



University Hospitals

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UHhospitals.org

11100 Euclid Avenue, Cleveland, OH 44106

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AGE WELL. BE WELL. EVENTS 2019 APRIL THROUGH JUNE, 2019

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 call or visit the website to register.

1-844-312-5433 or **UHhospitals.org/AgeWell**

UH Locations

**UH AHUJA
MEDICAL CENTER**
3999 Richmond Road
Beachwood, OH 44122
216-593-5500

**UH BEDFORD
MEDICAL CENTER**
44 Blaine Avenue
Bedford, OH 44146
440-735-3900

**UH CONNEAUT
MEDICAL CENTER**
158 West Main Road
Conneaut, OH 44030
440-593-1131

**UH ELYRIA
MEDICAL CENTER**
630 East River Street
Elyria, OH 44035
440-329-7500

**UH GEAUGA
MEDICAL CENTER**
13207 Ravenna Road
Chardon, OH 44024
440-285-6000

**UH GENEVA
MEDICAL CENTER**
870 West Main Street
Geneva, OH 44041
440-466-1141

**UH PARMA
MEDICAL CENTER**
7007 Powers Boulevard
Parma, OH 44129
440-743-3000

**UH PORTAGE
MEDICAL CENTER**
6847 North Chestnut Street
Ravenna, OH 44266
330-297-0811

**UH RICHMOND
MEDICAL CENTER**
27100 Chardon Road
Cleveland, OH 44143
440-585-6500

**UH ST. JOHN
MEDICAL CENTER,
A CATHOLIC HOSPITAL**
29000 Center Ridge Road
Westlake, OH 44145
440-835-8000

**UH SAMARITAN
MEDICAL CENTER**
1025 Center Street
Ashland, OH 44805
419-289-0491

If you no longer wish to receive this Calendar of Events from the Age Well. Be Well. Club, please contact us at **1-844-312-5433**

CHRONIC DISEASE MANAGEMENT CLINIC AT UH GEAUGA MEDICAL CENTER OPENING SOON

Living with a chronic disease can be challenging. The Chronic Disease Management Clinic at UH Geauga Medical Center, scheduled to open in April, is here to help. Whether you have recently been diagnosed or have been living with a chronic condition such as hypertension, heart disease, anemia, chronic kidney disease, Type 2 diabetes or respiratory diseases such as asthma and COPD, our clinical experts can coordinate your care and offer a variety of essential services, including:

- Diagnostic testing and preventive screenings
- Identification of early signs and symptoms
- Management of medications and side effects
- Diet and exercise recommendations
- IV medication administration
- Referrals to primary care or specialist physicians

Here to serve you 5 days a week, the professional staff at the Clinic can answer all your questions and will ensure that all physicians connected to your care are kept updated on your progress. **Please note:** the Clinic is not meant to replace your doctor, but to support your care between regularly scheduled physician visits.

The Clinic is located: UH Geauga Health Center, Building 1
13221 Ravenna Road, Suite 12,
Chardon, OH 44024

To learn more call **216-286-5433 (LIFE)**

UH Ahuja Medical Center

FEATURED EVENT

FAMILY HEALTH AND SAFETY DAY

Welcome to Ahuja Medical Center. Fun for all ages. Health Screenings Provided include Hernia, Dermatology, Lower Vascular, Carotid, Cholesterol, Blood Pressure, Blood Glucose, and BMI. No fasting necessary.

SATURDAY, JUNE 8

9 a.m. – 1 p.m.

UH Ahuja Medical Center

3999 Richmond Road
Beachwood, OH 44122

To register for a screening, please call: 216-415-6570

UH WELLNESS SEMINARS

WOUNDS AND PREVENTION

Janette Dingess, RN
Wound Care Coordinator

TUESDAY, APRIL 9

6 – 7:30 p.m.

HEALTHY LUNGS

Dr. Shine Raju
UH Ahuja Lung Center

TUESDAY, MAY 14

6 – 7:30 p.m.

MEN'S HEALTH

Dr. Roy Buchinsky,
Internal Medicine

TUESDAY, JUNE 11

6 – 7:30 p.m.

UH Ahuja Medical Center

Rosenberg Suite A/B
3999 Richmond Road
Beachwood, OH 44122
Light Dinner served.

*Please call to register:
216-593-1768*

DIABETES

FREE DSME DIABETES SELF-MANAGEMENT EDUCATION CLASSES

Four classes provide a diabetes overview: Pathophysiology; Blood Glucose Monitoring; Nutrition; Pharmacology and Complications. Specialists in each area will be your instructors.

WEDNESDAYS, MAY 1, 8, 15, 22

5:30 – 7:30 p.m.

UH Ahuja Medical Center

Rosenberg Suite C
3999 Richmond Road
Beachwood, OH 44122

*To register for a class, please call:
216-593-1768*

DIABETIC SUPPORT GROUP

TUESDAYS, APRIL 16,

MAY 21, JUNE 18

6 – 7 p.m.

UH Ahuja Medical Center

Rosenberg C
3999 Richmond Road
Beachwood, OH 44122

To register, please call: 216-593-1768

AGE WELL.

BE WELL. GATHERINGS

STROKE PREVENTION

Heather Dickinson,
Stroke coordinator

WEDNESDAY, MAY 15

4 – 6 p.m.

Light dinner provided.

Warrensville Heights

Civic and Senior Center
4567 Green Road
Warrensville Heights, OH 44128

To register, please call: 216-593-1768

CPR TRAINING

THURSDAY, MAY 16

5 – 9 p.m.

Solon Recreation Center

35000 Portz Parkway
Solon, OH 44139

*To register for class, please call
Solon Recreation Center
440-248-5748*

UH Ahuja Medical Center *cont.*

SCREENINGS

SOLO RECREATION CENTER SCREENINGS

Blood Pressure, Cholesterol, Blood Glucose. No fasting necessary

SATURDAY, JUNE 29

9 a.m. – 12 p.m.

Solon Recreation Center

35000 Portz Parkway
Solon, OH 44139

STROKE SCREENING

No fasting necessary

MONDAY, MAY 6

10 a.m. – 4 p.m.

UH Ahuja Medical Center

3999 Richmond Road
Beachwood, OH 44122

For information call Ahuja Stroke Coordinator 216-593-1452

HERNIA SCREENING

No fasting necessary

SATURDAY, APRIL 13

9 a.m. – 12 p.m.

UH Ahuja Medical Center

3999 Richmond Road
Beachwood, OH 44122

To register, please call

216-415-6570

MONTHLY BLOOD PRESSURE SCREENINGS

No fasting necessary

MONDAYS, APRIL 8,

MAY 13, JUNE 10

10:30 a.m. – 12:30 p.m.

Warrensville Heights YMCA

4433 Northfield Road
Warrensville Heights, OH 44128

MONDAYS, APRIL 15,

MAY 20, JUNE 17

5:30 – 7:30 p.m.

Solon Recreation Center

35000 Portz Parkway
Solon, OH 44139

UH Avon Health Center

THE FITNESS CENTER AT UH AVON HEALTH CENTER: SPECIALTY CLASSES

All specialty group exercise classes and presentations are free and open to non-members, however, 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.

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.

SECOND SATURDAY OF THE MONTH

11:30 a.m. – 12:25 p.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 THE MONTH

10:15 – 11:05 a.m.

RACE DAY

This advanced Spinning class is a 90-minute session in which your instructor leads you through a road race course on a Spin bike. The race includes hill training.

LAST SUNDAY OF APRIL

10:15 – 11:05 a.m.

AGING ACTIVELY PRESENTATION

Are you an older adult who is looking to re-vamp or start a fitness routine? Join Lauren Roland, M.S., Exercise Science/ Gerontology Certificate and Inclusive Fitness Trainer, as she provides a blue print for assisting adults looking to age actively.

MONDAY APRIL 8

10:30 – 11 a.m. | Q&A to follow.

POUND® FITNESS

Using Ripstix – lightly weighted drumsticks engineered specifically for exercising – POUND transforms drumming into an incredibly

For specific questions, please contact:

Renee Barrett, Program Manager **440-988-6822**

UH Avon Health Center

1997 Healthway Drive
Avon, OH 44011

Renee.Barrett@UHhospitals.org

UHhospitals.org/Fitness

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, APRIL 13,

MAY 4, JUNE 1

11:30 a.m. – 12:25 p.m.

PARKINSON'S DISEASE WELLNESS EDUCATION

SECOND THURSDAY OF EACH MONTH

For program schedule, contact Jordan Smith at 440-328-3446 or Jordan.Smith@UHhospitals.org

SPIN H.I.I.T./YOGASTRETCH

This 75 minute class combines a high intensity interval training cycling class followed by Yoga stretch.

ONE SATURDAY A MONTH

11:30 a.m. – 12:45 p.m.

IMPROVING BALANCE PRESENTATION

Ashlee Ladikos, Fitness Specialist/ Personal Trainer, will discuss the importance of balance and lead participants through examples using a variety of modalities.

Participants will receive an exercise sheet to continue the exercises on their own. This workshop is for anyone wanting to improve balance.

WEDNESDAY, APRIL 10
5:30 – 6:15 p.m.

STRENGTH TRAINING PRESENTATION

Are you interested in learning about how your fitness goals can affect your resistance training program? Are you stuck doing the same weight, sets, and repetitions and find that you aren't making any progress? Resistance training has a science behind it to reach specific goals. Training variables will be addressed and how manipulating those variables can improve your program whether your goal is muscular endurance, hypertrophy, strength, or power. Presented by Russell Flynn, B.S., Certified Personal Trainer.

THURSDAY, MAY 16
11:30 a.m. – 12:15 p.m. or
6:30 – 7:15 p.m.

MIND, D.A.S.H., AND MEDITERRANEAN - WHICH PLAN IS BEST FOR ME?

Join Kim Horvath Registered Dietitian and Certified Diabetes Educator as she compares the food plans: Mind, D.A.S.H., and Mediterranean.

MONDAY, JUNE 3
11:30 a.m. – 12:15 p.m.

THURSDAY, JUNE 6
6 – 6:45 p.m.

SKINCARE OPEN HOUSE

Join Tayna, educator from IMAGE Skincare, as she provides insights on reaching optimal skincare through the summer season. Jane Iredale Make-Up Pro will also provide hands-on tips for new summer looks. Complimentary skin consultations will be provided along with promotional incentives on retail products.

TUESDAY, MAY 7
5 – 7 p.m.

NUTRITION TALK

Help Prevent Chronic Disease with a Healthy Diet Kim Horvath, Registered Dietitian and Certified Diabetes Educator.

TUESDAY, MAY 28
6 – 6:45 p.m.

LORAIN COUNTY MEDICAL SOCIETY HEALTH FAIR

Physicians and healthcare professionals from Lorain county will provide screenings and answer your questions about a variety of medical specialties.

SATURDAY, JUNE 1
10 a.m. – 1 p.m.

MASTER YOUR METABOLISM

Master your Metabolism with this in-depth presentation brought to you by Lauren Roland, M.S. Exercise Physiology. Learn what systems supply your body with energy as you exercise and techniques to metabolically boost your workout. This scientific session will leave you with the knowledge to train smarter, not harder!

