

Age Well. Be Well.

THE CENTER FOR LIFELONG HEALTH



AGE WELL. BE WELL. CLUB FOR 55 AND OLDER

EVENTS – JANUARY THROUGH MARCH, 2020

If you do not currently receive these calendars, please join the free Age Well. **Be Well** club by calling **1-844-312-5433** or visiting our website at **UHhospitals.org/AgeWell**

LOCATION:

UH Ahuja Medical Center
3999 Richmond Road
Beachwood, Oh 44122

FEATURED EVENT

HEALTHY LIVING EXPO

At University Hospitals, we know that adults who take an active role in making smarter health choices are more likely to live a longer, healthier life. Join UH medical experts for a Healthy Living Expo to discover new approaches to managing your health and achieving optimal well-being.

SATURDAY, MARCH 7
9 a.m. – 1 p.m.

Hilton Akron Fairlawn Hotel
3180 West Market Street
Akron, OH 44333

To register, please call 216-342-2677.

HEALTH EDUCATION

FOOT AND VASCULAR SURGERY, PODIATRY AND WOUND CARE

SPEAKER: Windy Cole, DPM
TUESDAY, JANUARY 7
6 – 7:30 p.m.

UH Ahuja Medical Center
Rosenberg Suite A/B

To register, please call 216-593-1768.

HEALTHY HEART AND EXERCISE

WEDNESDAY, JANUARY 29
4 – 6 p.m.

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

To register, please call 216-587-1250.

PROSTATE CANCER AND KIDNEY STONES

SPEAKER: IRINA JAEGER, MD
TUESDAY, FEBRUARY 4
6 – 7:30 p.m.

UH Ahuja Medical Center
Rosenberg Suite A/B
To register, please call 216-593-1768.

OSTOMY AWARENESS

SPEAKER: LINDA COULTER, BSN, RN, CWOCN – CERTIFIED WOUND OSTOMY NURSE
TUESDAY, MARCH 3
6 – 7:30 p.m.

UH Ahuja Medical Center
Rosenberg Suite A/B
To register, please call 216-593-1768.

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
FEBRUARY 5, 12, 19
MARCH 4
5:30 – 7:30 p.m.

UH Ahuja Medical Center
Rosenberg Suite C
To register, please call 216-593-1768.

SCREENINGS

BLOOD PRESSURE SCREENINGS

No fasting necessary and registration is not required.

MONDAYS
JANUARY 13
FEBRUARY 10
MARCH 9
10:30 – 11:30 a.m.

Warrensville Heights YMCA
4433 Northfield Road
Warrensville Heights, OH 44128
No registration needed.

MONDAYS
JANUARY 20
FEBRUARY 17
MARCH 16
5:30 – 7:30 p.m.

Solon Recreation Center
35000 Portz Parkway
Solon, OH 44139
No registration needed

BLOOD PRESSURE, CHOLESTEROL AND GLUCOSE SCREENINGS

No fasting necessary and registration is not required.

SOLON RECREATION CENTER HEALTH FAIR
SATURDAY, JANUARY 25
8:30 – 11:30 am

Solon Recreation Center
35000 Portz Parkway
Solon, OH 44139

SHAKER PLACE APARTMENTS HEALTH FAIR

FRIDAY, MARCH 13
9:30 – 11:30 a.m.
10:30 a.m. “Know Your Numbers” presented by Pam Brys, BSN, RN, CDE

Shaker Place Apartments
3600 Northfield Road
Highland Hills, OH 44122

SUPPORT GROUPS

DIABETES SUPPORT GROUP

Attending a diabetes support group is a proactive way to find support, help, tips and tools that can be part of an integrated approach to diabetes management.

TUESDAYS
JANUARY 21
FEBRUARY 18
MARCH 17
6 – 7 p.m.

UH Ahuja Medical Center
Rosenberg C
To register, please call 216-593-1768.

FIBROMUSCULAR DYSPLASIA

FMD is a condition that causes one or more arteries in the body to have abnormal cell development in the artery wall. As a result, areas of narrowing (called stenosis), aneurysms or tears (called dissections) may occur. This group is free and open to the public and meets quarterly. Seating is limited.

TUESDAY, JANUARY 21

6 – 7:30 p.m.

UH Ahuja Medical Center

Rosenberg A/B

To register, please call 216-553-4379.

**“SAVE YOUR LEG”
SUPPORT GROUP**

Critical limb ischemia (CLI) is the most advanced form of peripheral artery disease. This is associated with narrowing of the arteries in the legs, possibly resulting in amputation. This group is free and open to the public and meets quarterly.

SPEAKER: Mehdi Shishehbor, MD

UH Harrington Heart & Vascular Institute

THURSDAY, JANUARY 9

6 – 7:30 p.m.

UH Ahuja Medical Center

Rosenberg A/B

To register, please call 216-342-2681.

