio 44030

*Please call: 440-998-0107*

**MONDAYS –  
JULY 2, 9, 16, 23, 30  
AUGUST 6, 13, 20, 27  
SEPTEMBER 10, 17, 24**  
10:30 – 11:30 a.m.

**Snap Fitness Girard**  
20 Sunset Drive  
Girard, Pennsylvania 16417

*Please call: 440-998-0107*

### **CONNEAUT COMMUNITY GARDEN**

**WEDNESDAYS – JULY 18,  
AUGUST 15, SEPTEMBER 19**  
9 – 10 a.m.

**UH Conneaut Medical Center**  
158 West Main Road  
Conneaut, Ohio 44030



# UH Elyria Medical Center

## GLUCOSE SCREENING

**TUESDAYS –  
JULY 17, SEPTEMBER 18**  
7 – 9 a.m.

**UH Elyria Medical Center**  
Lobby  
630 East River Street  
Elyria, Ohio 44035

## BLOOD PRESSURE SCREENINGS

Closed on all holidays  
or inclement weather

**FIRST WEDNESDAY OF EACH MONTH**  
8:30 – 10 a.m.  
(New time)

**UH Avon Health Center**  
1997 Healthway Drive  
Avon, Ohio 44011

**SECOND WEDNESDAY  
OF EACH MONTH**  
9:30 – 11 a.m.

**Avon Senior Center**  
36786 Detroit Road  
Avon, Ohio 44011

**THIRD TUESDAY OF EACH MONTH**  
12:30 – 2 p.m.

**Avon Lake Senior Center**  
Old Firehouse Community Center  
100 Avon Belden Road  
Avon Lake, Ohio 44012

## DIABETES AWARENESS AND SUPPORT GROUP

A 30-minute presentation followed  
by a 30-minute group interaction

Diabetes and Exercise  
**WEDNESDAY, SEPTEMBER 12**  
6 – 7 p.m.

**UH Elyria Medical Center**  
Diabetes Education Office  
630 East River Street  
Elyria, Ohio 44035

*Take the "A" elevator to the basement  
and turn left. The office is on the left.*

*Please call: 440-284-5709*

## NEUROLOGICAL/STROKE SUPPORT GROUP (FREE)

We welcome you to join us in an open,  
supportive and relaxed environment.

You will experience:

- Peer support
- Educational guest presentations
- Emotional support for stroke survivors and families. Patients and family members are welcome.

**FOURTH THURSDAY  
OF EACH MONTH**  
3:30 – 4:30 p.m.

**UH Avon Rehabilitation Hospital**  
37900 Chester Road  
Avon, Ohio 44011

*Please call: 440-695-7111*  
Reservations are not required.  
Group facilitator is Tanya.

## AMHERST HEALTH AND SAFETY FAIR

Join us for free health screenings  
and more!

**SATURDAY, AUGUST 4**  
1 – 3 p.m.

**UH Amherst Health Center**  
254 Cleveland Avenue  
Amherst, Ohio 44035

## SENIOR HEALTH FAIR

Join us for free health screenings  
and more!

**WEDNESDAY, SEPTEMBER 26**  
10:30 a.m. – 12:30 p.m.

**UH Avon Health Center**  
1997 Healthway Drive  
Avon, Ohio 44011

## UNITED WAY HEALTH FAIR AND SCREENING

Blood pressure, stroke risk, blood sugar  
and bone density assessments will be  
offered. Flu vaccines are also available.

**THURSDAY, SEPTEMBER 27**  
10 a.m. – 2 p.m.

**EL Centro**  
2800 Pearl Road  
Lorain, Ohio 44055

## HEALTHY LIFESTYLE MEDICAL NUTRITION THERAPY

Late afternoon and evening hours are  
available on Tuesdays and Wednesdays.  
The Healthy Lifestyle program offers  
nutrition counseling with a registered  
dietitian/nutritionist. If you need to lose  
weight, gain weight, or have been  
diagnosed with high cholesterol, pre-  
diabetes, food intolerances or other  
conditions which may be better  
managed by diet, let us help to get  
you on track.

**MONDAY – FRIDAY**

*Please call:*

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

## UH ELYRIA AND AVON DIABETES EDUCATION

The Diabetes Education program at  
UH Elyria Medical Center and UH Avon  
Health Center provides information  
and support for anyone with diabetes.  
Whether diabetes is a new diagnosis or  
improved blood sugar control is needed,  
we are here to help. We offer individual  
and group sessions in Elyria and  
individual sessions in Avon. There must  
be at least five participants to hold  
group classes. A physician referral is  
required to participate. Many insurance  
plans cover diabetes education; contact  
your insurance provider to verify  
coverage. The program is recognized  
by the American Diabetes Association.

**TUESDAYS – SEPTEMBER 11, 18, 25**  
10 a.m. – 12 p.m.

## UH Elyria Medical Center *cont.*

**UH Elyria Medical Center**  
(Individual and Group Classes)  
630 East River Street  
Elyria, Ohio 44035

**UH Avon Health Center**  
(No Group Classes)  
1997 Healthway Drive  
Avon, Ohio 44011

Must attend an individual session prior to group classes. No group classes in July or August. Individual diabetes education offered Monday–Friday. Late afternoon/evening hours offered on Tuesdays and Wednesdays.

*Please call Kim Horvath: 440-284-5709*

### **UH ELYRIA GRANDPARENTING TODAY CLASS**

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

**MONDAYS – JULY 23, AUGUST 27**  
6:30 – 8 p.m.

**UH Elyria Medical Center**  
630 East River Street  
Elyria, Ohio 44035

*Please call: 440-329-7466*

### **INFANT/CHILD CPR CLASS**

Learn the valuable skill of infant and child CPR. You will leave with very important information about what to do, as well as actual experience from performing CPR on our mannequins.

**WEDNESDAYS – JULY 18, AUGUST 15**  
6:30 – 8:30 p.m.

**UH Elyria Medical Center**  
630 East River Street  
Elyria, Ohio 44035

*Call to register: 440-329-7466*  
*Fee: \$20 per person*

### **MUSIC, HEALTH AND WELLNESS SUPPORT GROUP (FREE)**

Come join in drumming, listening, meditation and more. Facilitated by board-certified music therapist, Samantha Huffman. Learn how to reduce your daily stress and improve

your life with methods developed from evidence-based research. No musical skills are required to participate.

**THURSDAYS – JULY 19,  
AUGUST 23, SEPTEMBER 27**  
7 – 8 p.m.

**UH Elyria Medical Center**  
Boyton Room  
(3rd Floor Training &  
Development Department)  
630 East River Street  
Elyria, Ohio 44035

*Call to register: 440-326-4510*

## UH Geauga Medical Center

### **DINNER AND A MOVIE**

**WEDNESDAYS – JULY 25,  
AUGUST 22, SEPTEMBER 26**  
3 – 6 p.m.

**UH Geauga Medical Center**  
Conference Room  
13207 Ravenna Road  
Chardon, Ohio 44024

*Please call: 440-214-3180*  
*Reservations are only accepted*  
*2 weeks prior to each event.*

### **GARDENING FOR LIFELONG HEALTH**

**WEDNESDAYS – JULY 11,  
AUGUST 8, SEPTEMBER 12**  
3 – 4 p.m.

**UH Geauga Medical Center**  
Conference Room  
13207 Ravenna Road  
Chardon, Ohio 44024

### **ELDERBERRIES: SENIORS RIPE FOR ADVENTURE**

Kayaking/UH Wellness Program  
**THURSDAY, JULY 19**  
9 – 12 p.m.  
*Lunch Provided*

**Headwaters Park**  
13365 Old State Road  
Huntsburg, Ohio 44021

*Please call: 440-214-3180*

## UH Geauga Medical Center *cont.*

Heavenly Bodies in the Summer  
Sky / UH Wellness Program  
**THURSDAY, AUGUST 9**  
8 – 10:30 p.m.  
*Dessert/Coffee provided*

**Observatory Park**  
10610 Clay Street  
Montville, Ohio 44064

*Please call: 440-214-3180*

Strolling in Fields of Gold /  
UH Wellness Program  
**THURSDAY, SEPTEMBER 20**  
11:30 a.m. – 2:30 p.m.  
*Lunch in the Shelter*