TUESDAY, JUNE 11
6 – 7 p.m.

CLASSES AND MEMBERSHIPS REQUIRING A FEE

AVON VS. AVON LAKE COMMUNITY CHALLENGE

Our eight-week wellness competition between the communities of Avon and Avon Lake is back. This is our fourth year, Avon has one win from year one while Avon Lake won the last two years. Who will take the crown this year? Registration starts April 16th with pre-program assessments offered May 12-30. Participants earn points for their city by participating in activities and visiting the fitness center on their respective days: Wednesdays

for Avon and Thursdays for Avon Lake. Cash prizes are also awarded for individuals who acquire points with engagement activities and maintain or improve body composition.

Fee: \$15 includes T-shirt

HOPE: CANCER EXERCISE PROGRAM

HOPE is an exercise program for cancer patients at any stage of treatment who currently have a cancer diagnosis or have been in remission up to six months. The eight-week program is tailored to

individual goals and needs and led by specially-trained and certified fitness professionals. It includes small-group workouts on:

TUESDAYS AND THURSDAYS
5 – 6 p.m.

For details and schedule, contact Christopher.Ross@UHhospitals.org or call 440-988-6815.

Fee: \$50

Scholarships are available for those with a financial hardship.

UH Avon Health Center *cont.*

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 body composition measurements will be scheduled with each participant.

TUESDAYS, APRIL 2 – MAY 21
6 – 7 p.m.

Please call **440-988-6801** to pre-register.

Fee: \$60 for this eight-week program

AGING ACTIVELY PERSONAL TRAINING CLASS

Join Lauren Roland, M.S. Exercise Science and Certified Personal Trainer, for this small group personalized program for seniors that includes cardio, strength, balance and flexibility in various formats with emphasis on form and fun. Pre- and post-program testing to gauge progress will be offered: 6 minute walk test, chair sit to stand, etc.

MONDAYS APRIL 29 TO JUNE 10 (NO CLASS MEMORIAL DAY)
1 – 2 p.m.

Free preview April 22nd – Spots limited, please pre-register.

Fee for six-week session:
\$60 for fitness center member;
\$75 for guest

PERSONAL TRAINING CLASS

Over 55 and looking for the guidance of a personal trainer to improve balance, core strength and muscle tone? Join Certified Personal Trainer Beth Bastien for small group training sessions with 2-5 participants.

THURSDAYS
2 – 3 p.m.

Fee for six-week session:
\$72 fitness center member;
\$90 guest.

TRX INTRODUCTION PERSONAL TRAINING CLASS

Learn the fundamentals of TRX suspension training to improve muscular strength and endurance while safely working your core.

TUESDAYS
12:20 – 1:20 p.m.

Fee for six-week session:
\$72 fitness center member;
\$90 guest.

UH Bedford Medical Center

FEATURED EVENT

FREE VASCULAR SCREENING

More than 50 percent of those with peripheral artery disease (PAD) have no symptoms.

PAD is a serious condition that occurs when blood flow through the legs and feet is restricted by the build-up of fatty deposits in the blood vessels of the legs. It can cause pain and cramping that can make walking – and life – miserable. In extreme cases, PAD can result in the loss of a leg or foot to amputation.

If you answer yes to any of these questions, find out your risk at our free screening event:

- Are you 50 years of age or older?
- Do you have diabetes?
- Have you ever smoked?

- Do you have high blood pressure and/or high cholesterol?

SATURDAY, APRIL 13
9 a.m. – 1 p.m.

UH Bedford Medical Center
44 Blaine Avenue
Bedford, OH 44146

Call 216-415-6570 to schedule
Reservations are limited and preregistration is preferred

EXERCISE & FITNESS

YOGA WITH A TWIST

MONDAYS,
APRIL 1, 8, 15, 22, 29
MAY 6, 13, 20
JUNE 3, 10, 17, 24

FRIDAYS,
APRIL 5, 12, 19, 26
MAY 3, 10, 17, 24, 31

JUNE 7, 14, 21, 28
11 – 12 p.m.

Oakwood Village Community Ctr
23035 Broadway Avenue
Oakwood Village, OH 44146
440-735-4739

BALANCE EXERCISE

THURSDAYS, APRIL 4, 11, 18, 25
MAY 2, 9, 16, 23, 30
JUNE 6, 13, 20, 27
11 a.m. – 12 p.m.

The Mandel Jewish Community Center
Warrensville Community Apts
1500 Warrensville Center Road
Cleveland Heights, OH 44121

Please call
216-831-0700, Ext. 1210

UH Bedford Medical Center cont.

WALKING CLUB (OUTSIDE)

Weather permitting, our walking club will meet every Monday. We will walk around the perimeter of UH Bedford Medical for about 20 minutes. If weather is not favorable, we will NOT walk. New walkers will receive a complimentary T-shirt upon sign-up. (Meet outside of the Patient Concierge Office)

MONDAYS,

APRIL 1, 8, 15, 22, 29

MAY 6, 13, 20

JUNE 3, 10, 17, 24

9:30 – 10 a.m.

UH Bedford Medical Center

Medical Office Building

88 Blaine Avenue

Bedford, OH 44146

Call to register: **440-735-4739**

CHAIR EXERCISE

MONDAYS,

APRIL 1, 8, 15, 22, 29

MAY 6, 13, 20

JUNE 3, 10, 17, 24

10:30 – 11:15 a.m.

Light of Hearts Villa

283 Union Street

Bedford, OH 44146

Call to register: **440-735-4739**

ACTIVITIES

COMMUNITY MUSIC EXPLORATION

Join Paul T. Ousley, MT-BC, UH Bedford Medical Center and Connor Integrative Network, for singing and socializing! You will enjoy meeting with other Age Well. Be Well. members while you sing and play instruments to your favorite songs.

WEDNESDAYS,

APRIL 25, MAY 22

NO SESSION IN JUNE

2:30 – 3:30 p.m.

Light of Hearts Villa

283 Union Street

Bedford, OH 44146

440-735-4739

AFTERNOON BOOK DISCUSSION

APRIL TITLE: "The Super Ladies" by Susan Petrone

MAY TITLE: "The Death of Mrs. Westaway" by Ruth Ware

Copies of the book are available one month prior to the discussion date.

WEDNESDAYS, APRIL 3, MAY 1

1:30 – 2:30 p.m.

Cuyahoga County Library

Southeast Branch

(Meeting Room 70)

70 Columbus Street

Bedford, OH 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.

APRIL TITLE: "The Essays of Edward Kelsey Moore"

MAY TITLE: "Five Varat Soul" by James McBride

Copies of the book are available one month prior to the discussion date.

TUESDAYS, APRIL 30, MAY 28

7 – 8:30 p.m.

Cuyahoga County Library

Southeast Branch

(Small Meeting Room)

70 Columbus Street

Bedford, OH 44146

DINNER AND A MOVIE

TUESDAYS, APRIL 23, JUNE 25

3 – 5 p.m.

UH Bedford Medical Center

Cafeteria

44 Blaine Avenue

Bedford, OH 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,

APRIL 2, 9, 16, 23, 30

MAY 7, 14, 21, 28

JUNE 4, 11, 18, 25

11 a.m. – 12 p.m.

The Mandel Jewish

Community Center

Warrensville Community Apts

1500 Warrensville Center Road

Cleveland Heights, OH 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, APRIL 24

MAY 8, 22

JUNE 12, 26

10 – 11 a.m.

**UH Bedford Medical Center
Medical Office Building**

Conference Room 1 (Lower Lvl)

88 Center Road

Bedford, OH 44146

Class size is limited. Please call:

440-735-4739

COMMUNITY GARDEN

If you like digging in the dirt or simply want to boast to your neighbors about your home-grown veggies and flowers, then the Community Garden is the place for you. Brenda Junkin, Master Gardener & Manager of the Bedford

Community Garden, will help you learn about and actually work garden plots. The concept of the Community Garden is not strictly about growing and gathering fresh, healthy vegetables for the individual gardener, it's also about sharing the harvest. We do our best to donate 10 percent of our harvest to local food pantries, churches and to the City of Bedford.

CALL TO SIGN UP BY MAY 1ST.

Planting will begin the last week of May
9 – 10 a.m.

Central Primary School
(behind the school)
799 Washington Street
Bedford, OH 44146

Please call Brenda:
440-735-4774

DIABETES SUPPORT GROUP

Call to register: 440-735-4700

GOOD FATS VS BAD FATS

THURSDAY, APRIL 25
10 – 11 a.m.

**Nutrition Office at
UH Bedford Medical Center**

DECODING NUTRITION LABELS – GROCERY SHOPPING TOUR

THURSDAY, MAY 30
10 – 11 a.m.

**Nutrition Office at
UH Bedford Medical Center**

EATING SEASONAL, ANTIOXIDANTS AND THE POWER OF VEGGIES

THURSDAY, JUNE 27
10 – 11 a.m.

Bedford Community Garden
Central Primary School (behind)
799 Washington Street
Bedford, OH 44146

HEALTH EDUCATION

COMMUNITY HEALTH & WELLNESS TALKS

Movement as Medicine
JoAnn Lavrisha, PT, CEEAA,
Clinical Specialist –
UH Regional Hospitals

WEDNESDAY, APRIL 3
11 a.m. – 12 p.m.

**GERD (Gastroesophageal
Reflux Disease) Symptoms,
types and treatment**
Alex Lai, Nurse Practitioner –
UH Regional Hospitals

WEDNESDAY, JUNE 5
11 a.m. – 12 p.m.

**The Mandel Jewish
Community Center**
Warrensville Community Apts
1500 Warrensville Center Road
Cleveland Heights, OH 44121

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

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,
APRIL 3, 10, 17, 27**
5:30 – 7 p.m.

UH Bedford Medical Center
44 Blaine Avenue
Nutrition Office
Bedford, OH 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

MONTHLY HEALTH & WELLNESS TALKS

UH Bedford Medical Center
Medical Office Building
Conference Room 1 (Lower Lvl)
88 Center Road
Bedford, OH 44146
To register please call
216-415-6570.

Dr. Megan Oltmann is a podiatrist at the Wound Care and Hyperbaric Medicine Center at UH Bedford Medical Center. Her talk will cover proper foot care, disease prevention and wound care treatment.

THURSDAY, APRIL 11
6 – 7:30 p.m.

Dr. Robert Richardson, is a general neurologist at UH Bedford Medical Center. His talk will cover stroke prevention and brain health.

THURSDAY, MAY 9
Stroke Risk Assessments 4 – 6 p.m.
Talk 6 – 7:30 p.m.

Dr. Kim Fitzgerald is a general urologist. His discussion will focus on men's health, including urology health, sexual health and prostate health.

THURSDAY, JUNE 13
6 – 7:30 p.m.

REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the free AGE WELL. BE WELL. CLUB and would like to join and receive these event calendars, please call or visit the website to register.

1-844-312-5433 or
Uhhospitals.org/AgeWell

UH Conneaut Medical Center

FEATURED EVENT

FAMILY HEALTH AND SAFETY DAY

These FREE community celebrations offer family-friendly activities featuring the UH Rainbow Babies & Children's Safety Squad – plus wellness screenings, safety tips and educational materials that promote healthy lifestyles for people of all ages. Snack provided. Doctors on site to answer your questions!