SAVE THE DATE

FAMILY HEALTH AND SAFETY DAY

SATURDAY, JUNE 6

UH Ahuja Medical Center

UH Avon Health Center

1997 Healthway Drive, Avon, OH 44011 UHhospitals.org/Fitness

FEATURED EVENT

THRIVING AFTER BREAST CANCER

Join us as a panel of University Hospitals experts discuss how to embrace a lifestyle of recovery and regain your best self after breast cancer. This gathering is for patients, survivors, family members and friends. Enjoy light refreshments, door prizes and time for Q&A with the panel.

Program highlights include:

- Keeping your primary care physician and cancer team up-to-date on your recovery
- Reclaiming your best self through exercise and meditation
- Preventing and managing side effects related to lymphedema and/or nerve pain
- Light refreshments and door prizes

THURSDAY, FEBRUARY 13

5:30 – 7 p.m.

The Fitness Center at UH Avon Health Center

1997 Healthway Drive
Avon, Ohio 44011

Register at 216-767-8435.

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.

For questions: Renee Barrett, Program Manager **440-988-6801** Renee.Barrett@UHhospitals.org

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 method 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 teach training watts (power generated from your cycling).

LAST SATURDAY OF THE MONTH

10:15 – 11:10 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 THE MONTH

11 a.m. – 12:30 p.m.

BOSU® EXERCISE

The BOSU® Balance Trainer has two sides: a dome or platform that can be used on either side. Learn basic balance and strength training positions from standing, sitting, kneeling, and lying positions.

SATURDAYS**JANUARY 25****FEBRUARY 22****MARCH 28**

11:30 a.m. – 12:25 p.m.

STRONG BY ZUMBA®

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that matches each move.

SATURDAYS**JANUARY 4****FEBRUARY 15****MARCH 14**

8 – 8:55 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**JANUARY 11****FEBRUARY 1****MARCH 7**

11:30 a.m. – 12:25 p.m.

IRON YOGA

Lengthen the body while incorporating the mind/body benefits of breath with movement. This invigorating class incorporates light dumbbells with yoga poses.

TUESDAYS**JANUARY 14****FEBRUARY 11****MARCH 10**

8:15 – 9 a.m.

PARKINSON'S DISEASE WELLNESS EDUCATION**SECOND THURSDAY OF EACH MONTH**

12 – 1 p.m.

Refreshments provided. RSVP to Jordan Smith at 440-328-3446 or Jordan.Smith@UHhospitals.org.

BUILDING YOUR EXERCISE PROGRAM

Not sure where to start? Hit a plateau or just losing some motivation? Join personal trainer and fitness specialist, Lauren Roland, to learn a new roadmap for fitness. Learn about exercise guidelines for cardio, strength, flexibility. Answer the questions of: How much? How long? How many sets and reps? When should I rest? And more.

TUESDAY, JANUARY 7

6 – 6:45 p.m.

QUICK AND EASY MEAL SERIES

Join Kim Horvath, CDE, RD, LD, for this workshop to exchange ideas on how to use popular appliances to prepare quick and easy meals at home. Samples provided.

TUESDAY, JANUARY 14 -**INSTAPOT**

6 – 6:45 p.m.

WEDNESDAY, FEBRUARY 26 –**AIR FRYER**

6 – 6:45 p.m.

BRAIN HEALTH PRESENTATION

We use our brains 24 hours a day, 7 days a week. Keeping your brain healthy and sharp is important to your well-being. Come learn about the impact of lifestyle on brain health.

TUESDAY, FEBRUARY 11

12 – 1 p.m.

CORE TRAINING FOR A MORE FUNCTIONAL YOU

Are you tired of doing countless crunches without seeing the results you desire? Join fitness specialist and personal trainer, Lauren Roland, for a presentation that will shatter your perceptions of core training. Learn how to build a stronger core that will contribute to better balance, reduced low back pain and increased athletic performance.

MONDAY, FEBRUARY 17

6 – 7 p.m.

OSTEOPOROSIS WELLNESS PRESENTATION

Are concerned about your bone density? Join personal trainer and fitness specialist, Lauren Roland, for an educational presentation about the intricacies of common bone-related conditions like osteoporosis, osteopenia, and sarcopenia. Discover how you can adapt your workout plan to maximize bone growth, no matter your age or fitness level.

MONDAY, MARCH 23

6 – 7 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

CLASSES AND MEMBERSHIPS REQUIRING A FEE

MEMBERSHIP AT THE FITNESS CENTER AT UH AVON HEALTH CENTER:

Full fitness center membership is available for a fee and includes over 125 group exercise classes per week, an indoor and outdoor walking track, 75-foot lap pool, warm water pool, weights, over 85 cardio machines, and use of racquetball and tennis courts and gym. Whirlpools, sauna and steam rooms are in each locker room. Members also receive a discount at the Exhale Day Spa. Personal training and Kid's Club childcare also available for additional fees. For more information or to experience the facility, contact membership services at **440-988-6801** or Dana.Doheny@UHhospitals.org.