**Orchard Hills Park**  
11340 Caves Road  
Chester Twp., Ohio 44026

*Please call: 440-214-3180*

### **SIMPLE COOKING WITH HEART**

**WEDNESDAY, AUGUST 15**  
3 – 5 p.m.

**UH Geauga Medical Center**  
Conference Center  
13207 Ravenna Road  
Chardon, Ohio 44024

*Please call: 440-214-3180*

### **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.

**MONDAYS –**  
**JULY 2, 9, 16, 23, 30**  
**AUGUST 6, 13, 20, 27**  
**SEPTEMBER 10, 17, 24**

**WEDNESDAYS –**  
**JULY 11, 18, 25**  
**AUGUST 1, 8, 15, 22, 29**  
**SEPTEMBER 5, 12, 19, 26**

**FRIDAYS –**  
**JULY 6, 13, 20, 27**  
**AUGUST 3, 10, 17, 24, 31**  
**SEPTEMBER 7, 14, 21, 28**  
9:30 – 11 a.m.

**Taekwondo Center**  
209 Center Street  
Chardon Ohio 44024

*Please call: 440-279-2137*  
*Monthly fee: \$45*

### **STRENGTHS AND WEIGHTS**

**TUESDAYS –**  
**JULY 3, 10, 17, 24, 31**  
**AUGUST 7, 14, 21, 28**  
**SEPTEMBER 4, 11, 18, 25**

**THURSDAYS –**  
**JULY 5, 12, 19, 26**  
**AUGUST 2, 9, 16, 23, 30**  
**SEPTEMBER 6, 13, 20, 27**  
10 – 11 a.m.

**West Geauga Senior Center**  
12646 West Geauga Plaza  
Chesterland, Ohio 44026

*Please call: 440-214-3180*

### **BOXING**

**TUESDAYS –**  
**JULY 3, 10, 17, 24, 31**  
**AUGUST 7, 14, 21, 28**  
**SEPTEMBER 4, 11, 18, 25**  
8:30 – 9:30 a.m.

**West Geauga Senior Center**  
12646 West Geauga Plaza  
Chesterland, Ohio 44026

*Please call: 440-214-3180*

### **LINE DANCING**

**THURSDAYS –**  
**JULY 5, 12, 19, 26**  
**AUGUST 2, 9, 16, 23, 30**  
**SEPTEMBER 6, 13, 20, 27**  
2:30 – 4:30 p.m.

**Chardon Senior Center**  
12555 Ravenwood Drive  
Chardon, Ohio 44024

*Please call: 440-214-3180*  
*Fee: \$3*

### **INTRO TO DIABETES**

**WEDNESDAY, JULY 11**  
7 – 8 p.m.

**Gauga County Public Library**  
Gauga West Branch  
13455 Chillicothe Road  
Chesterland, Ohio 44026

*Please call: 440-214-3180*

### **EARLY HEART ATTACK CARE**

**TUESDAY, JULY 17**  
7 – 8 p.m.

**Gauga County Public Library**  
Chardon Branch  
110 E. Park Street  
Chardon, Ohio 44024

*Please call: 440-214-3180*

### **CHANGING YOUR BEHAVIOR**

**TUESDAY, JULY 30**  
7 – 8 p.m.

**Gauga County Public Library**  
Middlefield Branch  
16167 East High Street  
Middlefield, Ohio 44062

*Please call: 440-214-3180*

### **KIDNEY101**

**WEDNESDAY, AUGUST 8**  
7 – 8 p.m.

**Gauga County Public Library**  
Gauga West Branch  
13455 Chillicothe Road  
Chesterland, Ohio 44026

*Please call: 440-214-3180*

## UH Geauga Medical Center *cont.*

### HEALTHY EATING AS WE AGE

THURSDAY, AUGUST 23  
7 – 8 p.m.

Geauga County Public Library  
Chardon Branch  
110 East Park Street  
Chardon, Ohio 44024

*Please call:* 440-214-3180

### TRIVIA WITH TRICIA

Brain Games

FRIDAYS – JULY 6,  
AUGUST 3, SEPTEMBER 7  
11 a.m. – 12 p.m.

West Geauga Senior Center  
12646 West Geauga Plaza  
Chesterland, Ohio 44062

*Please call:* 440-214-3180

### THYROID DISEASE

WEDNESDAY, JULY 18  
12 – 1 p.m.

West Farmington Senior Center  
150 College Street  
West Farmington, Ohio 44491

*Please call:* 440-214-3180

WEDNESDAY, AUGUST 29  
10:30 – 11:30 a.m.

Middlefield Senior Center  
15820 Ridgewood Drive  
Middlefield, Ohio 44052

*Please call:* 440-214-3180

### MIDDLEFIELD MEANS HEALTH

Cholesterol, Glucose, Blood Pressure  
and Body Mass Index Screenings

Sports Medicine

THURSDAY, JULY 12  
11 a.m. – 1:30 p.m.

Family Health and Fitness  
THURSDAY, AUGUST 9  
11 a.m. – 1:30 p.m.

Prostate Cancer Awareness  
THURSDAY, SEPTEMBER 13  
11 a.m. – 1:30 p.m.

Geauga County Public Library  
Middlefield Branch  
16167 E. High Street  
Middlefield, Ohio 44026

*Please call:* 440-214-3180

### ICE CREAM SOCIAL/MUSIC BY THE SCIMITARS SWING BAND

TUESDAY, JULY 3  
6 – 7:30 p.m.

Maplewood at Chardon  
A Senior Living Community  
12350 Bass Lake Road  
Chardon, Ohio 44024

*Please call:* 440-285-3300

### CAREGIVER SUPPORT GROUP

WEDNESDAYS – JULY 5,  
AUGUST 2, SEPTEMBER 6  
2 – 3 p.m.

Maplewood at Chardon  
A Senior Living Community  
12350 Bass Lake Road  
Chardon, Ohio 44024

*Please call:* 440-285-3300

### BLOOD PRESSURE AND BODY MASS INDEX SCREENINGS

THURSDAYS – JULY 12,  
AUGUST 16, SEPTEMBER 13  
10 a.m. – 12 p.m.

Geauga YMCA  
12460 Bass Lake Road  
Chardon, Ohio 44024

*Please call:* 440-214-3180

### BLOOD PRESSURE SCREENINGS

MONDAYS – JULY 2,  
AUGUST 6, SEPTEMBER 10  
8:30 – 10:30 a.m.

West Farmington Senior Center  
150 College Street  
West Farmington, Ohio 44491

*Please call:* 440-214-3180

### BLOOD PRESSURE SCREENINGS

THURSDAYS – JULY 5,  
AUGUST 2, SEPTEMBER 6  
11 a.m. – 12:30 p.m.

West Geauga Senior Center  
12646 West Geauga Plaza  
Chesterland, Ohio 44062

*Please call:* 440-214-3180

### BALANCE SCREENINGS

TUESDAY, JULY 17  
1 – 4:30 p.m.

Outpatient Rehabilitation  
Center at Geauga YMCA  
12360 Bass Lake Road  
Chardon, Ohio 44024

*Please call:* 440-214-3100

### HEART HEALTH

TUESDAY, JULY 10  
12 – 1 p.m.  
*Light Lunch will be served*

UH Geauga Medical Center  
13207 Ravenna Road  
Chardon, Ohio 44024

*Please call:* 440-214-3180

## UH Geauga Medical Center *cont.*

### APHASIA SUPPORT GROUP

MONDAYS – JULY 2,  
AUGUST 6, SEPTEMBER 10  
6 – 8 p.m.

Outpatient Rehabilitation Center  
at Geauga YMCA  
12360 Bass Lake Road  
Chardon, Ohio 44024

*Please call:* 440-214-3101

### STROKE SUPPORT GROUP

WEDNESDAYS – JULY 11,  
AUGUST 8, SEPTEMBER 12  
11 a.m. – 12 p.m.

West Geauga Senior Center  
12646 West Geauga Plaza  
Chesterland, Ohio 44024

*Please call:* 440-285-6724

### OSTOMY SUPPORT GROUP

THURSDAYS – JULY 26,  
AUGUST 23, SEPTEMBER 27  
6:30 – 8 p.m.