SATURDAY, JUNE 1

9 a.m. – 1 p.m.

UH Conneaut Medical Center

158 West Main Road
Conneaut, OH 44030

For more information please call:
440-998-0107

ACTIVITIES

CONNEAUT COMMUNITY GARDEN

Each month learn about the health benefits of planting your own garden and help in the planting and maintenance of the community garden at UH Conneaut.

**THURSDAYS, APRIL 11,
MAY 30, JUNE 13**

9 – 10 a.m.

UH Conneaut Medical Center

158 West Main
Conneaut, OH 44030

Please call: 440-998-0107

DINNER AND A MOVIE

Join us for dinner and a movie. Dinner starts at 4 p.m. and the movie will start at 5 p.m. \$5.00 dinner – 1 entrée, 2 sides, 1 dessert and 1 drink.

**WEDNESDAYS, APRIL 10,
MAY 8, JUNE 12**

4 – 6:30 p.m.

UH Conneaut Medical Center

158 West Main
Conneaut, OH 44030

Please call: 440-998-0107

LONGEST DAY OF PLAY

SATURDAY, JUNE 22

Lakeshore Park

1700 East 1ST
Ashtabula, OH 44004

Please call: 440-998-0680

EXERCISE & FITNESS

CONNEAUT HEALTH SMART

APRIL 17: DASH into Spring

MAY 8: Let's Get Nuts; the health benefits of nuts.

JUNE 14: Summer Safety

WEDNESDAYS, APRIL 17, MAY 8

FRIDAY, JUNE 14

11 a.m. – 12 p.m.

Conneaut Human

Resource Center

327 Mill Street
Conneaut, OH 44030

Please call: 440-593-0364

WALK WITH AN EXPERT

APRIL 4: Paula Covell, RN

MAY 2: Kellie McGinnis, RN

JUNE 6: Lori Slimmer, RN
Mediterranean Eating Style

THURSDAYS, APRIL 4,

MAY 2, JUNE 6

8 – 10 a.m.

Ashtabula Towne Square

3315 North Ridge East
Ashtabula, OH 44004

Please Call: 440-998-0107

SUMMER WALK PROGRAM ANDOVER

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

WEDNESDAYS, JUNE 5, 12, 19, 26

8 – 9 a.m.

Andover Recreational Park

Chestnut Street
Andover, OH 44030

Please call: 440-998-0107

WINTER WALK PROGRAM

Join us each Tuesday morning for a relaxing walk inside New Leaf Event Center. Starting in June we

will start walking at Conneaut Township Park.

TUESDAYS,

APRIL 2, 9, 16, 23, 30

MAY 7, 14, 21, 28

8 – 9:30 a.m.

New Leaf Event Center

110 Gateway
Conneaut, OH 44030

Please call: 440-998-0107

SUMMER WALK PROGRAM CONNEAUT

Join us each Tuesday morning during the summer for a refreshing and relaxing walk.

MONDAYS, JUNE 3, 10, 17, 24

8 – 9 a.m.

Conneaut Township Park

Lower Pavilion
Conneaut, OH 44030

Please call: 440-998-0107

HEALTH EDUCATION

ORWELL COUNTRY NEIGHBOR

APRIL 8: DASH into Spring

MAY 6: Let's Get Nuts; the health benefits of nuts.

JUNE 17: Summer Safety

MONDAYS,

APRIL 8, MAY 6, JUNE 17

11 a.m. – 12 p.m.

Orwell Country Neighbor

39 South Maple Street
Orwell, OH 44076

Please call: 440-593-0364

ANDOVER COMMUNITY CENTER

APRIL 9: DASH into Spring

MAY 7: Let's Get Nuts; the health benefits of nuts.

JUNE 4: Summer Safety

TUESDAY, APRIL 9 – MAY 7

12:30 – 1:30 p.m.

TUESDAY, JUNE 4

12 – 1 p.m.

Andover Community Center

181 South Main Street
Andover, OH 44003

Please call: 440-593-0364

UH Conneaut Medical Center *cont.*

SILVER SNEAKERS

Join us once a month for a health topic followed by an exercise class.

APRIL 10: Less Stress/Declutter

MAY 8: Lyme disease

JUNE 12: Summer Safety tips.

WEDNESDAYS, APRIL 10,

MAY 8, JUNE 12

8 – 8:30 a.m.

New Leaf Church

110 Gateway

Conneaut, OH 44030

SUPPORT GROUPS

DIABETIC SUPPORT GROUPS

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

Please call: 440-593-0364

ANDOVER

TUESDAYS, APRIL 9,

MAY 7, JUNE 4

1:30 – 2:30 p.m.

Andover Community Center

181 South Main Street

Andover, OH 44003

CONNEAUT

THURSDAYS, APRIL 18,

MAY 16, JUNE 20

10:30 – 11:30 a.m.

Conneaut Human

Resource Center

327 Mill Street

Conneaut, OH 44030

ORWELL

MONDAYS, APRIL 8,

MAY 6, JUNE 17

10 – 11 a.m.

Orwell Country Neighbor

39 South Maple

Orwell, OH 44076

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,

APRIL 1, 8, 15, 22, 29

MAY 6, 13, 20

JUNE 3, 10, 17, 24

8:30 – 9:30 a.m.

Snap Fitness Conneaut

236 Main Avenue

Conneaut, OH 44030

Please call: 440-998-0107

UH Elyria Medical Center

FEATURED EVENTS

JOINT & BACK PAIN SEMINAR

Speakers: Dr. William Stanfield, Dr. Robert Berkowitz, and Dr. Daniel Zanotti

THURSDAY, APRIL 4

6 – 8 p.m.

Sawmill Creek Resort

400 Sawmill Creek Drive

Huron, OH 44839

To register, call: 440-771-8688

STROKE AWARENESS SEMINAR

Speaker: Dr. Sanjay Parikh

WEDNESDAY, MAY 15

4 – 7 p.m.

UH Elyria Medical Center

Gates Auditorium

125 East Broad Street

Elyria, OH 44035

No registration needed

UROLOGY/PROSTATE SEMINAR

THURSDAY, JUNE 13

6 – 8 p.m.

UH Elyria Medical Center

Gates Auditorium

125 East Broad Street

Elyria, OH 44035

To register, call: 877-597-6348

HEALTH EDUCATION

BARIATRIC & WEIGHT MANAGEMENT

Dr. Amani Munshi

THURSDAY, APRIL 25

6 – 8 p.m.

UH Elyria Medical Center

Gates Auditorium

125 East Broad Street

Elyria, OH 44035

To register, call 877-597-6348

FINDING THE RIGHT FIT AFTER BREAST CANCER SURGERY

TUESDAY, MAY 7

6 p.m.

UH Elyria Medical Center

Gates Auditorium

125 East Broad Street

Elyria, OH 44035

HEALTH SCREENINGS

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

GLUCOSE SCREENING

TUESDAYS, APRIL 16, JUNE 18

7 – 9 a.m.

TUESDAY, MAY 7

7 – 11 a.m.

UH Elyria Medical Center Lobby

630 East River Street

Elyria, OH 44035

UH Elyria Medical Center *cont.*

STROKE ASSESSMENT

TUESDAY, MAY 7

8 – 11 a.m.

UH Elyria Medical Center Lobby

630 East River Street
Elyria, OH 44035

BLOOD PRESSURE SCREENINGS

Closed on all holidays or inclement weather.

FIRST WEDNESDAY OF EACH MONTH

8:30 – 10 a.m.

UH Avon Health Center

1997 Healthway Drive
Avon, OH 44011

SECOND WEDNESDAY OF EACH MONTH

9:30 – 11 a.m.

Avon Senior Center

Community Meeting Room
36786 Detroit Road
Avon, OH 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, OH 44012

BLOOD PRESSURE, GLUCOSE, CHOLESTEROL AND BONE DENSITY SCREENINGS

No fasting is required and no reservations are necessary. Screenings may be canceled due to inclement weather.

THURSDAY, APRIL 18

10 a.m. – 12 p.m.

Avon Senior Center

36786 Detroit Rd
Avon, OH 44011

SUPPORT GROUPS

MUSIC, HEALTH AND WELLNESS

THURSDAYS, APRIL 25, MAY 23, JUNE 27

7 – 8 p.m.

UH Elyria Medical Center

Boyton Room, 3rd floor
Training and Development Dept
Call Samantha at 440-326-4510

NEUROLOGICAL/STROKE

FOURTH THURSDAY OF EACH MONTH

3:30 – 4:30 p.m.

UH Avon Rehabilitation Hospital

37900 Chester Road
Avon, OH

For details call Tanya at 440-695-7111

DIABETES EDUCATION AND HEALTHY LIFESTYLE

For more information call Kim Horvath, MEd, RDN, LD, CDE 440-284-5709

The Diabetes Education Program at UH Elyria Medical Center and UH Avon Health Center provides information and support for anyone living with the disease. Whether diabetes is a new diagnosis or improved blood sugar is needed, we are here to help. A physician referral is required to participate.

Many insurance plans cover diabetes education. Contact your insurance provider to verify coverage. This program is recognized by the American Diabetes Association.

INDIVIDUAL DIABETES EDUCATION

Offered Monday through Friday. Late afternoon and evening hours are available on Tuesdays and Wednesdays.

Individual and Group Sessions:

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

Individual Sessions only:

UH Avon Health Center
1997 Healthway Drive
Avon, OH 44011

DIABETES EDUCATION GROUP CLASSES

You must attend an individual session before attending group classes.

WEDNESDAYS, MAY 15, 22, 29
6 – 8 p.m.

DIABETES COMMUNITY MEETING

WEDNESDAYS, APRIL 10, MAY 8 AND JUNE 12

6 – 8 P.M.

UH Elyria Medical Center

East River Street
Elyria, OH 44035

Please call: 440-284-5709

HEALTHY LIFESTYLE MEDICAL NUTRITION THERAPY

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

MONDAY – FRIDAYS

SENIOR RESOURCE FAIR

Learn about in home and senior living housing options at this free seminar.

A light lunch will be provided.

TUESDAY, APRIL 9

11 a.m – 1 p.m.

UH Elyria Medical Center Cafeteria

630 East River Street
Elyria, OH 44035

UH Geauga Medical Center

CHRONIC DISEASE MANAGEMENT CLINIC OFFERS SPECIALIZED CARE FOR PATIENTS WITH HYPERTENSION

The Chronic Disease Management Clinic at UH Geauga Medical Center provides a wide range of services to help patients with a new diagnosis of high blood pressure (hypertension) or those having trouble keeping their blood pressure levels under control. The Clinic is staffed by a physician assistant, a registered nurse and a pharmacist – all of whom have extensive experience in blood pressure management.

We offer convenient hours for scheduling and offer the following services at each appointment:

- Re-check of blood pressure
- Health coaching to help set realistic blood pressure goals
- Education on how nutrition, medication, activity and stress levels affect blood pressure and how to manage each of these areas
- Direct communication with your doctor if medication changes are needed
- Review of the steps and benefits of taking your blood pressure at home

Please note: the Clinic is not meant to replace your doctor, but to support your care between regularly scheduled physician visits.