FOAM ROLLER WORKSHOP

Hands-on workshop with Margo Gemperline, licensed massage therapist and yoga teacher. Discover why foam rolling is good for you and the best ways to use one. Benefits include: injury prevention, reduction of muscle soreness, enhanced athletic skills, improvements in posture and flexibility and more. All participants will receive an exercise booklet to repeat the exercises at home.

MONDAY MARCH 16

11:45 a.m. – 12:45 p.m.

MONDAY MARCH 16

6 - 7 p.m.

Fee: Pre-register by March 10

\$40 fitness center member/\$45 guests (includes a 36" x 6" medium-density foam roller)

\$15 fitness center member/\$20 guests (those who have their own 36" x 6" foam roller)

BETTER BODY CHALLENGE

A 12-week immersion program that focuses on weight loss, body fat reduction and increased fitness levels. Past participants have seen a marked reduction of their Body Mass Index (BMI) as well as increased lean body mass and stamina. Includes 24 small-group personal training sessions, nutritional guidance and education, fun team challenges and educational seminars. Cash prizes (\$500, \$250, \$100) plus gift cards to provide extra incentive.

Bi-weekly accountability with weigh-ins and measurements.

JANUARY 12 – APRIL 4

*Register early for best selection of training times. Program fee is \$625 for fitness center members and \$850 for guests. For more information, contact Melissa.Rau@uhhospitals.org or call **440-988-6824**.*

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 is led by specially-trained and certified fitness professionals.

It includes small-group workouts on:

TUESDAYS AND THURSDAYS

5 – 6 p.m.

*For details contact Christopher.Ross@UHhospitals.org or call **440-988-6815**.*

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

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 who are interested in losing weight. Pre- and post-program body composition measurements will be scheduled with each participant.

TUESDAYS

JANUARY 21 - MARCH 11

6 – 7 p.m.

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

Fee: \$60 for eight-week program.

AGING ACTIVELY PERSONAL TRAINING CLASS

Join Lauren Roland, MS, 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 AND THURSDAYS OR WEDNESDAYS AND FRIDAYS

1 – 2 p.m.

Fee: \$120 fitness center member; \$150 for guest

*For details contact Lauren.Roland@UHhospitals.org or call **440-988-6801**.*

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: *six-week session: \$72 for 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

12:25 – 1:25 p.m.

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

REGISTER TO BECOME A MEMBER TODAY

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

UH Bedford Medical Center

44 Blaine Avenue, Bedford, OH 44146

LOCATIONS:

UH Bedford Medical Center
44 Blaine Avenue
Bedford, OH 44146

Light of Hearts Villa
283 Union Street
Bedford, OH 44146

Bedford Heights Community Center
5615 Perkins Road
Bedford Heights, OH 44146

FEATURED EVENT

WELLNESS EDUCATION GROUP

Monthly class and group discussion lead by various health care professionals to help manage and prevent chronic health conditions.

MONDAYS

JANUARY 13
FEBRUARY 3
MARCH 2

11:30 a.m. – 12:30 p.m.

Bedford Heights Community Center

Call 440-735-4700 to register.

EXERCISE & FITNESS

WALKING CLUB

Put on your walking shoes and join the Age Well Be Well Walking

Club every Monday. Take a few laps around the gym at Ellenwood Rec Center, our new walking location. (Please bring a pair of indoor walking shoes that are appropriate for the gym floor.) New walkers will receive a complimentary T-shirt.

MONDAYS

JANUARY 6, 13, 27
FEBRUARY 3, 10, 24
MARCH 2, 9, 16, 23, 30

9:30 – 10 a.m.

Ellenwood Recreation Center
124 Ellenwood Avenue
Bedford, OH 44146

Call 440-735-4739 to register.

YOGA WITH A TWIST

MONDAYS

JANUARY 6, 13, 20, 27
FEBRUARY 3, 10, 17, 24
MARCH 2, 9, 16, 23, 30

FRIDAYS

JANUARY 3, 10, 17, 24, 31
FEBRUARY 7, 14, 21, 28
MARCH 6, 13, 20, 27

11 a.m. – 12 p.m.

Oakwood Village Community Center
23035 Broadway Avenue,
Oakwood Village, OH 44146

440-735-4739

BALLOFLEX CHAIR DANCING

BalloFlex is a seated chair fitness program that incorporates elements of music and dance. It is an activity that has been carefully designed to provide a fun group interaction using low-impact movements set to music.

TUESDAYS

JANUARY 7, 14, 21, 28
FEBRUARY 4, 11, 18, 25
MARCH 3, 10, 17, 24, 31

THURSDAYS

JANUARY 2, 9, 16, 23, 30
FEBRUARY 6, 13, 20, 27
MARCH 5, 12, 19, 26

Light of Hearts Villa

Call 440-735-4739 to register.

BALANCE EXERCISE

THURSDAYS

JANUARY 2, 9, 16, 23, 30
FEBRUARY 6, 13, 20, 27
MARCH 5, 12, 19, 26

11 a.m. – 12 p.m.