UH Geauga Medical Center  
13207 Ravenna Road  
Chardon, Ohio 44024

*Please call:* 440-285-6210

### CANCER SUPPORT GROUP

WEDNESDAYS – JULY 11,  
AUGUST 8, SEPTEMBER 12  
4 – 5 p.m.

UH Geauga Medical Center  
Seidman Cancer Center  
13207 Ravenna Road  
Chardon, Ohio 44024

*Please call:* 440-285-6251

### IDENTIFY AND AVOID SENIOR SCAMS

TUESDAY, JULY 24  
2 – 3 p.m.

Maplewood at Chardon  
A Senior Living Community  
12350 Bass Lake Road  
Chardon, Ohio 44024

*Please call:* 440-285-3300

### CHALLENGING BEHAVIORS / ENGAGING LOVED ONES

THURSDAY, SEPTEMBER 13  
12 – 1:30 p.m.

Maplewood at Chardon  
A Senior Living Community  
12350 Bass Lake Road  
Chardon, Ohio 44024

*Please call:* 440-285-3300

### CAR SAFETY PROGRAM

THURSDAY, SEPTEMBER 18  
11 – 12 p.m. Presentation & Lunch  
12:30 – 2 p.m. Car Assessments

Chardon Senior Center  
12555 Ravenwood Drive  
Chardon, Ohio 44024

*Please call:* 440-214-3180

### THOMPSON TOWNSHIP SUMMER ENTERTAINMENT

UH Table / Activities Provided

TUESDAYS – JULY 10, AUGUST 14  
7 – 8:30 p.m.

*Refreshments Provided*  
Thompson Township Square

*In case of rain, event will take place at:*

Thompson Methodist Church  
6758 Madison Road  
Thompson, Ohio 44086

*Please call:* 440-214-3180

### CUISINE AND CULTURE – JEWISH HERITAGE

Tour of Maltz Museum of Jewish  
Heritage. Lunch at Corky and Lenny's.  
(Event in collaboration with Geauga  
Department on Aging)

THURSDAY, AUGUST 23  
10 a.m. – 3 p.m.  
(Bus leaves at 10 a.m.)

Chardon Walmart Plaza  
223 Meadowlands Drive  
Chardon, Ohio 44024

*Please call:* 440-214-3180  
*Cost:* \$40

## FEATURED EVENTS

### **FAMILY HEALTH AND SAFETY DAY (FREE)**

Bring your friends and family to celebrate good health! This free community celebration offers family-friendly activities, wellness screenings, safety tips and educational materials that promote healthy lifestyles or people of all ages. See what is new at UH and meet our friendly physicians and nursing staff!

**SATURDAY, JULY 14**

9 a.m. – 1 p.m.

### **UH Ashtabula Health Center**

Ashtabula Towne Square  
3315 N Ridge Road East, Suite 600  
Ashtabula, Ohio 44004

### **WALK FOR THE CURE**

Free registration for breast cancer survivors (Includes T-shirt & Gift Bag). Registration fee \$20.00 for all other participants (Commemorative T-shirt to the first 300 registrants). Vendor & Craft Fair, Basket Raffle, Door Prizes. Breast Self-Awareness Education and Breast Cancer Resource Information. Join us for a relaxing 2-mile walk at

1 p.m. with family and friends to draw awareness about breast cancer and to honor the survivors.

**SUNDAY, SEPTEMBER 16**

11 a.m. – 3:30 p.m.

### **Geneva High School**

1301 South Ridge Road East  
(State Route 84)  
Geneva, Ohio 44041

*Please call:* 440-998-0680

*Fee:* Free for breast cancer survivors  
\$20 for all other participants

### **ASHTABULA SENIOR CENTER PRESENTATIONS**

Join us the second Thursday of each month for a new health topic presentation.

**JULY 12:** Heat Stroke V.S. Exhaustion

**AUGUST 9:** What's Great about UH ER and Urgent Care?

**SEPTEMBER 13:** Colon Cancer

**THURSDAYS – JULY 12,  
AUGUST 9, SEPTEMBER 13**  
11 a.m. – 12 p.m.

**Ashtabula Senior Center**  
4148 Main Avenue  
Ashtabula, Ohio 44004

*Please call:* 440-998-0107

### **SILVER SNEAKERS ASHTABULA**

**JULY 10:** UV Safety and Skin Care

**AUGUST 7:** Adult Immunizations

**SEPTEMBER 11:** National Cholesterol Awareness Education

**TUESDAYS – JULY 10,  
AUGUST 7, SEPTEMBER 11**  
11:15 a.m. – 12 p.m.

**Ashtabula YMCA–Silver Sneakers**  
263 West Prospect Road  
Ashtabula, Ohio 44004

*Please call:* 440-998-0680

### **HEALTH FORUM AND LUNCHEON**

Prescription Assistance  
**WEDNESDAYS, JULY 18**  
11:30 a.m. – 1 p.m.

Exercising As We Age  
**WEDNESDAYS, AUGUST 22**  
11:30 a.m. – 1 p.m.

Helping Victims of Domestic Violence and Sexual Assault  
**WEDNESDAYS, SEPTEMBER 19**  
11:30 a.m. – 1 p.m.

**Geneva Community Center**  
72 West Main Street  
Geneva, Ohio 44041

*Please call:* 440-998-0680

### **ASHTABULA TOWNE SQUARE**

Join us for a walk inside the Ashtabula Towne Square. UH will be at the Ashtabula Towne Square each month to share healthy information with you along with UH events going on in our community.

**THURSDAYS – JULY 19,  
AUGUST 16, SEPTEMBER 20**  
8 – 9 a.m.

**Ashtabula Towne Square**  
3315 North Ridge East  
Ashtabula, Ohio 44004

*Please call:* 440-998-0107

### **MADISON SENIOR CENTER PRESENTATIONS**

**JULY 17:** UV Safety and Skin Care

**AUGUST 21:** Adult Immunizations

**SEPTEMBER 18:** National Cholesterol Awareness Education

**TUESDAYS – JULY 17,  
AUGUST 21, SEPTEMBER 18**  
11:30 a.m. – 12 p.m.

**Madison Senior Center**  
2938 Hubbard Road  
Madison, Ohio 44057

*Please call:* 440-428-6664

### **SCREENINGS AT ASHTABULA YMCA**

Screenings: Blood Pressure, Glucose and Cholesterol

**TUESDAY, SEPTEMBER 11**  
10 – 11 a.m.

**YMCA Ashtabula**  
263 West Prospect Road  
Ashtabula, Ohio 44004

*Please call:* 440-998-0680



### SILVER SNEAKER MADISON

What color is your food?

**MONDAY, SEPTEMBER 24**

10:30 – 11:30 a.m.

**Lake County YMCA**

730 North Lake Street

Madison, Ohio 44057

*Please call:* 440-998-0608

### MADISON YMCA SCREENING – SILVER SNEAKERS

Free Screenings: Blood Pressure,  
Glucose and Cholesterol

**MONDAY, SEPTEMBER 24**

8:30 – 10 a.m.

**Madison YMCA**

730 North Lake Street

Madison, Ohio 44057

*Please call:* 440-998-0680

### WALK WITH AN EXPERT

Join us for a walk inside the Ashtabula Towne Square. An expert will be at the Towne Square each month to walk with you and be available to answer questions related to their area of expertise.

**THURSDAYS – JULY 12,  
AUGUST 2, SEPTEMBER 6**

8 – 10 a.m.

**Ashtabula Towne Square**

3315 North Ridge East

Ashtabula, Ohio 44004

*Please call:* 440-998-0107

### SUMMER WALK PROGRAM ASHTABULA

Please join us each Wednesday morning for a refreshing and relaxing walk.

**WEDNESDAYS –**

**JULY 11, 18, 25**

**AUGUST 1, 8, 15, 22, 29**

8 – 9 a.m.

**Lake Shore Park**

5941 Lake Road West

Ashtabula, Ohio 44004

*Please call:* 440-998-0680

### SUMMER WALK PROGRAM GENEVA

Please join us each Wednesday morning for a refreshing and relaxing walk.

**WEDNESDAYS –**

**JULY 11, 18, 25**

**AUGUST 1, 8, 15, 22, 29**

8 – 9 a.m.