The Clinic is located: UH Geauga Health Center, Building 1
13221 Ravenna Road, Suite 12,
Chardon, OH 44024

To learn more call **216-286-5433 (LIFE)**

FEATURED EVENTS

FAMILY HEALTH & SAFETY DAY

Join your University Hospitals neighborhood experts for our annual family health and safety day event. These free community celebrations offer family-friendly activities featuring wellness screenings, safety tips and educational material that promote healthy lifestyles for people for all ages.

SATURDAY, JUNE 22
9 a.m. – 1 p.m.

UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH 44024

216-415-6570

ACTIVITIES

DINNER AND A MOVIE

**WEDNESDAYS, APRIL 24,
MAY 22, JUNE 26**
3 – 6 p.m.

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

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

GARDENING FOR LIFELONG HEALTH

WEDNESDAYS,
APRIL 10 – Weedless Gardening
MAY 15 – Cooking with Herbs
JUNE 12 – Planting your Garden
3 – 4 p.m.

UH Geauga Medical Center
Conference Room
13207 Ravenna Road
Chardon, OH 44024
440-214-3180

ELDERBERRIES: SENIORS RIPE FOR ADVENTURE

Gauga Park District Programs
440-214-3180

April Foolery
UH Wellness Program – Tai Chi
A short walk filled with tons of puns and fun as wild plants and animals are represented using a variety of objects that makes for an entertaining guessing game of identification.

Lunch provided
THURSDAY, APRIL 25
11:30 a.m. – 2 p.m.

Claridon Woodlands
11383 Claridon-Troy Rd
Novelty, OH 44072

Bird in Hand UH Wellness Program – Stroke Awareness

Colorful warblers and other songbirds, newly arrived from the Equatorial tropics will be netted and given their official USGS bird band bling for scientific study of migration, range and life history. Pancake Breakfast provided

THURSDAY, MAY 16
9 – 11:30 a.m.

Big Creek Park
9160 Robinson Road
Chardon, OH 44024

Finny Dipping at the Pond UH Wellness Program – Men's Health

Relive your childhood adventures catching frogs, tadpoles, newts, little fish and unusual aquatic insects. Bring a folding chair for your comfort while you enjoy an informative and entertaining interpretation of the mornings catch. Pancake Breakfast provided

THURSDAY, JUNE 20
9 – 11:30 a.m.

Swine Creek Reservation
16004 Hayes Road
Middlefield, OH 44062

EXERCISE & FITNESS

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,
APRIL 1, 8, 15, 22, 29
MAY 6, 13, 20, 27
JUNE 3, 10, 17, 24

WEDNESDAYS,
APRIL 3, 10, 17, 24
MAY 11, 8, 15, 22, 29
JUNE 5, 12, 19, 26

FRIDAYS,
APRIL 5, 12, 19, 26
MAY 3, 10, 17, 24, 31
JUNE 7, 14, 21, 28
9:30 – 11 a.m.

Taekwondo Center
209 Center Street
Chardon, OH 44024
440-279-2137
Monthly fee: \$45

STRENGTHS AND WEIGHTS

TUESDAYS,
APRIL 2, 9, 16, 23, 30
MAY 7, 14, 21, 28
JUNE 4, 11, 18, 25

THURSDAYS,
APRIL 4, 11, 18, 25
MAY 2, 9, 16, 23, 30
JUNE 6, 13, 20, 27
10 – 11 a.m.

West Geauga Senior Center
12646 West Geauga Plaza
Chesterland, OH 44026
440-214-3180

BOXING

TUESDAYS,
APRIL 2, 9, 16, 23, 30
MAY 7, 14, 21, 28
JUNE 4, 11, 18, 25
8:30 – 9:30 a.m.

West Geauga Senior Center
12646 West Geauga Plaza
Chesterland, OH 44026
440-214-3180

HEALTH EDUCATION

WELLNESS THROUGH THE SENSES

Gain an understanding of the five senses, using practical advice to provide a sense of well-being, understand the impact of daily stressors and the ability to combat stressors through wellness methods.

Lunch provided
TUESDAY, MAY 21
12 – 1 p.m.

UH Geauga Medical Center
Conference Center
13207 Ravenna Road
Chardon, OH 44024
440-214-3180

HEALTH SCREENINGS

LAKE COUNTY COUNCIL ON AGING HEALTH AND WELLNESS FAIR

Cholesterol, Glucose, Blood Pressure, Body Mass Index, Stroke Risk Assessments, Memory Screenings, Balance Screenings, Sleep Apnea, Lung and Colon Cancer Screenings

WEDNESDAY, APRIL 17
10 a.m. – 3 p.m.

Lake County Council on Aging
8520 East Avenue
Mentor, OH 44060
440-214-3180

HEATHER HILL HEALTH & WELLNESS FAIR

Cholesterol, Glucose, Blood Pressure, Body Mass Index, Stroke Risk Assessments, Balance Screenings, Sleep Apnea, Lung and Colon Cancer Screenings

TUESDAY, APRIL 23
10 a.m. – 1 p.m.
12340 Bass Lake Road
Chardon, OH 44024

440-214-3180

MAPLEWOOD AT CHARDON HEALTH & WELLNESS FAIR

Cholesterol, Glucose, Blood Pressure, Body Mass Index, Balance Screenings, Stroke risk assessments, Sleep Apnea, Lung and Colon Cancer Screenings

THURSDAY, APRIL 25
11 a.m. – 2 p.m.

Maplewood at Chardon
12350 Bass Lake Road
Chardon, OH 44024
440-214-3180

THE WELLS HEALTH & WELLNESS FAIR

Cholesterol, Glucose, Blood Pressure, Body Mass Index, Stroke Risk Assessments, Sleep Apnea, Lung and Colon Cancer Screenings

TUESDAY, MAY 7
12:30 – 3 p.m.

The Wells
16695 Chillicothe Road
Chagrin Falls, OH 44023
440-214-3180

MAPLEVIEW COUNTRY VILLA HEALTH & WELLNESS FAIR

Cholesterol, Glucose, Blood Pressure, Body Mass Index, Sleep Apnea, Lung and Colon Cancer Screenings

FRIDAY, MAY 17
9 a.m. – 12 p.m.

Mapleview Country Villa
775 South Street
Chardon, OH 44024
440-214-3180

WEST FARMINGTON HEALTH & WELLNESS FAIR

Cholesterol, Glucose, Blood Pressure, Body Mass Index, Balance Screenings, Stroke Risk Assessments, Sleep Apnea, Lung and Colon Cancer Screenings

TUESDAY, MAY 28
9 a.m. – 12 p.m.

West Farmington Senior Center
150 College Street
West Farmington, OH 44491
440-214-3180

UH Geauga Medical Center cont.

ST. MARK'S LUTHERAN CHURCH HEALTH & WELLNESS FAIR

Cholesterol, Glucose, Blood Pressure, Body Mass Index

SATURDAY, APRIL 13

9 a.m. – 1 p.m.

Saint Luke's Lutheran Church

11900 Chillicothe Road
Chesterland, OH 44026

BLOOD PRESSURE SCREENINGS

MONDAYS, APRIL 1,

MAY 6, JUNE 3

8:30 – 10:30 a.m.

West Farmington Senior Center

150 College Street
West Farmington, OH 44491

440-214-3180

WEDNESDAYS, APRIL 10,

MAY 22, JUNE 19

11:30 a.m. – 12:30 p.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

440-214-3180

THURSDAYS, APRIL 4,

MAY 2, JUNE 6

11 a.m. – 12:30 p.m.

West Geauga Senior Center

12646 West Geauga Plaza
Chesterland, OH 44026

440-214-3180

THURSDAYS, APRIL 11,

MAY 9, JUNE 13

10 a.m. – 12 p.m.

Geauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

440-214-3180

BALANCE SCREENINGS

TUESDAY, APRIL 16

1 – 4:30 p.m.

Outpatient Rehabilitation

Center at Geauga YMCA
12360 Bass Lake Road

Chardon, OH 44024

440-214-3101

THOMPSON SQUARE SUMMER ENTERTAINMENT

Blood Pressure screenings
provided and hands-only CPR

TUESDAY, JUNE 11

7 – 8:30 p.m.

Thompson Town Hall / Square

6741 Madison Road
Thompson, OH 44086

HEALTH EDUCATION

RECOGNIZING THE SYMPTOMS OF A HERNIA

Hernia screenings provided
Christopher Bohac, MD
Jacob Petrosky, MD

SATURDAY, APRIL 27

9 a.m. – 12 p.m.

UH Evans Middlefield

Health Center

15976 East High Street
Middlefield, OH 44062

*Registration required
216-415-6570*

MIND, BODY & SPIRIT

THURSDAY, MAY 9

2 – 3 p.m.

Maplewood at Chardon

12350 Bass Lake Road
Chardon, OH 44024

440-285-3300

STROKE AWARENESS DAY

Cholesterol, Glucose, Blood Pressure, Body Mass Index and Stroke Risk Assessments

Mark Rorick, MD

Presentation – Stroke Awareness,
Facts You Need To Know at 6 p.m.

THURSDAY, MAY 9

4 – 7 p.m.

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024

440-214-3180

STROKE AWARENESS: FACTS YOU NEED TO KNOW

WEDNESDAY, JUNE 5

12 – 1 p.m.

West Farmington Senior Center

150 College Street
West Farmington, OH 44491

440-214-3180

SIMPLE COOKING WITH HEART

WEDNESDAY, APRIL 3

3 – 5 p.m.

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024

440-214-3180

HEALTHY EATING ON A BUDGET

TUESDAY, APRIL 2

2 – 3 p.m.

Bainbridge Public Library

17222 Snyder Rd
Chagrin Falls, OH 44023

440-214-3180

DIABETES MEDICATIONS AND AWARENESS

TUESDAY, JUNE 4

2 – 3 p.m.

Bainbridge Public Library

17222 Snyder Rd
Chagrin Falls, OH 44023

440-214-3180

STRESS MANAGEMENT

THURSDAY, JUNE 27

7 – 8 p.m.

Chardon Public Library

110 E. Park Street
Chardon, OH 44023

440-214-3180

HEALTHY SLEEP

WEDNESDAY, MAY 8

10 – 11 a.m.

Chardon Senior Center

12555 Ravenwood Drive
Chardon, OH 44024

WEDNESDAY, MAY 22

10:30 – 11:30 a.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

UH Geauga Medical Center cont.

WEDNESDAY, MAY 29

11 a.m. – 12 p.m.

West Geauga Senior Center

12646 West Geauga Plaza
Chesterland, OH 44026

440-214-3180

THE DEMENTIA TOOL BOX

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. This session will include an interview with the medical team at the Norma N. Chapman Senior Assessment Program.

MONDAY, APRIL 29

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

MONDAY, MAY 6

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 issues are covered during this seminar.

MONDAY, MAY 13

6 – 7:30 p.m.

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024

440-214-3180

In collaboration with: Arden Courts, Chagrin Falls and Geauga County Departments on Aging

CHRONIC DISEASE SELF MANAGEMENT CLASS

CDSM has been shown to improve health and communications with doctors, while reducing stress and helping manage symptoms like fatigue, pain, and depression. Learn from trained leaders who understand firsthand what you are experiencing. Set your own weekly goals and make a step-by-step plan to improve your health and your life.