The Mandel Jewish Community Center

Warrensville Community Apartments

1500 Warrensville Center Road,
Cleveland Heights, OH 44121

Call 216-831-0700, Extension 1210.

ACTIVITIES

COMMUNITY MUSIC EXPLORATION

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

WEDNESDAYS

JANUARY 22

FEBRUARY 19

MARCH 25

2:30 – 3 p.m.

Light of Hearts Villa
440-735-4739

DINNER AND A MOVIE

TUESDAY, FEBRUARY 11

3 – 5 p.m.

Movie title: To Be Announced (TBA)

UH Bedford Medical Center Café

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

COMPUTER CLASS

Individual computer help for seniors. Not a group class.

TUESDAYS

JANUARY 7, 14, 21, 28

FEBRUARY 4, 11, 18, 25

MARCH 3, 10, 17, 24, 31

11 a.m. – 12 p.m.

The Mandel Jewish Community Center

Warrensville Community Apartments.

1500 Warrensville Center Road, Cleveland Heights, OH 44121

Please call 216-831-0700, Extension 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 like.

WEDNESDAYS

JANUARY 8, 22

FEBRUARY 12, 26

MARCH 11, 25

10 – 11 a.m.

UH Bedford Medical Center Café

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

UH Conneaut Medical Center

LOCATION:

UH Conneaut Medical Center
158 West Main Street
Conneaut, OH 44030

FEATURED EVENT

BREAST HEALTH

The Ashtabula and Eastern Lake County Rural Under-Served Women's Project is an important initiative offering a variety of breast health-related services to women in the communities we serve. The Under-Served Women's Project offers clinical breast examinations and screening mammograms for uninsured and under-insured women ages 40 – 64 well as breast health educational sessions that cover

topics like breast self-awareness and breast self-examination. Free mammogram screenings require call-ahead scheduling.

UH Conneaut Medical Center

Call 440-998-0695 to schedule.

ACTIVITIES

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

JANUARY 8

FEBRUARY 12

MARCH 11

4 – 7 p.m.

UH Conneaut Medical Center

Please call 440-998-0107.

EXERCISE & FITNESS

WALK WITH AN EXPERT

THURSDAYS

JANUARY 2

FEBRUARY 6

MARCH 5

8 – 10 a.m.

Ashtabula Towne Square

3315 North Ridge East
Ashtabula, OH 44004

Please call 440-998-0107.

WALKING PROGRAM – CONNEAUT

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

TUESDAYS

JANUARY 7, 14, 21, 28
FEBRUARY 4, 11, 18, 25
MARCH 3, 10, 17, 24, 31
 8 – 9:30 a.m.

New Leaf Church

110 Gateway Avenue
 Conneaut, Ohio 44030

HEALTH EDUCATION

MONDAYS

JANUARY 6 – Stress Management
FEBRUARY 3 – Heart Health
MARCH 2 – National Kidney Awareness Month
 11 a.m. – 12 p.m.

Orwell Country Neighbor

39 South Maple Street
 Orwell, OH 44076

Please call 440-593-0364.

TUESDAYS

JANUARY 7 – Stress Management
FEBRUARY 4 – Heart Health
MARCH 3 – National Kidney Awareness Month
 12 – 1 p.m.

Andover Community Center

181 South Main Street
 Andover, OH 44003

Please call 440-593-0364.

WEDNESDAYS

JANUARY 15 – Stress Management
FEBRUARY 26 – Heart Health
MARCH 11 – National Kidney Awareness Month
 11 a.m. – 12 p.m.

Conneaut Human Resource Center

327 Mill Street
 Conneaut, OH 44030

Please call 440-593-0364.

SILVER SNEAKERS

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

WEDNESDAYS

JANUARY 8 – Metabolic Syndrome
FEBRUARY 12 – Meniere’s Disease
MARCH 11 – Senior Assessments: What Are They and How Can They Help?
 8 – 8:30 a.m.

New Leaf Church

110 Gateway
 Conneaut, OH 44030

SCREENINGS

BLOOD PRESSURE/ CHOLESTEROL/GLUCOSE

TUESDAY, MARCH 24
 8:30 – 11 a.m.

Conneaut Human Resource Center

327 Mill Street
 Conneaut, OH 44030

SUPPORT GROUPS

DIABETIC SUPPORT GROUP

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

TUESDAYS

JANUARY 7
FEBRUARY 4
MARCH 3
 1:30 – 2:30 p.m.

Andover Community Center

181 South Main Street
 Andover, OH 44003

THURSDAYS

FEBRUARY 20
MARCH 19
 10:30 – 11:30 a.m.

Conneaut Human Resource Center

327 Mill Street
 Conneaut, OH 44030

MONDAYS

JANUARY 6
FEBRUARY 3
MARCH 2
 10 – 11 a.m.

Orwell Country Neighbor

39 South Maple
 Orwell, OH 44076

Please call 440-593-0364.

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

JANUARY 6, 13, 20, 27
FEBRUARY 3, 10, 17, 24
MARCH 2, 9, 16, 23, 30
 8:30 – 9:30 a.m.