**Geneva Lodge and Conference**

(Parking Lot by the Cabins)

4888 North Broadway

Geneva, Ohio 44041

*Please call:* 440-998-0107

### SUMMER WALK PROGRAM CONNEAUT

Please join us each Tuesday morning for a refreshing and relaxing walk.

**TUESDAYS –**

**JULY 3, 10, 17, 24, 31**

**AUGUST 7, 14, 21, 28**

**SEPTEMBER 4, 11, 18, 25**

8 – 9 a.m.

**Conneaut Township Park**

480 Lake Road

Conneaut, Ohio 44030

*Please call:* 440-998-0107

### SUMMER WALK PROGRAM JEFFERSON

Please join us each Wednesday morning for a refreshing and relaxing walk.

**WEDNESDAYS –**

**JULY 11, 18, 25**

**AUGUST 1, 8, 15, 22, 29**

8 – 9 a.m.

**Jefferson Giddings Park**

(Pavilion)

104 East Jefferson Street

Jefferson, Ohio 44047

*Please call:* 440-593-0206

### SUMMER WALK PROGRAM ANDOVER

Please join us each Thursday morning for a refreshing and relaxing walk.

**THURSDAYS –**

**JULY 5, 12, 19, 26**

**AUGUST 2, 9, 16, 23, 30**

8 – 9 a.m.

**Andover Recreational Park**

Chestnut Street

Andover, Ohio 44003

*Please call:* 440-593-0364

### CONNEAUT COMMUNITY GARDEN

**WEDNESDAYS – JULY 25,  
AUGUST 22, SEPTEMBER 26**  
9 – 10 a.m.

**UH Geneva Medical Center**

870 West Main Street

Geneva, Ohio 44041

*Please call:* 440-998-0107

## FEATURED EVENT

### SLEEP DISORDERS

John Andrefsky, MD, Neurologist will discuss Sleep problems including snoring, sleep apnea, and insomnia. Learn why good sleep is necessary for optimal health and the warning signs that you may be sleep deprived.

Tours of UH Parma Medical Center's new sleep lab will take place after the presentation. A light refreshment will be provided.

**THURSDAY, AUGUST 9**  
5:30 p.m.

**UH Parma Medical Center**  
Medical Arts Building 4 (Sleep Lab)  
6115 Powers Boulevard Suite 101  
Parma, Ohio 44129

*Call to register: 440-743-4932*  
Space is limited so register early.

## HEALTH EDUCATION

### NUTRITION AND FALL PREVENTION

UH Parma Medical Center's Registered Dietitian will discuss all the ways we lose muscle as we age and tips to eat protein-rich foods to help replenish muscle. A therapy expert will review some practical exercises to stop muscle loss; preventing muscle loss can prevent falls. This session takes place in the cafeteria and includes a cooking demonstration and taste testing.

**WEDNESDAY, JULY 18**  
4:30 p.m.

**UH Parma Medical Center**  
(Cafeteria)  
7007 Powers Boulevard  
Parma, Ohio 44129

*Call to register: 440-743-4932*

### ACID REFLUX: WHAT YOU NEED TO KNOW

Dany Raad, MD, Medical Director of UH Parma Digestive Health Institute will discuss acid reflux, including symptoms, complications as well as diagnosis and treatment options. A light lunch will be provided.

**TUESDAY, AUGUST 21**  
12 p.m.

**UH Parma Medical Center**  
(Auditorium)  
7007 Powers Boulevard  
Parma, Ohio 44129

*Call to register: 440-743-4932*  
*Space is limited so register early.*

### EATING FOR A HAPPY COLON

UH Parma Medical Center's outpatient dietitian will discuss mindful eating and how to incorporate more fiber and less fat into your diet to promote a healthy colon. Participants will learn about making mindful choices whether eating in or out. This session will be held in the cafeteria and includes a cooking demonstration and taste testing.

**WEDNESDAY, SEPTEMBER 19**  
4:30 p.m.

**UH Parma Medical Center**  
(Cafeteria)  
7007 Powers Boulevard  
Parma, Ohio 44129

*Call to register: 440-743-4932*

### PROSTATE CANCER

September is National Prostate Health Month. Join Neeraj Mahajan, MD, Oncologist from UH Parma Medical Center Seidman Cancer Center for a discussion on prostate cancer, the screening process and treatment options. PSA testing will be available after the presentation. A light refreshment will be provided.

**TUESDAY, SEPTEMBER 25**  
6 p.m.

**UH Parma Medical Center**  
(Auditorium)  
7007 Powers Boulevard  
Parma, Ohio 44129

*Call to register: 440-743-4932*

### PREVENT DIABETES WITH LIFESTYLE CHANGES

Join the YMCA's Lifestyle Coach Elicia Polacek as she discusses research-backed ways to prevent diabetes through lifestyle changes. Topics that will be covered include healthy eating, increasing activity and dealing with life challenges.

**TUESDAY, SEPTEMBER 11**  
10 a.m. & 6 p.m.

**UH Parma Health Education Center**  
7300 State Road  
Parma, Ohio 44134

*Call to register: 440-743-4932*

### YMCA'S DIABETES PREVENTION PROGRAM

Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay type 2 diabetes? The YMCA's Diabetes Prevention Program can help you reach your healthy living goals. The program has been shown to reduce the number of new cases of diabetes by 58%. The reduction was even greater for adults over 60. This year-long small group program is for people who are at high risk for becoming diabetic. Generous financial scholarships are available. *You do not have to be a YMCA member to join this program.*

440-574-0580  
healthyliving@cleveland.org

## UH Parma Medical Center *cont.*

### CHAIR YOGA

For people with physical limitations and people who don't think they can keep up in a regular yoga class. Focus will be on body awareness, breath and relaxation.

**TUESDAY, JULY 10 & AUGUST 7**

6:30 – 7:30 p.m.

4 sessions | \$32

**TUESDAY, SEPTEMBER 11**

6:30 – 7:30 p.m.

6 sessions | \$48

**UH Parma Health Education Center**

7300 State Road

Parma, Ohio 44134

*Call to register:* 440-743-4932

*Walk-Ins:* \$8

### YOGA

Dress comfortably; bring a small blanket or towel and a water bottle to all yoga classes. Yoga mats provided. Attain body awareness, relaxation, flexibility and body/mind balance through a system of exercises and breathing.

#### BEGINNERS/GENTLE

**MONDAY, JULY 9 & AUGUST 6**

7 – 8:30 p.m.

4 sessions | \$40

**MONDAY, SEPTEMBER 10**

7 – 8:30 p.m.

6 sessions | \$60

**WEDNESDAY, SEPTEMBER 12**

7 – 8:30 p.m.

6 sessions | \$60

### MODERATE

**THURSDAY, JULY 12 & AUGUST 9**

7 – 8:30 p.m.

4 sessions | \$40

**THURSDAY, SEPTEMBER 13**

7 – 8:30 p.m.

6 sessions | \$60

**UH Parma Health Education Center**

7300 State Road

Parma, Ohio 44134

*Call to register:* 440-743-4932

*Walk-Ins:* \$10

*Two Days a Week:* \$5 discount

## FREE SCREENINGS

### BLOOD PRESSURE SCREENING

Walk-In

**WEDNESDAYS – JULY 18,  
AUGUST 1 & 15, SEPTEMBER 5 & 19**

1 – 2 p.m.

**WEDNESDAYS –  
JULY 18, SEPTEMBER 19**

5 – 6:30 p.m.

**UH Parma Health Education Center**

7300 State Road

Parma, Ohio 44134

*Questions:* 440-743-4932

### GLUCOSE SCREENING

Walk-In

**WEDNESDAYS – JULY 18,  
AUGUST 1, SEPTEMBER 5**

1 – 2 p.m.

**WEDNESDAYS –  
JULY 18, SEPTEMBER 19**

5 – 6:30 p.m.

**UH Parma Health Education Center**

7300 State Road

Parma, Ohio 44134

*Questions:* 440-743-4932

### BONE DENSITY SCREENING FOR WOMEN

Testing is done on the heel without socks or pantyhose.

**WEDNESDAYS –  
JULY 18, SEPTEMBER 19**

9 – 11 a.m.

5 – 6:30 p.m.

**UH Parma Health Education Center**

7300 State Road

Parma, Ohio 44134

Appointments required.