Light refreshments provided.

THURSDAYS,

JUNE – 6, 13, 20, 17

JULY – 11, 18

4 – 6:30 p.m.

UH Geauga Medical Center

Education Center
13207 Ravenna Road
Chardon, OH 44024

Registration required
440-214-3180

SUPPORT GROUPS

APHASIA SUPPORT GROUP

MONDAYS, APRIL 1,

MAY 6, JUNE 3

6 – 8 p.m.

Outpatient Rehabilitation Center at Geauga YMCA

12360 Bass Lake Road
Chardon, OH 44024

440-214-3101

STROKE SUPPORT GROUP

WEDNESDAYS, APRIL 10,

MAY 8, JUNE 12

11 a.m. – 12 p.m.

West Geauga Senior Center

12646 West Geauga Plaza
Chesterland, OH 44024

440-285-6724

CAREGIVER SUPPORT GROUP

THURSDAYS, APRIL 4,

MAY 2, JUNE 6

2 – 3 p.m.

Maplewood at Chardon

A Senior Living Community
12350 Bass Lake Road
Chardon, OH 44024

440-285-3300

LIVING WITH LYMPHEDEMA SUPPORT GROUP

No registration required
Refreshments will be served

WEDNESDAYS, APRIL 17,

MAY 15, JUNE 19

6 – 8 p.m.

UH Concord Health Center –

Community Room

7500 Auburn Road
Concord, OH 44024

SAVE THE DATE

ORTHO DAY

SATURDAY, OCTOBER 12

Embassy Suites

3775 Park East Drive
Beachwood, OH 44172

SENIOR ASSESSMENTS

**Memory Loss and Aging –
When to seek help?**

*Contact University Hospitals
Gauga Medical Center Norma
N. Chapman Senior
Assessment Program.*

Call to Schedule an Assessment
440-285-3035

PREVENTATIVE HEALTH SCREENINGS – WHAT YOU NEED TO KNOW.

UH is addressing the needs of the aging population by promoting healthy lifestyles and healthy behaviors.

*Contact Valerie Reed /
Wellness Coordinator*
440-904-0064

UH Geneva Medical Center

FEATURED EVENT

WELLNESS LECTURES

P.A.D and Wound Care
Dr. Jessica Milliman, Podiatry

THURSDAY, APRIL 11

5:30 – 6:30 p.m.

UH Geneva Medical Center
Private Dining Room
870 West Main Road, Geneva

*Seating is limited, reservations
required: 440-876-8064*

WELLNESS LECTURES

Stroke Prevention

THURSDAY, MAY 2

Screenings: 4 – 6 p.m.

Dr. Evan Howe, Family Medicine
6 – 6:30 p.m.

UH Geneva Medical Center
Education Center - Building B
870 West Main Road, Geneva

*Seating is limited, reservations
required: 440-876-8064*

ACTIVITIES

GENEVA COMMUNITY GARDEN

THURSDAYS, APRIL 9,

MAY 30, JUNE 19

9 a.m.

UH Geneva Hospital
580 West Main Road
Geneva, OH 44041

Please call: 440-9988-0107

LONGEST DAY OF PLAY

SATURDAY, JUNE 22

Lakeshore Park
1700 East 1ST
Ashtabula, OH 44004

Please call: 440-998-0680

EXERCISE & FITNESS

WALK WITH AN EXPERT

APRIL 4: Paula Covell, RN

MAY 2: Kellie McGinnis, RN

JUNE 6: Lori Slimmer, RN
Mediterranean Eating Style

THURSDAYS, APRIL 4,

MAY 2, JUNE 6

8 – 10 a.m.

Ashtabula Towne Square
3315 North Ridge East
Ashtabula, OH 44004

Please Call: 440-998-0107

SUMMER WALK PROGRAM SAYBROOK

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

WEDNESDAYS,

JUNE 5, 12, 19, 26

7:30 – 8:30 a.m.

Saybrook Township Park
5941 Lake Road West
Ashtabula, OH 44004

Please call: 440-998-0107

HEALTH EDUCATION

HEART FAILURE EDUCATION

This program is designed to
provide you with the most current
information that focuses on
helping you better control heart
failure to enjoy a more fulfilling
life

MONDAYS, MARCH 4, 11, 18

MAY 6, 13, 20

1 – 3 p.m.

UH Geneva Medical Center
Private Dining Room
870 West Main Street
Geneva, OH 44041

Please call: 440-593-0206

SILVER SNEAKERS ASHTABULA

APRIL 9: National Humor Month;
laughter as medicine

MAY 14: Osteoporosis month;
bone health literature and
screenings

JUNE 11: Exercise your brain;
tips to prevent memory loss

TUESDAYS, APRIL 9,

MAY 14, JUNE 11

11:15 a.m. – 12 p.m.

**Ashtabula YMCA – Silver
Sneakers**

263 West Prospect Road
Ashtabula, OH 44004

Please call: 440-998-0680

MADISON SENIOR CENTER

APRIL 16: National Humor Month;
laughter as medicine

MAY 21: Osteoporosis month;
bone health literature and
screenings

JUNE 25: Exercise your brain;
tips to prevent memory loss

TUESDAYS, APRIL 16,

MAY 21, JUNE 25

11:30 a.m. – 12 p.m.

Madison Senior Center
2938 Hubbard Road
Madison, OH 44057

Please call: 440-428-6664

GENEVA HEALTH FORUM AND LUNCHEON

APRIL 17: Health and Safety
Luncheon

MAY 15: Health and Safety
Luncheon

JUNE 26: Lyme disease

WEDNESDAYS, APRIL 17,

MAY 15, JUNE 26

11:15 a.m. – 1 p.m.

Geneva Community Center
72 West Main Street
Geneva, OH 44041

Please RSVP: 440-998-0680

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 call or visit the website to register.

1-844-312-5433 or **UHhospitals.org/AgeWell**

UH Geneva Medical Center cont.

SILVER SNEAKERS MADISON

Are You Going Nuts?

MONDAY, APRIL 22

10:30 – 11 a.m.

Lake County YMCA

730 North Lake Street

Madison, OH 44057

Please call: **440-998-0608**

HEALTH SCREENINGS

ASHTABULA YMCA

Screenings: Blood Pressure,
Glucose and Cholesterol

TUESDAY, JUNE 11

9:30 – 10:30 a.m.

YMCA Ashtabula

263 West Prospect Road

Ashtabula, OH 44004

Please call: **440-998-0680**

MADISON YMCA

Free Screenings: Blood Pressure,
Glucose and Cholesterol

MONDAY, APRIL 22

8:30 – 10 a.m.

Madison YMCA

730 North Lake Street

Madison, OH 44057

Please call: **440-998-0680**

UH Parma Medical Center

FEATURED EVENT

UH SEIDMAN CANCER CENTER OPEN HOUSE

Come to UH Seidman Cancer Center at UH Parma Medical Center on Saturday, April 27 from 9 a.m. – 12 p.m. for a community open house. Tour our renovated facility, meet the new full-time oncologists, participate in our interactive physician presentations and free screenings. Learn more about our state-of-the-art cancer care in your community.

To register for the event and screenings, call **440-743-4795**

JOINT PAIN SEMINAR

Speakers; Charles LoPresti, MD, Michael LoPresti, MD, Jared Levin, MD and Alan Panteck, MD.

Screenings include: balance, grip strength, bone density and body mass index.

Light refreshments provided.

THURSDAY, APRIL 25

6:30 – 8 p.m.

UH Parma Medical Center

7007 Powers Boulevard

Parma, OH 44129

440-743-4932 to register

STROKE AWARENESS

May is stroke awareness month. Learn the signs, symptoms, treatment and prevention of stroke.

Presentation at 6 p.m. by John Andrefsky, MD, Neurologist at UH Parma Medical Center.

Health screenings included: Non-fasting Cholesterol, Glucose, Blood Pressure, Body Mass Index and Stroke Risk Assessments

Light refreshments provided.

WEDNESDAY, MAY 15

4 – 7 p.m.

UH Parma Health Education Ctr

7300 State Road

Parma, OH 44134

440-743-4932 to register

BELOW THE BELT

Join Aram Benjamin Loeb, MD, to learn about common men's health issues including enlarged prostate, erectile dysfunction and bladder concerns.

Light refreshments provided.

THURSDAY, JUNE 6

6 p.m.

**UH Parma Medical Center
Auditorium**

7007 Powers Boulevard

Parma, OH 44129

440-743-4932 to register

HEALTH EDUCATION

CITY OF PARMA SAFETY FAIR

MAY 11

11 a.m. – 2 p.m.

Parma Justice Center

5555 Powers Blvd.

Parma, OH 44129

MEDICAL WEIGHT LOSS

Learn about the New Directions Medically Supervised Weight Loss Program.

For more information and to register call **440-743-2995**.

BIARIATRIC SURGERY

If you are interested in weight loss surgery at UH Parma Medical Center, register for one of our new, free patient information sessions. Learn about the surgical weight loss program from a UH Parma Medical Center bariatric surgeon.

APRIL 9, JUNE 11

5:30 – 6:30 p.m.

For more information and to register call **216-844-5274** or visit UHhospitals.org/weightloss for an online information session.

UH Parma Medical Center

Metabolic Clinic

Medical Arts Center 2

6707 Powers Boulevard, Ste 303

Parma, OH 44129

UH Parma Medical Center cont.

JOINT REPLACEMENT

This is a one-time informational session for patients scheduled for or contemplating total joint replacement surgery at UH Parma Medical Center.

For details, session dates and times call **440-743-4024**.

MAKING IT A PICNIC – FOOD SAFETY

Understanding the importance of keeping prepared food at safe temperatures. How to carry and store picnic foods.

Food demo: a sample picnic item that does not need to be kept cool.

TUESDAY, MAY 14

4:30 – 5:30 p.m.

UH Parma Medical Ctr Cafeteria
7007 Powers Boulevard
Parma, OH 44129

440-743-4932 to register

FAD DIETS: FACTS AND FICTION

Explore the most recent and popular fad diets, their effectiveness short and long term.

Secrets to losing weight and keeping it off. Bariatric surgery facts and myths will be presented along with non surgical weight loss options.

WEDNESDAY, JUNE 5

6 p.m.

UH Parma Medical Center
Metabolic Clinic
Medical Arts Center 2
6707 Powers Boulevard, Ste 303
Parma, OH 44129

440-743-4932 to register

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. For more information, leave a message at 440-574-0580 or email healthyliving@clevelandY.org. You do not have to be a YMCA member to join this program.

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. WALK INS welcome for \$8

TUESDAY, APRIL 9

6 SESSIONS

6:30 – 7:30 p.m. \$48

TUESDAY, MAY 21

6 SESSIONS

6:30 – 7:30 p.m. \$48

UH Parma Health Education Ctr
7300 State Road
Parma, OH 44134

440-743-4932 to register

YOGA

Dress comfortably; bring small blanket or towel and a water bottle to all yoga classes. Yoga mats provided.