Snap Fitness Conneaut

236 Main Avenue
 Conneaut, OH 44030

Please call 440-998-0107.

REGISTER TO BECOME A MEMBER TODAY

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

LOCATIONS:

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

UH Elyria Medical Center
Gates Building
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
JANUARY 21
FEBRUARY 18
MARCH 17
7 – 9 a.m.

UH Elyria Medical Center
Lobby

BLOOD PRESSURE SCREENINGS

Closed on all holidays or in 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

SUPPORT GROUPS

MUSIC, HEALTH AND WELLNESS

THURSDAYS
JANUARY 23
FEBRUARY 20
MARCH 19
7 – 8 p.m.

UH Elyria Medical Center
Boyton Room, 3rd floor
Training and Development
Department
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 44011

For details call Tanya at
440-695-7111.

DIABETES EDUCATION AND HEALTHY LIFESTYLE

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.

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

INDIVIDUAL DIABETES EDUCATION

MONDAY THROUGH THURSDAY
Evening hours are available on Tuesday and Wednesday.

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
MARCH 11, 18, 25
10 a.m. – 12 p.m.

UH Elyria Medical Center

HEALTHY LIFESTYLE MEDICAL NUTRITION THERAPY

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 THROUGH THURSDAY
Evening hours are available on Tuesday and Wednesday.

*A physician referral is required.
Please contact your insurance provider to verify coverage.*

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

WELLNESS CLINIC FOR CHRONIC DISEASE MANAGEMENT

Wellness: The state of being in good health, especially as an actively pursued goal.

Whether newly diagnosed or living with a chronic condition or transitioning to home after a recent hospital stay, our clinical team will take the time to help you better understand your diagnosis, treatments, medications and physician recommendations.

The Wellness Clinic connects the dots - coordinating and optimizing the care you receive from all your health care providers. Our team of clinical experts help you manage your health and well-being with the goal of keeping you home and healthy.

Chronic Medical Issues Supported

Our team provides management and support to individuals who are newly diagnosed or have been living with chronic medical issues, including:

- Alzheimer's Disease & Related Dementia
- Arthritis (Osteoarthritis and Rheumatoid)
- Asthma
- Atrial Fibrillation
- Cancer
- Chronic Kidney Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Diabetes (Type 2)
- Heart Failure
- Hyperlipidemia (High cholesterol)
- Hypertension (High blood pressure)
- Ischemic Heart Disease
- Osteoporosis
- Stroke

What is Chronic Care Management?

Chronic Care Management is a program approved by Medicare and created to assist patients with two or more chronic conditions. The goals of the program are to:

- Coordinate care and enhance communication between physicians and care providers
- Create a plan of care with your health goals in mind and together track and review your monthly progress
- Help to enhance the care and treatment you are receiving
- Increase your overall wellness
- Help improve your day-to-day wellness through communication with an assigned Registered Nurse Chronic Care Coordinator
- Connect you to tools and resources that help you to better manage your chronic conditions
- Closely monitor how you are feeling and make recommendations

During your initial Wellness Clinic visit, you will meet with your dedicated Registered Nurse Chronic Care Coordinator who will take the time to get to know you and how your chronic conditions affect your daily activities and ensure you are taking full advantage of the services offered by Medicare.

After, you will meet with an Advanced Practice Provider who will ask you about your health goals and from these goals will create a personalized plan of care. A member of our pharmacy team will review your medications, ensure there are no barriers in obtaining or taking your medications, make you aware of possible interactions and answer your questions.

Essential Services Offered

Our experts offer a variety of essential services, including:

- Monitoring your blood pressure
- Monitoring your A1c
- Ordering diagnostic tests
- Recommend and schedule preventive health screenings
- Helping you to identify early signs and symptoms
- Ensuring you understand your diagnosis and recommended treatments
- Developing a plan of care
- Analyzing medications and informing you of possible side effects and interactions
- Making recommendations on diet and activity
- Administering IV medications
- Assisting with antibiotic or hydration therapy
- Helping you find a primary care physician or specialist and keeping them updated on your progress

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.

Location: Wellness Clinic for Chronic Disease Management
UH Geauga Health Center
13221 Ravenna Road, Building 1, Suite 9
Chardon, Ohio 44024
216-286-5433

LOCATIONS:

UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH 44024

West Geauga Senior Center
12650 West Geauga Plaza
Chesterland, OH 44026

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

The West Woods Nature Center
9465 Kinsman Road
Novelty, OH 44072

ACTIVITIES

DINNER AND A MOVIE

WEDNESDAYS

JANUARY 22

FEBRUARY 19

MARCH 25

3 – 6 p.m.

West Geauga Senior Center

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

GARDENING FOR LIFELONG HEALTH

WEDNESDAY, MARCH 11

3 – 4 p.m.

UH Geauga Medical Center
440-214-3180

ELDERBERRIES: SENIORS RIPE FOR ADVENTURE

American Kestrel Nest Box Project UH Wellness Program – Blood Pressure Screenings

Learn about the trials and tribulations of the American Kestrel, the smallest falcon in North America and a species in peril.