*Please call:* 440-743-4932

### FLU VACCINE CLINICS

Walk-In

Open to the general public ages 19 and older. For seniors, bring all health insurance cards including Senior HMO card and your Medicare card. If you belong to a Medicare HMO or Senior HMO, see your doctor or a fee will be charged.

**MONDAYS –  
SEPTEMBER 10, 17, 24  
OCTOBER 1, 8, 15, 22, 29  
NOVEMBER 5**

9 a.m. – 12 p.m.

**WEDNESDAYS –  
SEPTEMBER 19, NOVEMBER 21**  
5 – 6:30 p.m.

**SATURDAY, OCTOBER 13**  
9 – 11 a.m.

**UH Parma Health Education Center**

7300 State Road

Parma, Ohio 44134

*Questions:* 440-743-4932

## HEALTH SCREENINGS WITH A FEE

### CHOLESTEROL SCREENING

Includes total cholesterol, HDL, LDL, triglycerides and blood sugar. A 12-hour fast is recommended for best results.

WEDNESDAYS – JULY 18, AUGUST 15, SEPTEMBER 19, OCTOBER 17, NOVEMBER 21, DECEMBER 19  
9 – 11 a.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Please call: 440-743-4932*

*Fee: \$30*

*Appointments required.*

### NON-FASTING CHOLESTEROL SCREENING

Includes total cholesterol, HDL and blood sugar. No fasting necessary.

WEDNESDAYS –  
JULY 18, SEPTEMBER 19  
5 – 6:30 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Please call: 440-743-4932*

*Fee: \$15*

*Appointments required.*

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT

FIRST TUESDAY OF THE MONTH  
7 – 8:30 p.m.

SECOND FRIDAY OF THE MONTH  
1:30 – 3 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*For caregivers only.*

*Please call: 1-800-272-3900*

### 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.

EVERY FRIDAY  
10 – 11 a.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Please call: 440-237-3967*

### LOOK GOOD...FEEL BETTER® PROGRAM

For women undergoing cancer treatment to help with appearance-related side effects.

UH Parma Medical Center  
6525 Powers Boulevard  
Parma, Ohio 44129

*Call to register: 1-800-227-2345*

### PARKINSON'S DISEASE SUPPORT

SECOND TUESDAY OF THE MONTH  
1 – 2:30 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Please call: 216-524-6354*

### POST-LSVT SPEECH THERAPY

This support group is for those living with Parkinson's disease and who have completed the Lee Silverman Voice Treatment Program.

SECOND THURSDAY OF THE MONTH  
11:30 – 12:30 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Please call: 440-743-4160*

### SHARED GRIEF SUPPORT

This program is a seven-week grief support group offered by bereavement care providers. Evening groups available four times a year.

*Please Call:*

Amy Quinlan at 440-743-4944

### STROKE AND ARTHRITIS INFORMATION AND SUPPORT

THIRD MONDAY OF EVERY MONTH  
1 – 2:30 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Please call: 440-743-4041*

## UH Parma Medical Center *cont.*

### NEW PERSPECTIVES: WEIGHT MANAGEMENT SUPPORT

Education and support for bariatric surgery patients and others interested in weight-loss surgery.

**FOURTH WEDNESDAY  
OF THE MONTH**

6 – 7 p.m.

UH Parma Medical Center  
Medical Arts Center 2  
6707 Powers Boulevard  
Suite 303  
Parma, Ohio 44129

*Must register.*

*Please call: 216-743-2905*

## UH Portage Medical Center

### CHAIR YOGA

**MONDAYS –  
JULY 2, 9, 16, 23, 30  
AUGUST 6, 13, 20, 27  
SEPTEMBER 10, 17, 24**

**THURSDAYS –  
JULY 5, 12, 19, 26  
AUGUST 2, 9, 16, 23, 30  
SEPTEMBER 6, 13, 20, 27**  
11 a.m. – 12 p.m.

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

**WEDNESDAYS – JULY 25,  
AUGUST 22, SEPTEMBER 26**  
9:15 – 9:45 a.m.

Portage County Senior Center  
705 Oakwood  
Ravenna, Ohio 44266

*Please call: 330-297-2576*

### ZUMBA

**WEDNESDAYS –  
JULY 11, 18, 25  
AUGUST 1, 8, 15, 22, 29  
SEPTEMBER 5, 12, 19, 26**  
4 – 5 p.m.

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

*Call for information: 330-297-2576*

*Fee: \$5 per session*

### RED CROSS BLOOD DRIVE

**THURSDAYS – JULY 5,  
AUGUST 2, SEPTEMBER 6**  
1 – 7 p.m.

UH Portage Medical Arts Building  
Room 150  
6847 North Chestnut Street  
Ravenna, Ohio 44266

**MONDAYS – JULY 23, AUGUST 20**  
12 – 6 p.m.

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

**MONDAY, SEPTEMBER 24**  
12 – 6 p.m.

UH Portage Medical Arts Building  
Room 150  
6847 North Chestnut Street  
Ravenna, Ohio 44266

### ALZHEIMER'S CAREGIVER SUPPORT GROUP

**TUESDAYS – JULY 3,  
AUGUST 7, SEPTEMBER 4**  
6:30 – 8:30 p.m.

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

### LOOK GOOD FEEL BETTER

For women dealing with hair loss and skin changes from chemotherapy and radiation.

**MONDAY, JULY 9**  
5:30 – 7:30 p.m.

UH Portage Medical Arts Building  
Suite 310  
6847 North Chestnut Street  
Ravenna, Ohio 44266

*Registration required.*  
*Please call: 1-800-227-2345*

### DIABETES SELF- MANAGEMENT EDUCATION

**TUESDAYS – JULY 17, 24, 31**  
10 a.m. – 12 p.m.

**FRIDAYS – SEPTEMBER 7, 14, 21**  
1 – 3 p.m.

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

*Registration required.*  
*Please call: 330-297-2576*

## UH Portage Medical Center *cont.*

### BLOOD PRESSURE SCREENING

TUESDAYS – JULY 17,  
AUGUST 21, SEPTEMBER 18  
12:30 – 1 p.m.

Streetsboro Senior Center  
9184 State Route 43  
Streetsboro, Ohio 44241

### FAMILY HEALTH AND SAFETY DAYS

Free Health Screenings

SATURDAY, JULY 28  
9 a.m. – 1 p.m.

UH Portage Medical Center  
Room 150  
6847 North Chestnut Street  
Ravenna, Ohio 44266

SATURDAY, AUGUST 18  
9 a.m. – 1 p.m.

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

Call to register: 1-800-883-3674

### PARKINSON SUPPORT GROUP

TUESDAYS – JULY 17,  
SEPTEMBER 18, AUGUST 21  
1 – 3 p.m.

UH Portage Medical Arts Building  
Room 150  
6847 North Chestnut Street  
Ravenna, Ohio 44266

### STROKE SUPPORT GROUP

TUESDAYS – JULY 10,  
AUGUST 14, SEPTEMBER 11  
4 – 5 p.m.

UH Portage Medical Arts Building  
Room 150  
6847 North Chestnut Street  
Ravenna, Ohio 44266

### OSTOMY SUPPORT GROUP

No meetings in July or August  
this quarter.

MONDAY, SEPTEMBER 10  
6 – 9 p.m.

UH Portage Medical Center  
Room 150  
6847 N Chestnut Street  
Ravenna, Ohio 44266

### SMOKING CESSATION CLASSES

Become tobacco free

THURSDAYS –  
JULY 12, 19, 26  
AUGUST 2, 9  
SEPTEMBER 6, 13, 20, 27  
OCTOBER 4  
3:30 – 4:30 p.m.

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

Please Call: 330-297-2576

### DIABETES SUPPORT GROUP

TUESDAY, AUGUST 7  
5 – 6 p.m.

UH Portage Medical Arts Building  
Room 150  
6847 North Chestnut Street  
Ravenna, Ohio 44266

### WOMAN'S EXPO

TUESDAY, SEPTEMBER 18

UH Portage Medical Arts Building  
Room 150  
6847 North Chestnut Street  
Ravenna, Ohio 44266

### WATER EXERCISE CLASSES

Including senior wellness, water  
aerobics and open swim time in  
our therapeutic pool.