Attain body awareness, relaxation and body/mind balance through a system of exercises and breathing. WALK INS welcome for \$10
Sign up for two days a week for a \$5 discount

BEGINNERS/GENTLE

MONDAY, APRIL 8

6 SESSIONS

6:30 – 8 p.m. \$60

MONDAY MAY 20

6 SESSIONS

6:30 – 8 p.m. \$60

WEDNESDAY, APRIL 10

6 SESSIONS

6:30 – 8 p.m. \$60

WEDNESDAY, MAY 22

6 SESSIONS

6:30 – 8 p.m. \$60

MODERATE

THURSDAY, APRIL 11

6 SESSIONS

7 – 8:30 p.m. \$60

THURSDAY, MAY 23

6 SESSIONS

7 – 8:30 p.m. \$60

UH Parma Health Education Ctr
7300 State Road
Parma, OH 44134

440-743-4932 to register

COMMUNITY NUTRITION PROGRAMS

Westshore Primary Care dietician Julie Wise, MS, RDN, LD, CDE holds monthly community nutrition program at local community senior centers. Topics range from One-Dish Dinners to Brain Health and even Healthy Eating on a Budget.

Current locations include: North Royalton, Parma, Brooklyn Senior Centers.

For more information call **440-250-8660 press 8**

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING
(Walk-In)

FIRST AND THIRD WEDNESDAYS

APRIL 3, 17

MAY 1, 15

JUNE 5, 19

1 – 2 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

440-743-4932

UH Parma Medical Center *cont.*

GLUCOSE SCREENING

(Walk-In)

FIRST WEDNESDAY

OF EACH MONTH

APRIL 3, MAY 1, JUNE 5

1 – 2 p.m.

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

440-743-4932

BONE DENSITY SCREENING FOR WOMEN

Testing is done on the heel without socks or pantyhose.

Appointments required

THIRD WEDNESDAY OF EVERY

OTHER MONTH, MAY 15

9 – 11 a.m. or 5 – 6:30 p.m.

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

440-743-4932

HERNIA SCREENING

Do you experience swelling, a bulge or pain in the abdomen, pelvis or groin area? You may have a hernia.

Many do not experience any symptoms which makes screenings extremely important. Appointment required.

SATURDAY, MAY 4

8 – 11 a.m.

UH Parma Medical Center

Medical Arts Center 2 building

6707 Powers Boulevard, Ste 304

Parma, OH 44129

216-767-8435

MELANOMA SKIN CANCER SCREENING

If you are concerned about a skin lesion or growth, you can have it evaluated by William Schleicher, MD, Plastic Surgeon from University Hospitals. This service is a simple screening; no tissue sampling or surgery will be performed. We request that you

limit your evaluation to a single lesion or spot.

Appointment required.

WEDNESDAY, MAY 22

9 – 12 p.m.

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

440-743-4932

BALANCE SCREENING

The Berg Balance Test is used to assess balance and identify and predict fall risks. Screening takes approximately 15 minutes to complete.

Appointments required

THURSDAY, JUNE 6

12 - 3 p.m.

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

440-743-4932

FREE LOWER EXTREMITY SCREENING FOR YOUR RISK OF PERIPHERAL ARTERY DISEASE (PAD)

More than 50 percent of those with peripheral artery disease (PAD) have no symptoms.

PAD is a serious condition that occurs when blood flow through the legs and feet is restricted by the build-up of fatty deposits in the blood vessels of the legs. It can cause pain and cramping that can make walking – and life – miserable. In extreme cases, PAD can result in the loss of a leg or foot to amputation.

If you answer yes to any of these questions, find out your risk at our free screening event:

- Are you 50 years of age or older?
- Do you have diabetes?
- Have you ever smoked?
- Do you have high blood pressure and/or high cholesterol?

By appointment only.

SATURDAY, JUNE 29

9 – 1 p.m.

UH Broadview Heights Health Center

5901 East Royalton Road.

Call 1-800-883-3674 to make your appointment

CHOLESTEROL SCREENING

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

Appointment required.

THIRD WEDNESDAY OF EVERY

OTHER MONTH, MAY 15

9 – 11 a.m. \$30

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

440-743-4932

NON-FASTING CHOLESTEROL SCREENING

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

Appointment required.

THIRD WEDNESDAY OF EVERY

OTHER MONTH, MAY 15

5 – 6:30 p.m.

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

440-743-4932

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 call or visit the website to register.

1-844-312-5433 or

UHhospitals.org/AgeWell

UH Parma Medical Center *cont.*

SUPPORT GROUPS

ALZHEIMER'S SUPPORT

For caregivers only

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, OH 44134

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 a.m. – 11 a.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

440-237-3967

LOOK GOOD...

FEEL BETTER® PROGRAM

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

1-800-227-2345 to register.

PARKINSON'S DISEASE SUPPORT

SECOND TUESDAY OF THE MONTH

1 – 2:30 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH

For more information call
216-524-6354

SHARED GRIEF SUPPORT

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

Contact Amy Quinlan at
440-743-4944 for location details and more information.

STROKE & ARTHRITIS INFORMATION AND SUPPORT

THIRD MONDAY OF EVERY MONTH

1 – 2:30 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

For more information call
440-743-4041

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 a.m. – 12:30 p.m.

UH Parma Health Education Center

7300 State Road
Parma, OH 44134

For more information call
440-743-4160

NEW PERSPECTIVES: WEIGHT MANAGEMENT SUPPORT

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

FOURTH WEDNESDAY OF THE MONTH

6 – 7 p.m.

UH Parma Medical Center Medical Arts Center 2

6707 Powers Boulevard
Suite 303

Parma, OH 44129

216-844-5274

UH Portage Medical Center

ACTIVITIES

RED CROSS BLOOD DRIVE

**THURSDAYS, APRIL 4,
MAY 2, JUNE 6**

1 – 7 p.m.

MONDAY, APRIL 22

12 – 6 p.m.

UH Portage Medical Arts Building Room 150

6847 N. Chestnut St.
Ravenna, OH 44266

TUESDAY, MAY 28

12 – 6 p.m.

UH Portage Medical Arts Building Atrium

6847 N. Chestnut St.
Ravenna, OH 44266

MONDAY, JUNE 24

12 – 6 p.m.

UH Portage Medical Arts Building Room 150

6847 N. Chestnut St.
Ravenna, OH 44266

EXERCISE & FITNESS

PARK RX

Park Rx is a national initiative made up of agencies that are dedicated to using nature and public lands to improve individual and community health

To register for programs, visit
PORTAGEPARKDISTRICT.ORG
or call **330-297-7728**

UH Portage Medical Center

WATER EXERCISE CLASSES

All classes require pre-registration. Space is limited.

ADVANCED SENIOR WELLNESS

MONDAY, WEDNESDAY, AND FRIDAY

11 – 11:45 am

BASIC SENIOR WELLNESS

MONDAY AND FRIDAY

12 – 12:45 p.m.

TUESDAY AND THURSDAY

11 – 11:45 a.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

4:40 – 5:15 p.m.

SATURDAY

9 – 9:45 a.m.

Once a week: \$12.00 per month

UH Portage Medical Arts Building

Rahab Center pool
6847 N. Chestnut St.
Ravenna, OH 44266

*Call for information:
330-297-2770*

HEALTH SCREENINGS

FREE VASCULAR SCREENING

More than 80 percent of those with peripheral artery disease (PAD) have no symptoms

SATURDAY, APRIL 6

9 a.m. – 1 p.m.

UH Portage Medical Arts Building

2ND floor
6847 N. Chestnut St.
Ravenna, OH 44266

*To register please call:
216-415-6570*

FREE HERNIA SCREENING

Do you experience swelling, a bulge or pain in the abdomen, pelvis or groin area? You may have a hernia.

Many do not experience any symptoms which makes screenings extremely important.

SATURDAY, MAY 18

9 a.m. – 12 p.m.

UH Portage Medical Arts Building

2nd. Floor
6847 N. Chestnut Street
Ravenna, OH 44266

Call 330-297-2893 to register

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 call or visit the website to register.

1-844-312-5433 or
UHHospitals.org/AgeWell

SUPPORT GROUPS

PARKINSON SUPPORT GROUP

TUESDAYS, MAY 21, JUNE 18

1 – 3 p.m.

UH Portage Medical Arts Building

Room 150
6847 N. Chestnut St.
Ravenna, OH 44266

To register, call: 330-297-2576

STROKE SUPPORT GROUP

TUESDAYS, APRIL 14,

MAY 14, JUNE 11

4 – 5 p.m.

UH Portage Medical Arts Building

Room 150
6847 N. Chestnut St.
Ravenna, OH 44266

DIABETES SUPPORT GROUP

TUESDAYS, APRIL 2, JUNE 4

5 – 6 p.m.

UH Portage Medical Arts Building

Room 150
6847 N. Chestnut St.
Ravenna, OH 44266

To register, call: 330-297-2576

ALZHEIMER'S CAREGIVER SUPPORT GROUP

TUESDAYS, APRIL 2,

MAY 7, JUNE 4

6:30 – 8:30 p.m.

UH Portage Medical Center

Meeting room A
6847 N. Chestnut St.
Ravenna, OH 44266

To register, call: 330-297-2576

OSTOMY SUPPORT GROUP

MONDAYS, APRIL 1,

MAY 6, JUNE 3

7 – 9 p.m.

UH Portage Medical Arts Building

Room 150
6847 N. Chestnut St.
Ravenna, OH 44266

To register, call: 330-297-2576

FEATURED EVENT

DEMENTIA EDUCATION SERIES

Presented by: Arden Courts
Memory Care Assisted Living

Bath – Chagrin Falls – Parma –
Westlake

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.

TUESDAY, APRIL 2

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.

TUESDAY, APRIL 9

6 – 7:30 p.m.

UH Richmond Medical Center

4th Floor Auditorium
27100 Chardon Road
Richmond Heights, OH 44143

Please call to register:

440-735-4739 *Space is limited.*

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 call or visit the website to register.

1-844-312-5433 or
UHhospitals.org/AgeWell

ACTIVITIES

DINNER AND A MOVIE

TUESDAY, MAY 7

3 – 5 p.m.

UH Richmond Medical Center

4th Floor Auditorium
27100 Chardon Road
Richmond Heights, OH 44143

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

Please call: 440-735-4739

COMMUNITY MUSIC EXPLORATION

Join Daniel Rose, MT-BC, UH Richmond Medical Center and Connor Integrative Network, for singing and socializing! You will enjoy meeting with other Age Well. Be Well. members while you sing and play instruments to your favorite songs.

TUESDAYS, APRIL 16,

MAY 21, JUNE 18

2:30 – 3 p.m.

Governor's Village

280 North Commons Blvd.
Mayfield Village, OH 44143

Please call 440-735-4739

MONDAY AFTERNOON BOOK DISCUSSION

APRIL TITLE: The Railwayman's Wife

MAY TITLE: The Secret Diary of Hendrik Green

JUNE TITLE: If the Oceans Were Ink

Copies of the book are available one month prior to the discussion date

MONDAYS, APRIL 8,

MAY 13, JUNE 10

2 – 3 p.m.

Cuyahoga County Library

Large Meeting Room 100
Mayfield Branch
500 SOM Center
Mayfield Village, OH 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 color 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,

APRIL 9, 23

MAY 7, 21

JUNE 11, 25

10 – 11 a.m.