THURSDAY, JANUARY 16

1 – 2:30 p.m.

Refreshments provided.

The West Woods Nature Center

To register, call 440-214-3180

Maple Syrup 101 UH Wellness – Blood Pressure Screenings

There may still be snow on the ground, but it's a busy time for Geauga maple syrup producers! This indoor program will highlight the basics of producing syrup, with demonstrations and tasty samples, including maple nut sundaes.

THURSDAY, FEBRUARY 20

1 – 2:30 p.m.

The West Woods Nature Center

Refreshments provided.

The BUZZ about Native Pollinators UH Wellness – Blood Pressure Screenings

Have you heard the recent buzz about native pollinators? A naturalist will discuss our important and remarkable native pollinators and their importance in our lives.

THURSDAY, MARCH 19

11:30 a.m. – 1:30 p.m.

Big Creek Park – Deep Woods Lodge

9160 Robinson Road
Chardon, OH 44024

To register, call 440-214-3180.

Light lunch provided.

Heart to Heart Dance

Bring a date, come stag or with a group of friends. You will interact with both the Chardon High School students and Park Elementary School second-graders. Enjoy a day of dancing, music and lunch.

FRIDAY, FEBRUARY 21

9:30 a.m. – 1:30 p.m.

Park Elementary Auditorium
111 Goodrich Court
Chardon, OH 44024

To register call, 440-279-2130.

Cost: \$10

In collaboration with the Geauga County Department on Aging.

Cuisine and Culture

Enjoy a day of education, culture and cuisine.

Lunch provided.

WEDNESDAY, JANUARY 8

THURSDAY, FEBRUARY 13

11:30 a.m. – 1:30 p.m.

West Geauga Senior Center

To register call, 440-214-3180.

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

JANUARY 6, 13, 20, 27

FEBRUARY 3, 10, 17, 24

MARCH 2, 9, 16, 23, 30

WEDNESDAYS

JANUARY 8, 15, 22, 29

FEBRUARY 5, 12, 19, 26

MARCH 4, 11, 18, 25

FRIDAYS

JANUARY 3, 10, 17, 24, 31

FEBRUARY 7, 14, 21, 28

MARCH 6, 13, 20, 27

9:30 – 11 a.m.

Taekwondo Center

209 Center Street
Chardon, OH 44024

To register, call 440-279-2137.

Monthly fee: \$45

STRENGTHS AND WEIGHTS**TUESDAYS**

JANUARY 7, 14, 21, 28

FEBRUARY 4, 11, 18, 25

MARCH 3, 10, 17, 24, 31

THURSDAYS

JANUARY 2, 9, 16, 23, 30

FEBRUARY 6, 13, 20, 27

MARCH 5, 12, 19, 26

10 – 11 a.m.

(Age 60 +)

West Geauga Senior Center

BOXING**TUESDAYS**

JANUARY 7, 14, 21, 28

FEBRUARY 4, 11, 18, 25

MARCH 3, 10, 17, 24, 31

8:30 – 9:30 a.m.

(Age 60 +)

West Geauga Senior Center

BALANCE EXERCISES**TUESDAYS**

JANUARY 7, 14, 21, 28

FEBRUARY 4, 11, 18, 25

MARCH 3, 10, 17, 24, 31

2:15 – 3 p.m.

(Age 60 +)

Chardon Senior Center

12555 Ravenna Road

Chardon, OH 44024

440-214-3180

HEALTH SCREENINGS**BLOOD PRESSURE SCREENINGS****MONDAYS**

JANUARY 6

FEBRUARY 3

MARCH 2

8:30 – 10 a.m.

West Farmington Senior Center

150 College Street

West Farmington, OH 44491

WEDNESDAYS

JANUARY 15

FEBRUARY 19

MARCH 18

11:30 a.m. – 12:30 p.m.

Middlefield Senior Center

15820 Ridgewood Drive

Middlefield, OH 44062

THURSDAYS

JANUARY 2

FEBRUARY 6

MARCH 5

11 a.m. – 12 p.m.

West Geauga Senior Center

WEDNESDAY,

JANUARY 22 & MARCH 25

TUESDAY, FEBRUARY 18

10 a.m. – 12 p.m.

Gauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

BALANCE SCREENINGS

TUESDAY, JANUARY 21

1 – 4 p.m.

Outpatient Rehabilitation Center
at Gauga YMCA

440-214-3101

MATTER OF BALANCE CLASSES

Are you concerned about falling?

Interested in improving balance,

flexibility and strength? Falls are

preventable and this class can

make a difference. Set realistic

goals for staying active, learn how

to stay safe at home, complete

exercises to increase strength and

balance, and learn how to identify

and control your fear of falling.

TUESDAYS

JANUARY 14, 21, 28

& FEBRUARY 4

THURSDAYS, JANUARY 16, 23, 30

& FEBRUARY 6

12:30 – 2:30 p.m.