### ADVANCED SENIOR WELLNESS

MONDAY, WEDNESDAY AND FRIDAY  
11 – 11:45 a.m.

### BASIC SENIOR WELLNESS

MONDAY AND FRIDAY  
12 – 12:45 p.m.

TUESDAY AND THURSDAY  
11 – 11:45 a.m.

10 visit punch pass: \$30.00

### OPEN SWIM

TUESDAY, WEDNESDAY, THURSDAY  
12 – 12:45 p.m.

MONDAY AND WEDNESDAY  
6:30 – 7:15 p.m.

FRIDAY  
5:30 – 6:15 p.m.

SATURDAY  
10 – 10:45 a.m.

One visit: \$3.00

10 visit punch pass: \$30.00

Children age 2 and under are free.

Children under age 14 welcome

Monday, Friday and Saturday.

### WATER AEROBICS

TUESDAY AND THURSDAY  
7 – 7:45 a.m.  
5:30 – 6:15 p.m.  
6:30 – 7:15 p.m.

MONDAY AND WEDNESDAY  
4:30 – 5:15 p.m.  
5:30 – 6:15 p.m.

FRIDAY  
4:30 – 5:15 p.m.

SATURDAY  
9 – 9:45 a.m.

Once a week: \$12.00 per month  
Once a week: \$24.00 per month

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

Call for information: 330-297-2770

All the classes require pre-registration.

Space is limited.



# UH Richmond Medical Center

## DINNER AND A MOVIE

**WEDNESDAY, AUGUST 15**

3 – 5 p.m.

**UH Richmond Medical Center**  
4th Floor Auditorium  
27100 Chardon Road  
Richmond Heights, Ohio 44143

Reservations are **ONLY** accepted during the week prior to each event.

*Please call:* 440-735-4739

## COMMUNITY MUSIC EXPLORATION

Community Music Exploration (CME) is really just that - a means to discover music and all of its benefits. The CME events will be featuring several aspects of music including drumming, songwriting, music with mediation, music for wellness and instrument learning workshops. Please join Seneca Block, MT-BC, UH Richmond Medical Center and Connor Integrative Health Network, to learn and grow while uncovering new ways of using music to enrich your life holistically. No prior music experience required to join in on the fun!

**TUESDAYS – AUGUST 14, SEPTEMBER 18**

2:30 – 3 p.m.

**Governor's Village**  
280 North Commons Blvd.  
Mayfield Village, Ohio 44143

## HEALTH AND WELLNESS TALKS

Eating for a Healthy Mind  
**WEDNESDAY, AUGUST 1**  
Chera Ihnat, Kemper House,  
Highland Heights

What Should You Bring to the ER  
**WEDNESDAY, SEPTEMBER 5**  
Mary Jo Deely, LSW, UH Bedford  
Medical Center

## Talk

10 – 10:30 a.m.

## Blood Pressure, Glucose & Cholesterol Screenings

10:30 – 11:30 a.m.

**Ross DeJohn Community Center**  
6306 Marsol Road  
Mayfield Heights, Ohio 44124

*Please call:* 440-735-4739 or  
Lori.Robinson@uhhospitals.org

## BLOOD PRESSURE, GLUCOSE, CHOLESTEROL SCREENINGS

Physicians from the Richmond Primary Care Internal Medicine Residents Clinic will be present to discuss your screening results.

**WEDNESDAYS – JULY 11, OCTOBER 10**

9 a.m. – 12 p.m.

**UH Richmond Medical Center**  
Main Lobby  
27100 Chardon Road  
Richmond Heights, Ohio 44143

## SENIOR EXERCISE

A light workout to music!

**WEDNESDAYS – JULY 11, 18, 25  
AUGUST 1, 8, 15, 22  
SEPTEMBER 5, 12, 19, 26**

**THURSDAYS – JULY 5, 12, 19, 26  
AUGUST 2, 9, 16, 23, 30  
SEPTEMBER 6, 13, 20, 27**  
10:30 – 11:30 a.m.

**Community Partnership on Aging**  
South Euclid Community Center  
1370 Victory Drive  
South Euclid, Ohio 44121

*Fees vary based on the class.*  
*Please call:* 216-650-4029

## INTERMEDIATE LINE DANCING

Remember oldies like the Bossa Nova or learn new dances such as Cupid Shuffle and Cha Cha Slide! There is a fee for this class that is based on a 10-week session. Flexible options are available and drop-ins are welcome for a fee of \$4 per person, per class. This is not a beginner class.

**FRIDAYS – JULY 6, 13, 20, 27  
AUGUST 3, 10, 17, 24, 31  
SEPTEMBER 7, 14, 21, 28**  
9:30 – 10:30 a.m.

**Community Partnership on Aging**  
DeJohn Community Center  
6306 Marsol Road  
Mayfield Heights, Ohio 44124

*Please call:* 216-650-4029  
*Fee:* \$4 per person

## EASY DOES IT WALKING CLUB

Weather permitting, our walking club will meet every Thursday. We will walk through the beautiful wooded neighborhood surrounding Governor's Village for 20-30 minutes. If weather is not favorable, we will walk inside of Governor's Village. New walkers will receive a complimentary T-shirt. This walking club is appropriate for a slower paced walker.

**THURSDAYS – JULY 5, 12, 19, 26  
AUGUST 2, 9, 16, 23, 30  
SEPTEMBER 6, 13, 20, 27**  
9:30 – 10 a.m.

**Governor's Village**  
280 North Commons Blvd.  
Mayfield Village, Ohio 44143

*Please call:*  
Lori Robison at 440-735-4200  
Stephanie Parker at 440-449-8788

## UH Richmond Medical Center *cont.*

### GENTLE YOGA

Our instructor can work with ANY ability level!

**FRIDAYS – JULY 6, 13, 20, 27**

**FRIDAYS – AUGUST 3, 10, 17, 24, 31**

**FRIDAYS – SEPTEMBER 7, 14, 21, 28**  
12 – 1 p.m.

**Community Partnership on Aging**  
DeJohn Community Center  
6306 Marsol Road  
Mayfield Heights, Ohio 44124

*Fees vary based on the class.*  
*Please call: 216-650-4029*

### FAMILY HEALTH AND SAFETY DAY (FREE)

Bring your friends and family to celebrate good health! Join our neighborhood experts for our annual Family Health and Safety Day. This free community celebration offers family-friendly activities, wellness screenings, safety tips and educational materials that promote healthy lifestyles for people of all ages. See what is new at UH Richmond Medical Center and meet our friendly physicians and nursing staff.

**SATURDAY, AUGUST 4**

9 a.m. – 1 p.m.

**UH Richmond Medical Center**  
27100 Chardon Road  
Richmond Heights, Ohio 44143

### ADULT COLORING CLASS

Coloring isn't just for kids. Coloring offers grown-ups a chance to relax, escape from life's stress and improve fine motor skills. Come learn about the color wheel, techniques of shading and blending as well as how to choose colors schemes that will ensure a masterpiece worthy of hanging on the fridge or even framing on your wall. All levels of artistic ability are welcome to join us as we explore our inner artist. Coloring books and pencils will be provided. Feel free to attend as many classes as you would like.

**TUESDAYS –**

**JULY 10, 24**

**AUGUST 7, 21**

**SEPTEMBER 11, 25**

10 – 11 a.m.

**UH Richmond Medical Center**  
(Boardroom)  
27100 Chardon Road  
Richmond Heights, Ohio 44143

*Class size is limited.*  
*Please call: 440-735-4739*

### WITNESS THE FITNESS ADVANCED WALKING CLUB

This advanced walking club will meet every Thursday. We will walk through the beautiful wooded neighborhood surrounding Governor's Village for 30-45 minutes. If weather is not favorable, we will walk inside of Governor's Village. New walkers will receive a complimentary T-shirt.

**THURSDAYS –**

**JULY 5, 12, 19, 26**

**AUGUST 2, 9, 16, 23, 30**

**SEPTEMBER 6, 13, 20, 27**

10:30 – 11:30 a.m.

**Governor's Village**  
280 North Commons Blvd.  
Mayfield Village, Ohio 44143

*Please call:*  
Lori Robinson at 440-735-4200  
Stephanie Parker at 440-449-8788

### BUILDING YOUR MEMORY TOOLKIT MEMORY STRATEGIES FOR THE 21ST CENTURY

A special symposium offered by the Community Partnership on Aging Advisory Board and Community Partnership on Aging Diversity Committee.