UH Richmond Medical Center

Boardroom
27100 Chardon Road
Richmond Heights, OH 44143

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

EXERCISE & FITNESS

SENIOR EXERCISE

A light workout to music!

WEDNESDAYS,

APRIL 3, 10, 17, 24

MAY 1, 8, 15, 22, 29

JUNE 5, 12, 19, 26

THURSDAYS,

APRIL 4, 11, 18, 25

MAY 2, 9, 16, 23, 30

JUNE 6, 13, 20, 27

10:30 – 11:30 a.m.

Community Partnership on Aging

South Euclid Community Center
1370 Victory Drive
South Euclid, OH 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.

Fee: \$4 per person

FRIDAYS,

APRIL 5, 12, 29, 26

MAY 3, 10, 17, 24, 31

JUNE 7, 14, 21, 28

9:30 – 10:30 a.m.

Community Partnership on Aging

DeJohn Community Center

6306 Marsol Road

Mayfield Heights, OH 44124

Please call: 216-650-4029

EASY DOES IT WALKING CLUB

During the winter months, 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,

APRIL 4, 11, 18, 25

MAY 2, 9, 16, 23, 30

JUNE 6, 13, 20, 27

9:30 – 10 a.m.

Governor's Village

280 North Commons Blvd.

Mayfield Village, OH 44143

Please call:

Lori Robinson at 440-735-4739

Stephanie Parker at

440-449-8788

GENTLE YOGA

Our instructor can work with ANY ability level!

FRIDAYS,

APRIL 5, 12, 19, 26

MAY 3, 10, 17, 24, 31

JUNE 7, 14, 21, 28

12 – 1 p.m.

Community Partnership on Aging

DeJohn Community Center

6306 Marsol Road

Mayfield Heights, OH 44124

Fees vary based on the class.

Please call: 216-650-4029

WITNESS THE FITNESS

ADVANCED WALKING CLUB

This advanced walking club will meet every Thursday. During the winter months we will walk inside of Governor's Village. New walkers will receive a complimentary T-shirt.

THURSDAYS,

APRIL 4, 11, 18, 25

MAY 2, 9, 16, 23, 30

JUNE 6, 13, 20, 27

10:30 – 11:30 a.m.

Governor's Village

280 North Commons Blvd.

Mayfield Village, OH 44143

Please call: Lori Robinson at

440-735-4739 *Stephanie Parker at*

440-449-8788

TAI CHI

Tai Chi has been called 'Meditation in Motion' and can improve flexibility, muscle tone, joint function, aerobic conditioning and can reduce stress and lower blood pressure.

MONDAYS,

APRIL 1, 8, 15, 22, 29

MAY 6, 13, 20,

JUNE 3, 10, 17, 24

10:30 – 11:30 a.m.

Community Partnership on Aging

Lyndhurst Community Center

1341 Parkview Dr.

Lyndhurst, OH 44124

Fees vary based on class. Please

call: 216-650-4029 to register

HEALTH EDUCATION

ASK THE EXPERT

Join UH Richmond Medical Center and Tapestry Wickliffe Assisted Living and Memory Care as they host an educational and interactive presentation.

Dr. Joseph "Welles" Henderson, MD is a Female Pelvic Medicine and Reconstructive Surgery specialist at UH Regional Hospitals. Dr. Henderson specializes in the treatment of pelvic pain, prolapse, incontinence, overactive bladder and other pelvic and bladder conditions.

THURSDAY, MAY 30

4:30 p.m. - 6:30 p.m.

Tapestry Wickliffe

28500 Euclid Avenue

Wickliffe, OH

Please call: 440-865-4072 to register. Refreshments provided.

MONTHLY HEALTH & WELLNESS TALKS

Dr. Karen Rodriguez-Velazquez is a podiatrist at the Medical Wound Center at UH Richmond Medical Center. Her talk will cover proper foot care, disease prevention and wound care treatment.

THURSDAY, APRIL 11

6 – 7:30 p.m.

Dr. Irina Jaeger is a general urologist. Her discussion will focus on men's health, including urology health, sexual health and prostate health, including the UroLift procedure to alleviate symptoms of BPH (enlarged prostate)

THURSDAY, JUNE 13

6 – 7:30 p.m.

UH Richmond Medical Center

4th Floor Auditorium

27100 Chardon Road

Richmond Heights, OH 44143

To register please call

216-415-6570.

UH Richmond Medical Center *cont.*

HEALTH & WELLNESS TALKS AT ROSS DEJOHN COMMUNITY CENTER

GERD (Gastroesophageal Reflux Disease) symptoms, types and treatments
Alex Lai, Nurse Practitioner – UH Regional Hospitals

WEDNESDAY, APRIL 3

Movement as Medicine
JoAnn Lavrisha, PT, CEEAA,
Clinical Specialist – UH Regional Hospitals

WEDNESDAY, MAY 1

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, OH 44124

Please call: 440-735-4739

HEALTH SCREENINGS

BLOOD PRESSURE, GLUCOSE, CHOLESTEROL SCREENINGS

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

**WEDNESDAY, APRIL 10,
JULY 10 OCTOBER 9**

9 a.m. – 12 p.m.

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

No reservation required.

FREE VASCULAR SCREENING

More than 50 percent of those with peripheral artery disease (PAD) have no symptoms.

PAD is a serious condition that occurs when blood flow through the legs and feet is restricted by the build-up of fatty deposits in

the blood vessels of the legs. It can cause pain and cramping that can make walking – and life – miserable. In extreme cases, PAD can result in the loss of a leg or foot to amputation.

If you answer yes to any of these questions, find out your risk at our free screening event:

- Are you 50 years of age or older?
- Do you have diabetes?
- Have you ever smoked?
- Do you have high blood pressure and/or high cholesterol?

SATURDAY, APRIL 27

9 a.m. – 1 p.m.

UH Richmond Medical Center
27100 Chardon Road
Richmond Heights, OH 44143

Call 216-415-6570 to schedule

Reservations are limited and preregistration is preferred

FREE FAMILY HEALTH & SAFETY DAYS

Celebrate wellness at our events, featuring:

- Health screenings : vascular, cancer, memory and more
- Bike Safety information and bike helmet fittings
- Health and wellness education booths
- Safety and emergency vehicle tours
- Plus, a variety of health and safety activities for the entire family

EAST

UH Conneaut Medical Center June 1 – 9 a.m. – 1 p.m.
158 West Main Road
Conneaut, OH 44030

UH Ahuja Medical Center June 8 – 9 a.m. – 1 p.m.
3999 Richmond Road
Beachwood, OH 44122

UH Geauga Medical Center June 22 – 9 a.m. – 1 p.m.
13207 Ravenna Road
Chardon, OH 44024

UH Ashtabula Health Center July 13 – 9 a.m. – 1 p.m.
Ashtabula Towne Square Mall
3315 North Ridge East
Ashtabula, OH 44004

UH Portage Medical Center July 20 – 9 a.m. – 1 p.m.
6847 North Chestnut Street
Ravenna, Ohio 44266

UH Richmond Medical Center August 10 – 9 a.m. – 1 p.m.
27100 Chardon Road
Richmond, OH 44143

UH Streetsboro Health Center August 17 – 9 a.m. – 1 p.m.
9318 State Route 14
Streetsboro, OH 44241

UH Bedford Medical Center August 24 – 9 a.m. – 1 p.m.
44 Blaine Ave.
Bedford, OH 44146

WEST

UH Parma Medical Center May 11 – 11 a.m. – 2 p.m.
Parma Justice Center
5555 Powers Boulevard
Parma, OH

UH St. John Medical Center May 18 – 10 a.m. – 1 p.m.
Westlake Recreational Center
28955 Hilliard Boulevard
Westlake, OH 44145

UH Samaritan Medical Center August 24 – 10 a.m. – 1 p.m.
UH Administrative Services Building
663 East Main Street
Ashland, OH 44805

UH Amherst Health Center September 14 - 10 a.m. – 1pm
254 Cleveland Street
Amherst, OH 44001

SCREENINGS

For more information about our programs, contact the Outreach Department at UH St. John Medical Center at 440-827-5440. No screenings on all holidays. Screenings may be canceled on days with inclement weather.

BLOOD PRESSURE SCREENINGS

(Closed on all holidays or inclement weather)

FIRST MONDAY OF EACH MONTH

10:30 a.m. – 12 p.m.

North Olmsted Senior Center

Community Meeting Room
28114 Lorain Road North
Olmsted, OH 44070

THIRD MONDAY OF EACH MONTH

1 – 2 p.m.

UH St. John Medical Center

Main Lobby
29000 Center Ridge Road
Westlake, OH 44145

FOURTH MONDAY OF EACH MONTH

6 – 7:30 p.m.

Westlake Recreation Center

28955 Hilliard Boulevard
Westlake, OH 44145

FIRST WEDNESDAY OF EACH MONTH

9 – 10:30 a.m.

Westshore Family YMCA

1575 Columbia Road
Westlake, OH 44145

SECOND WEDNESDAY OF EACH MONTH

9:30 – 11 a.m.

Lakewood Senior Center

16024 Madison Avenue
Lakewood, OH 44107

STROKE AWARENESS DAY

Stroke Risk Assessment and Blood Pressure Screening

MONDAY, MAY 20

12 – 2 p.m.

UH St. John Medical Center Lobby

29000 Center Ridge Road
Westlake, OH 44145

BALANCE SCREENINGS

Please call to schedule an appointment. Space is limited.

Please call: 440-414-6050

BLOOD PRESSURE, GLUCOSE, CHOLESTEROL AND BONE DENSITY SCREENINGS

No fasting is required for these screenings and no reservations are necessary.

THURSDAY, MAY 2

11 a.m. – 1 p.m.

Rocky River Senior Center

21014 Hilliard Blvd
Rocky River, OH 44116

TUESDAY, JUNE 4

9:30 – 11:30 a.m.

Lakewood Senior Center

16024 Madison Avenue
Lakewood, OH 44107

AUDIOLOGY SCREENINGS

Screenings, testing, and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Dept.

Please call: 440-835-6160

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 St. John Medical Center provide an ongoing mall walking program.

A free health talk by a UH St. John Medical Center health care professional will be offered, along with blood pressure screenings by a Community Outreach nurse.

SECOND WEDNESDAY OF EACH MONTH

9 – 10 a.m. Health Talk

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

Great Northern Mall Food Court

4954 Great Northern Boulevard
North Olmsted, OH 44070

Walkers meet near the Food Court.

CLASSES & COMMUNITY PROGRAMS

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.

MAY 7, 14, 21, 28

6 – 7:30 p.m.

UH St. John Medical Center

Westlake Family Health Center
26908 Detroit Road,
Westlake, OH 44145

For scheduling and pre-access call:
440-827-5668

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition counseling experience throughout each person's life cycle, Marge Robison, MPH, RDN, LD offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. Participants must obtain a physician's referral prior to their visit.

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

Please call: 440-835-4426, ext 3

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.

Fee: \$5 – \$10 donation suggested

WEDNESDAYS

5 – 6 p.m.

SATURDAYS

8 – 9 a.m.