Ohman Family Living at Briar

14807 N. State Street

Middlefield, Ohio 444062

*To register, call 440-279-2130.***HEALTH EDUCATION****TAPPING INTO YOUR INNER
PEACE AND STRENGTH**Find hope and new meaning in
life - ways to cope with adversity
and disappointment

THURSDAY, MARCH 12

12 – 1 p.m.

UH Geauga Medical Center

*To register, call 440-214-3180.**Light lunch provided.***UNDERSTANDING HIGH BLOOD
PRESSURE AND MEDICATION
MANAGEMENT**

TUESDAY, FEBRUARY 4

12:15 – 1:15 p.m.

Bainbridge Senior Center

17751 Chillicothe Road

Chagrin Falls, OH 44023

TUESDAY, FEBRUARY 11

11 a.m. – 12 p.m.

West Geauga Senior Center

12650 West Geauga Plaza

Chesterland, OH 44026

WEDNESDAY, FEBRUARY 12

10:30 – 11:30 a.m.

Chardon Senior Center

12555 Ravenwood Drive

Chardon, OH 44024

WEDNESDAY, FEBRUARY 19

10:30 – 11:30 a.m.

Middlefield Senior Center

15820 Ridgewood Drive

Middlefield, OH 44062

*To register, call 440-214-3180.***BONE HEALTH**

WEDNESDAY, FEBRUARY 5

11 a.m. – 12 p.m.

Gauga West Library

13455 Chillicothe Road

Chesterland, OH 44026

To register, call 440-214-3180.

HEART HEALTH EXPO

SATURDAY, FEBRUARY 8

9 a.m. – 1 p.m.

Health screenings provided.

UH Geauga Medical Center

Main Lobby

To register, call 440-901-1954

ORTHO EXPO

SATURDAY, FEBRUARY 22

11 a.m. – 3 p.m.

Generations Event & Reception Center

12809 Chillicothe Road
Chesterland, OH 44026

To register, call 216-765-3421.

SENIOR EXPERT PANEL DISCUSSION

TUESDAY, MARCH 3

1 – 3 p.m.

Maplewood at Chardon

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

To register, call 440-214-3180.

Light refreshments provided.

In collaboration with Maplewood at Chardon.

HEALTHY EATING ON A BUDGET

WEDNESDAY, MARCH 4

12 – 1 p.m.

West Farmington Senior Center

150 College Street
West Farmington, OH 44491

WOMEN'S HEALTH EXPO

SATURDAY, MARCH 14

9 a.m. – 1 p.m. (*Doors open at 8 a.m.*)

Health screenings provided

LaMalfa

5783 Heisley Road
Mentor, OH 44060

To register, call 440-901-1446.

COLORECTAL AWARENESS DAY

WEDNESDAY, MARCH 4

9 a.m. – 1 p.m.

UH Geauga Medical Center

Main Lobby

To register, call 440-901-0778.

WELLNESS EXPO

SATURDAY, MARCH 28

9 a.m. – 1 p.m. (*Doors open at 8 a.m.*)

The Avalon Inn and Resort

9519 East Market Street
Warren, OH 44484

To register, call 330-974-0148.

SAVE THE DATE

FAMILY HEALTH & SAFETY DAY

SATURDAY, JUNE 13

9 a.m. – 1 p.m.

UH Geauga Medical Center

SUPPORT GROUPS

APHASIA SUPPORT GROUP

MONDAYS

JANUARY 6

FEBRUARY 3

MARCH 2

6 – 8 p.m.

Outpatient Rehabilitation Center at Geauga YMCA

440-214-3101

STROKE SUPPORT GROUP

WEDNESDAYS

JANUARY 8

FEBRUARY 12

MARCH 11

11 a.m. – 12 p.m.

West Geauga Senior Center

440-285-6724

LIVING WITH LYMPHEDEMA SUPPORT GROUP

WEDNESDAYS

JANUARY 15

FEBRUARY 19

MARCH 18

6 – 8 p.m.

No registration required.

Refreshments will be served.

UH Concord Health Center

Community Room

7500 Auburn Road
Concord, OH 44024

PARKINSON'S SUPPORT GROUP

TUESDAYS

JANUARY 21

FEBRUARY 18

MARCH 17

12:30 – 1:30 p.m.

Chardon Senior Center

12555 Ravenwood Drive
Chardon, OH 44024

To register, call 440-279-2137.

SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?

University Hospitals Geauga Medical Center Norma N. Chapman Senior Assessment Program.

Call 440-285-3035 to schedule an assessment.

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

FEATURED EVENTS

BREAST HEALTH

The Ashtabula and Eastern Lake County Rural Under-Served Women's Project is an important initiative offering a variety of breast health-related services to women in the communities we serve. The Under-Served Women's Project offers clinical breast examinations and screening mammograms for uninsured and under-insured women ages 40 – 64 well as breast health educational sessions that cover topics like breast self-awareness and breast self-examination. Free mammogram screenings require call-ahead scheduling – call **440-998-0695**.