Special guest speakers:  
Kathryn Kilpatrick M.A. CCC/SLP,  
Geriatric Life Enhancement Consultant

Dr. Brian Appleby: Director, National Prion Disease, Pathology Surveillance Center, University Hospitals Cleveland Medical Center, Case Western Reserve University

**THURSDAY, AUGUST 9**

Doors open at 5:00 PM

5:30 - 6:15 p.m.

Heavy appetizers and vendors

6:30 p.m.

Presentations followed by Q & A

**Highland Heights Community Center**  
5827 Highland Road  
Highland Heights, Ohio 44143

*Please call: 440-473-5138*  
*Fee: \$15 per person*  
*(Advance payment required)*

## WALKERS CLUB/GREAT NORTHERN MALL

Walk for Wellness! Brisk walking has been linked to many health benefits, including a reduced risk of diabetes, heart disease, stroke and some cancers. In a collaborative effort, Great Northern Mall and UH SJMC are providing an ongoing Mall Walking program. You are invited to join anytime. The mall is walker friendly, climate controlled, has level surfaces and is a safe environment. One lap around the mall is .96 miles. Follow the footsteps on the floor to learn other UH SJMC health tips.

### SECOND WEDNESDAY OF EACH MONTH

**Program with Guest Speaker**  
9 – 10 a.m.

**Blood Pressure Screenings**  
9 – 10:30 a.m.

**Great Northern Mall**  
4954 Great Northern Mall  
North Olmsted, Ohio 44070  
*Meet near the Food Court*

## ROUNDTABLE HEALTH TALK SERIES

### Which Is It?

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

**THURSDAY, SEPTEMBER 27**  
6 p.m. | Doors open at 5:30 p.m.

**UH St John Medical Center**  
Westlake Building 2, Auditorium B  
29000 Center Ridge Road  
Westlake, Ohio 44145

*Call to register: 877-597-6348*

## AMERICAN HEART ASSOCIATION HEARTSAVER CPR/AED

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for healthcare providers.

**UH St John Medical Center**  
Community Outreach Dept.  
29160 Center Ridge Road, Suite R  
Westlake, Ohio 44145

This is a free class, but you must register at [www.ehems.org](http://www.ehems.org).  
*Please call: 216-849-5013*

## AHA FIRST AID

This program addresses the general principles of first aid, medical emergencies and injury emergencies.

We will be offering CPR and First Aid classes throughout the year on an as-needed basis. The class includes a completion card with a two-year expiration date.

*Please call: 440-827-5440*  
*Fee: \$30 per person.*

## DIABETES EDUCATION

DeAna Rodriguez, RN, BSN, CDE is the clinical coordinator for the American Diabetes Association–recognized Diabetes Education Program at UH St. John Medical Center. DeAna provides both inpatient and outpatient support through one-on-one visits and group classes, held at UH Westlake Family Health Center, 26908 Detroit Road, Suite 300 in Westlake.

Options are available for those with no insurance, high deductibles or no coverage for education programs.

Dietitian Marge Robison, MPH, RD, LD is available to provide nutrition education to those with diabetes, challenging weight loss goals and many other nutritional needs.

*Please call: 440-827-5341, ext. 1*  
*Patients must obtain a physician referral prior to their visit.*

## DIABETES EDUCATION CLASSES

This four-week series offers education on diabetes self-management, including what diabetes is and how it is diagnosed. Participants will learn how to make healthy food choices and achieve healthy meal planning. Ways to safely incorporate physical activity to improve blood sugar control and monitoring will be discussed, as well as what causes blood sugar to rise and how to handle fluctuations. Finally, we will cover ways to protect your eyes, heart, blood vessels, nerves, kidneys and feet. One-on-one education (Suite 100) is for instruction on individualized meal planning, blood glucose monitoring and insulin administration. Counseling for weight loss and lifestyle modification is also available.

Group classes are held on the third floor; one-on-one education takes place on the first floor. A physician referral is required to participate.

**TUESDAYS – JULY 3, 10, 17, 24**  
6 – 7 p.m.

**UH St. John Medical Center**  
**Westlake Family Health Center**  
26908 Detroit Road  
Westlake, Ohio 44145

*Please call: 440-827-5668*

## DIABETES SHARED EXPERIENCE SUPPORT GROUP

The purpose of this group is for people with diabetes to share their experiences and support others with diabetes. Meetings are free and no referral is needed.

**THURSDAY, AUGUST 16**  
10 a.m. – 12 p.m.

**UH St. John Medical Center**  
**Westlake Family Health Center**  
Suite 300  
26908 Detroit Road  
Westlake, Ohio 44145

*Please call: 440-827-5341*

## UH St. John Medical Center *cont.*

### HEALTH IS CONTAGIOUS WELLNESS FAIR

UH St. John Medical Center, Elyria Medical Center and Avon Health Center invite you to attend for health screenings and educational opportunities.

**SATURDAY, JULY 14**  
10 a.m. – 12 p.m.

**UH Avon Health Center**  
1997 Healthway Drive  
Avon, Ohio 44011

### COMMUNITY YOGA

This is a general class that focuses on posture, breathing, meditation and relaxation. This class is taught by Colleen Brezine, CNM, and Certified Yoga Trainer. Please bring a yoga mat, towel and water.

**WEDNESDAYS**  
5 – 6 p.m.

**SATURDAYS**  
8 – 9 a.m.

**UH St John Medical Center**  
(Auditorium A or B)  
29000 Center Ridge Road  
Westlake, Ohio 44145

*Fee: \$5 – \$10 donation suggested*

### BLOOD PRESSURE SCREENINGS

(Closed on all holidays  
or inclement weather)

**FIRST MONDAY OF EACH MONTH**  
10:30 a.m. – 12 p.m. (new time)

**North Olmsted Senior Center**  
28114 Lorain Road  
North Olmsted, Ohio 44070

**SECOND MONDAY OF EACH MONTH**  
12:30 – 2 p.m.

**Rocky River Senior Center**  
21014 Hilliard Boulevard  
Rocky River, Ohio 44116

**THIRD MONDAY OF EACH MONTH**  
1 – 2 p.m.

**UH St John Medical Center**  
(main lobby)  
29000 Center Ridge Road  
Westlake, Ohio 44145

**FOURTH MONDAY OF EACH MONTH**  
6 – 7:30 p.m.

**Westlake Recreation Center**  
28955 Hilliard Boulevard  
Westlake, Ohio 44145

**FIRST WEDNESDAY OF EACH MONTH**  
9 – 10:30 a.m.

**Westshore Family YMCA**  
1575 Columbia Road  
Westlake, Ohio 44145

**SECOND WEDNESDAY OF  
EACH MONTH**  
9:30 – 11 a.m.

**Lakewood Senior Center**  
16024 Madison Avenue  
Lakewood, Ohio 44107

### BALANCE SCREENINGS

Please call to schedule an  
appointment. Space is limited.

*Please call: 440-414-6050*

### 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% discount on all food except bottled beverages and “Simply to Go” items. There is a \$10 limit per customer for the discount: after that the items are full price.

For more information, call the North Olmsted Senior center at 440-777-8100 or the Westlake Center for Community Services at 440-899-3544. Supper times are seven days a week from 4 – 7 p.m. Be sure to bring your card with you.

### SUPPORT GROUPS

Unless otherwise stated, all  
group meetings are held at:

**UH St John Medical Center**  
Community Outreach Department  
29160 Center Ridge Road, Suite R  
Westlake, Ohio 44145

### CAREGIVERS CLUB

This group will focus on those individuals who are faced with the challenges of overseeing a parent or spouse through their senior years.

**TUESDAYS – JULY 17,  
AUGUST 21, SEPTEMBER 18**  
11:30 – 1 p.m.

*RSVP: 877-597-6348*

### MOOD DISORDER SUPPORT GROUP

We offer support for those with depression and bi-polar disorders. Our vision is one of hope. Together we strive for wellness and recovery.