UH St. John Medical Center
Auditorium A or B
29000 Center Ridge Road
Westlake, OH 44145

ROUNDTABLE HEALTH TALK SERIES

Gastroenterology and Surgical Care

THURSDAY, APRIL 25

Men and Women's Urology and Gynecology Health Summit

THURSDAY, MAY 23

Vascular and Wound Care

THURSDAY, JUNE 27

6 p.m. | Doors open at 5:30 p.m.

Westlake Recreation Center
28955 Hilliard Blvd
Westlake, OH 44145

Call to register: 877-597-6348

COMMUNITY NUTRITION PROGRAMS

Westshore Primary Care dietitian Julie Wise, MS, RDN, LD, CDE holds monthly community nutrition programs at local Community Senior Centers. Topics range from One-Dish Dinners to Immune Health and even Healthy Eating on a Budget.

Current program locations include: North Royalton, Parma and Brooklyn Senior Centers

Please call: 440-250-8660

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. A course completion card will be provided.

This is a free class, but you must register at www.uhems.org. Please call: 216-849-5013 for information.

AMERICAN HEART ASSOCIATION FAMILY & FRIENDS CPR

This course is ideal for new grandparents, babysitters and others interested in learning how to save a life, but do not need a CPR course completion card to meet a job requirement. It teaches how to perform CPR or choking rescue on adults, children and infants.
Cost \$20

For more information, call Kim at 440-827-5460.

COMMUNITY SAFETY AND WELLNESS FAIR

Join us for free health screenings, and stop by different health stations and vendors. Fun for the whole family!

SATURDAY, MAY 18

10 a.m. – 1 p.m.

Westlake Recreation Center
28955 Hilliard Blvd.
Westlake, OH 44145

STOP THE BLEED

Massive bleeding from any cause, but particularly as a result of an active shooter or explosive event where a response is delayed, can result in death. Similar to learning and performing CPR, the public must learn proper bleeding control techniques, including how to use their hands, dressings and tourniquets. Victims can die from uncontrolled bleeding within five to ten minutes. However, anyone at the scene can act as an immediate responder and save a life if they know what to do.

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

Our shared goal is to provide you with a one-stop, online resource of credible, up-to-date information on bleeding control.

For details call: Matt Sheehan, EMS Coordinator, at 440-221-6835

HEALTH TALKS & HORS D'OEURVES

UH St. John Medical Center,
Building 2
29000 Center Ridge Road
Auditorium B – unless otherwise
noted

*(Please call 877-597-6348 to
RSVP for talks listed below)*

ALL ABOUT RADON AND HEALTHY LUNGS

WEDNESDAY, APRIL 17
6 p.m. (Please note this is in
Auditorium A)

SPEED NUTRITION

Eating to prevent heart disease,
diabetes, GI disorders, cancer and
prevent weight gain.

THURSDAY, MAY 30
6 p.m.

OPIATE SERIES

Topic: Recovery and Rehab

THURSDAY, JUNE 20
6 p.m.

WHAT TO EXPECT IN EACH DECADE AS WE AGE. 50 AND ME, 60 AND ME, 70 AND ME, 80 AND ME

THURSDAY, JUNE 27
6 p.m.

SUPPORT GROUPS

Unless otherwise stated, all group
meetings are held at
29160 Center Ridge Road, Suite R,
Westlake, OH 44145.

A SECOND CHANCE: LUNG TRANSPLANT SUPPORT GROUP

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

MONDAYS, APRIL 8 AND JUNE 10
6 – 8 p.m.

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

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

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*

BETTER BREATHERS CLUB

This is a support group
designed for people living with
lung disease.

TUESDAYS, APRIL 2 AND JUNE 4
1 – 2:30 p.m.

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

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

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, APRIL 16,
MAY 21, JUNE 18**
11:30 a.m. – 1 p.m.

HOPE GROUP

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

**FIRST WEDNESDAY OF EACH
MONTH**
5:30 – 7:30 p.m.

Please call: 440-827-5440

GAMBLERS ANONYMOUS

You can contact Gamblers
Anonymous at **626-960-3500** for a
meeting in your area or go to
gamblersanonymous.com.

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

Please call: 440-752-3315

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, OH 44145

COMMUNITY ASSISTANCE INFORMATION (2-1-1)

This is a free and confidential
information and referral line
run by the United Way. Call
2-1-1 for help to find resources
for health care and social
services in your area. This
information may include listings
of local support groups as well
as resources for food, housing,
employment, counseling and
volunteer opportunities.

LOW-COST IMMUNIZATIONS

Affordable immunizations are
offered by the Cuyahoga County
Board of Health
An appointment is required.

Please call: 216-201-2041

Visit: ccbh.net/immunization-clinic

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 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
Monday – Friday 4 – 7 p.m. and
Saturday and Sunday
4 – 5:30 p.m. You must present
your card to receive the discount.

EXERCISE & FITNESS

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

Participants receive a pedometer and walk with Respiratory Therapist supervision. Therapists monitor heart rate and SPO2 before and after walking as well as keep record of steps accomplished each time for goal setting and monthly progress report.

Open to anyone in the community that has COPD and would like to participate.

EVERY TUESDAY AND THURSDAY
10 a.m.

Salvation Army Kroc Center
527 E Liberty St
Ashland, OH 44805

Time and place subject to change! Please call for update before you join us.

For questions and registration call: 419-207-2453

UHSMC HARMONICA GROUP

Who knew respiratory exercises could be such a blast? Open to the public for those with COPD and their care givers. All equipment and music is provided.

EVERY FRIDAY
4 p.m.

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

*To register for a class, please call:
419 207-2303*

HEALTH EDUCATION

EXERCISE FOR OLDER ADULTS - BALANCE, FLEXIBILITY, WALKING, BREATHING, AEROBIC EXERCISE

Why do we tend to fall more often when we get older? We do not move as fluidly as we did when we were younger. Not rocket science, right? The point is that while we may not stumble or lose our balance more frequently now than we did when we were younger, our slower reflexes, stiffer joints and poorly maintained muscles mean we don't recover from the stumble as quickly or nimbly. What if we could do some simple exercises to help us improve our balance, our flexibility, and our general overall health?

UH Samaritan Medical Center's Physical Therapist Wendy Dennison will teach us simple, home-based exercises as well as healthy lifestyle tips that are shown to slow the aging process.

Free Balance screening will also be available.

TUESDAY, APRIL 9
6 – 7 p.m.

UH Samaritan Rehabilitation Center
2163 Claremont Avenue
Ashland, OH 44805

*To register for a class, please call:
419-207-2563*

QUARTERLY COPD CLINICS

Topic will be Essential Oils: Safety and Use.

TUESDAY, APRIL 9
6 – 7 p.m.

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

*To register for a class, please call:
419-207-2303*

HERNIA UPDATE

Do you think you might have a hernia? Many people may walk around for years with a hernia. They either do not know it or they want to ignore it. Although hernias are often painless, they can cause discomfort and should never be ignored. Most hernias aren't life threatening, but they don't go away on their own. Without treatment they can become more painful. Sometimes they require surgery to prevent potentially dangerous complications.

UH Samaritan Medical Center's surgeon Vineeta Gahlawat will explain the ins and outs of hernias and their treatments.

TUESDAY, APRIL 23
5 – 6 p.m.

UH Administrative Services Building
663 East Main Street
Ashland, OH 44805

Please register for this program by calling 419-207-2563

PAIN THERAPY UPDATE

Pain is a warning that something is wrong. But once you have been alerted the pain goes away, right? Not according to my experience! UH Samaritan Pain Clinic provides advanced and comprehensive treatments for patients suffering from chronic and acute pain.

Individualized treatment plans may include medications, injections and electrical stimulation, among other interventions and therapies.

One pain is not identical to another. Neither does one treatment fit every pain.

Join us April 25 to learn what's available in your battle against pain.

TUESDAY, APRIL 25
5 – 6:30 p.m.

UH Samaritan Medical Center *cont.*

UH Administrative Services Building

663 East Main Street
Ashland, OH 44805

Please register for this program by calling 419-207-2563

CHRONIC KIDNEY DISEASE

Because your kidneys are highly adaptable and able to compensate for lost function, signs and symptoms of Chronic Kidney Disease may not appear until irreversible damage has occurred. Chronic Kidney Disease can lead to: high blood pressure, fluid in your lungs (pulmonary edema), heart and blood vessel disease, weak bones and an increased risk of bone fractures, anemia, decreased sex drive, erectile dysfunction or reduced fertility, damage to your central nervous system, which can cause difficulty concentrating, personality changes or seizures... do I have your attention yet?

Factors that may increase your risk of chronic kidney disease include diabetes, high blood pressure, smoking, obesity, older age, and more. UH Samaritan Medical Center's Dr. Aaron Young specializes in kidney diseases and is eager to fill you in on this sneaky foe.

TUESDAY, MAY 7
5:30 – 6:30 p.m.

UH Administrative Services Building

663 East Main Street
Ashland, OH 44805

Please register for this program by calling 419-207-2563

MUSIC THERAPY TO PROMOTE RELAXATION FOR STRESS REDUCTION

Living with anxiety, feeling stressed or have difficulty relaxing at night? Join us to learn techniques in which music and sound can assist in inducing the relaxation response. While

eliminating stress from our lives is an unrealistic goal, we can learn to spend time in a state of relaxation which can reduce the effects of stress and allow our bodies the opportunity to function at a more optimal level. The class includes an experiential music-assisted relaxation.

TUESDAY, MAY 21
5:30 – 6:30 p.m.

UH Administrative Services Building

663 East Main Street
Ashland, OH 44805

Please register for this program by calling 419-207-2563

SUPPORT GROUPS

NEW NON-SMOKERS SUPPORT GROUP

Anyone who recently quit smoking or chewing tobacco is welcome to attend these free meetings. The informal group setting provides a relaxed environment to share concerns and experiences for ongoing help, advice and support.

APRIL 9, MAY 14, JUNE 11
2ND TUESDAY OF EVERY MONTH
6 – 8 p.m.

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

To register for a class, please call: 419-207-2303

FREE SMOKING CESSATION CLINICS

EVERY MONDAY
5 – 7 p.m.

Salvation Army Kroc Center
527 E Liberty St
Ashland, OH 44805

EVERY WEDNESDAY
6 – 7 p.m.

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

EVERY THURSDAY
5 – 6 p.m.

UH Samaritan Medical Center Kettering

546 N. Union Street
Loudonville, OH

For questions, or to register for a class, please call: 419-207-2303

CARDIAC SUPPORT GROUP

Game night. Public always welcome.

This will be the last session until November, when we will resume.

WEDNESDAY, APRIL 3
6:30 p.m.

Basement Conference Room of East Tower

1025 Center Street
Ashland OH

For questions please call: Pat Butcher 419-289-0491 Ext 3435

THE COPD COFFEE CLUB 2019

The informal group setting provides a relaxed environment to share concerns and experiences for ongoing help, advice and support. Family members and caregivers are welcome to join us as well. Past guest presentations have included Reiki and Pulmonary Rehabilitation.

2ND TUESDAY OF THE MONTH
1 – 2 p.m.

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

To register for a class, please call: 419-207-2453