**EVERY TUESDAY OF EACH MONTH**  
7 – 8:30 p.m.

#### Information:

Bobby Klinko: 440-539-9415  
Laura Vanni: 216-267-5923

### GAMBLERS ANONYMOUS

Call Matt at 440-752-3315 or Gamblers Anonymous at 626-960-3500 for a meeting in your area or go to [gamblersanonymous.com](http://gamblersanonymous.com).

**EVERY SATURDAY OF EACH MONTH**  
10 – 11 a.m.

## UH St. John Medical Center *cont.*

### GRIEF RECOVERY PROGRAM

Grief is a normal and natural reaction to loss. This 10-week program will guide those who wish to resolve their loss.

**WEDNESDAYS –**  
**AUGUST 8, 15, 22, 29**  
**SEPTEMBER 5, 12, 19, 26**  
**OCTOBER 3, 10**  
12:30 – 2 p.m.

*Sponsored by:* Crossroads Hospice  
*Please call:* 216-654-9300

### HOPE GROUP

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

**WEDNESDAYS – JULY 11,**  
**AUGUST 1, SEPTEMBER 5**  
5:30 – 7:30 p.m.

*Please call:* 440-827-5440

### OVEREATERS ANONYMOUS

**EVERY SUNDAY OF EACH MONTH**  
10 – 11 a.m.

**UH St John Medical Center**  
Building 2 (Auditorium B)  
29000 Center Ridge Road  
Westlake, Ohio 44145

### BETTER BREATHERS CLUB

**TUESDAY, AUGUST 7**  
1 – 2:30 p.m.

**UH St John Medical Center**  
**Westlake Family Health Center**  
26908 Detroit Road, Suite 300  
Westlake, Ohio 44145

*Call:* 440-250-2042  
*Email:* Evelyn.Gorton@UHhospitals.org

### A SECOND CHANCE: LUNG TRANSPLANT SUPPORT GROUP

This monthly group is for anyone who is considering or has received a lung transplant. Family and friends are welcome.

**MONDAY AUGUST 13**  
6 – 8 p.m.

**UH St John Medical Center**  
**Westlake Family Health Center**  
26908 Detroit Road, Suite 300  
Westlake, Ohio 44145

*Call:* 440-250-2042  
*Email:* Evelyn.Gorton@UHhospitals.org

### LOW-COST IMMUNIZATIONS

Affordable immunizations are offered by the Cuyahoga County Board of Health

**THURSDAYS – JULY 12 & 26,**  
**AUGUST 9 & 23, SEPTEMBER 13 & 27**  
9 a.m. – 3:30 p.m.

**UH St John Medical Center**  
Community Outreach Department  
29160 Center Ridge Road Suite R,  
Westlake, Ohio 44145

*An appointment is required.*  
*Please call:* 216-201-2041  
*Visit:* ccbh.net/immunization-clinic

### AUDIOLOGY SCREENINGS

Screenings, testing, and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Dept. Must be 18 years or older.

*Please call:* 440-835-6160

### MINDFUL HEALTH LUNCH AND LEARN

You are warmly invited to join us for an exploration of mindfulness and its relationship to health, wellness and body centered practices. The talk will end with music. Talk sponsored by UH St. John Medical Center and lunch provided by Brookdale Westlake Village.

**FRIDAY, SEPTEMBER 7**  
12 p.m.

**North Olmsted Senior Center**  
28114 Lorain Road  
North Olmsted, Ohio 44070

*Please call:* 440-777-8100

### SUMMER SPEAKER SERIES

Presented by UH Center for Lifelong Health

**Understanding Diabetes**  
Presenter: Julie Wise,  
Registered Dietician

**WEDNESDAY, JULY 11**  
12 p.m.

**University Hospitals Full Spectrum  
of Care & Services**  
Presenter: Bradley Hillard, MD and  
Medical Director Quality Network  
**WEDNESDAY, AUGUST 8**  
12 p.m.

**Rose Senior Living Community**  
33200 Health Campus Boulevard  
Avon, Ohio 44011

*Seating is limited.*  
*Reservations are required.*

*Please call:*  
Carol Morris at Rose Senior Living  
440-653-8460

## UH St. John Medical Center *cont.*

### OPIATE ADVISORY COMMITTEE

In light of the current Opiate Crisis, UH St. John Medical, in partnership and collaboration with many community organizations, has formed an Opiate Advisory Committee under the direction of Rachel Kelch, LSW MSW. The goal of the multi-disciplinary committee is to identify and implement solutions to the opiate epidemic. Overdose? Addiction? Don't know where to turn?

*Please call: 440-827-5250*

### WHO HAS THE BEST SENIOR CENTER AROUND?

Join the Senior Walking and Wellness Challenge and find out! Senior centers in the cities of Avon, Avon Lake, Bay

Village, Lakewood, North Olmsted, Rocky River and Westlake will be participating. Register with your area senior center to join their team.

The winning senior center will be decided based on screening improvements, participation in healthy behaviors and steps taken. Begin and end this six-week walking and wellness challenge with free health screenings

Kickoff  
**THURSDAY, AUGUST 2**

Challenge Ends  
**THURSDAY, SEPTEMBER 13**

UH St John Medical Center  
Building 2, Auditorium B  
29000 Center Ridge Road  
Westlake, Ohio 44145

Awards Ceremony  
**FRIDAY, SEPTEMBER 14**  
12 p.m.

**Westlake Recreation Center**  
28955 Hilliard Boulevard  
Westlake, Ohio 44145

*To attend please call: 877-597-6348*

## UH Samaritan Medical Center

### FREEDOM FROM SMOKING (FREE)

7-week class community sessions are available to the public. Over-the-counter nicotine replacement products are available at a discounted price through UH Samaritan Pharmacy

**SATURDAYS –**  
**JUNE 16, 23, 30**  
**JULY 7, 14, 21, 28**  
10 a.m. – 12 p.m.

UH Samaritan Medical Center  
East Tower Conference Room  
1025 Center Street  
Ashland, Ohio 44805

*Call to register: 419-207-2303*

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Due to construction projects at the UH Samaritan Medical Center, we are sorry  
but no other events are scheduled at this time.

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## Community Events

### 24TH ANNUAL UH PORTAGE GOLF CLASSIC

This fun golf outing includes: lunch, an 18-hole scramble with a shot-gun start, cocktail reception, dinner and awards. This golf outing has collectively raised more than \$1 million to support UH Portage Medical Center for improvements in the delivery of patient care as well as the purchase of state of the art medical equipment for the hospital. This year, funds are being raised for UH Portage Adult and Pediatric Outpatient Care.

**WEDNESDAY, JULY 18**

**Windmill Lakes Golf Club**  
6544 State Route 14  
Ravenna, Ohio 44266

*Call Jennifer Davidson:*  
216-844-0416

### ALZHEIMER'S AND DEMENTIA SPEAKERS' SERIES

Kathy Doberstyn, Wellness Director of The Reserve at Brentwood will present this series.

Is it Alzheimer's or Dementia?  
**TUESDAY, AUGUST 7**

When to Make Placement  
**TUESDAY, SEPTEMBER 4**  
6:30 – 8 p.m.

**The Reserve at Brentwood  
Memory Care Unit**  
915 West Aurora Road  
Sagamore Hills, Ohio 44067

*Call to register: 330-467-0174*  
*Light refreshments will be provided*

### ALZHEIMER'S / DEMENTIA SUPPORT GROUP

Join Kathy Doberstyn, Wellness Director of The Reserve at Brentwood for an evening of compassion, support and caring for families and friends of someone who has been diagnosed with Alzheimer's/dementia.

**WEDNESDAYS – JULY 11,  
AUGUST 8, SEPTEMBER 12**  
6 – 7 p.m.

**The Reserve at Brentwood  
Memory Care Unit**  
915 West Aurora Road  
Sagamore Hills, Ohio 44067

*Call to register: 330-467-0174*  
*Light refreshments will be provided*

# Word Search

S V A F J Y D H V E K E W L S A D W F K D A I E S Q M D  
C A M E X K O W Y O F A L C D R H Y R P G R I V I D H C  
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X R M S L S A D W F K U A S G R G G H O L K P C I W P S  
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S V A F J Y D H V E K E W W S D A C H B R J D W N M D H  
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## Word Bank

Diabetes

Hypertension

Mammograms

Ahuja

Cleveland Medical Center

Colonoscopy

Hypotension

Cardiac Diet

Geauga

Richmond