EXERCISE & FITNESS

WALK WITH AN EXPERT

THURSDAYS
JANUARY 2
FEBRUARY 6
MARCH 5
 8 – 10 a.m.

Ashtabula Towne Square
 3315 North Ridge Road East
 Ashtabula, OH 44004

Please call 440-998-0107 to register.

WALKING PROGRAM

TUESDAYS
JANUARY 7, 14, 21, 28
FEBRUARY 4, 11, 18, 25
MARCH 3, 10, 17, 24, 31
 8 – 9:30 a.m.

New Leaf
 110 Gateway Avenue
 Conneaut, OH 44030

Please call 440-998-0107 to register.

HEALTH EDUCATION

SILVER SNEAKERS ASHTABULA

TUESDAYS
JANUARY 14: Metabolic Syndrome
FEBRUARY 11: Meniere's disease
MARCH 17: Senior Assessments: What Are They and How Can They Help?
 11:15 a.m. – 12 p.m.

Ashtabula YMCA – Silver Sneakers
 263 West Prospect Road
 Ashtabula, OH 44004

Please call 440-998-0680 to register.

MADISON SENIOR CENTER

TUESDAYS
JANUARY 28: Metabolic Syndrome
FEBRUARY 18: Meniere's disease
MARCH 24: Senior Assessments: What Are They and How Can They Help?
 11:30 a.m. – 12 p.m.

Madison Senior Center
 2938 Hubbard Road
 Madison, OH 44057

Please call 440-428-6664 to register.

GENEVA HEALTH FORUM AND LUNCHEON

WEDNESDAYS
JANUARY 15: Stress Management
FEBRUARY 19: Meniere's Disease
MARCH 18: Nutritional Changes as We Age
 11:15 a.m. – 1 p.m.

Geneva Community Center
 72 West Main Street
 Geneva, OH 44041

Please call 440-998-0680 to register.

HEALTH SCREENINGS

ASHTABULA YMCA

Free Screenings: Blood Pressure, Glucose and Cholesterol
TUESDAY, MARCH 10
 8:30 – 9:30 a.m.

YMCA Ashtabula
 263 West Prospect Road
 Ashtabula, OH 44004

Please call 440-998-0680 to register.

MADISON YMCA

Free Screenings: Blood Pressure, Glucose and Cholesterol
MONDAY, FEBRUARY 17
 8:30 – 10 a.m.

Madison YMCA
 730 North Lake Street
 Madison, OH 44057

Please call 440-998-0680 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

LOCATIONS:

[UH Parma Medical Center](#)
7007 Powers Boulevard
Parma, OH 44129

[UH Parma Health Education Center](#)
7300 State Road
Parma, OH 44134

FEATURED EVENTS

HEART DISEASE & CALCIUM SCORING TEST INFORMATION

Learn about coronary calcium scoring and its value in the early diagnosis of coronary artery disease. Presented by interventional cardiologist, Farshad Forouzandeh, MD, PhD, FACC, this will be a great opportunity to ask questions about heart health and heart disease. You will also be able to schedule your calcium scoring test that evening for a future date.

THURSDAY, FEBRUARY 13
5 p.m.

UH Parma Medical Center
Auditorium

Call 440-743-4932 to register. Light refreshments.

GET THE FACTS ON COLON CANCER

Colon cancer is among the most preventable forms of cancer when routine colonoscopy screenings are done. During Colon Cancer Awareness Month, learn about the screening guidelines, diagnosis and treatment for this disease that affects men and women equally. Dany Raad, MD, Medical Director of the UH Digestive Health Institute at UH Parma Medical Center, will discuss diagnosis, surgery and treatment for the third most commonly diagnosed type of cancer.

THURSDAY, MARCH 12
12 p.m.

Seven Hills Recreation Center
7777 Summitview Road
Seven Hills, OH

Call 440-743-4932 to register. Light lunch will be provided.

FREE ADULT HEALTH SCREENINGS

Join your University Hospitals neighborhood experts for free community wellness screenings and educational materials that promote healthy lifestyles for adults. WALK IN Screenings will include balance and grip, blood pressure, blood glucose, bone density, cholesterol, podiatry, stroke risk assessment, hearing and PSA (for men). Preregistration is required for the PSA test.

SATURDAY, MARCH 28
10 a.m. – 1 p.m.

UH Parma Health Education Center

Call 440-743-4932 for more information or to register for the PSA screening.

HEALTHY LUNGS

Nearly half of all adults have a lung nodule, which shows as a spot or shadow on an X-ray or CT scan. But should you worry? Learn about lung health and the new Lung Nodule Center at UH Parma Medical Center from Neejraj Mahajan, MD, medical oncologist from UH Seidman Cancer Center at UH Parma Medical Center.

TUESDAY, MARCH 31
6 p.m.

UH Parma Medical Center
Auditorium

Call 440-743-4932 to register. Light refreshments will be provided.

HEALTH EDUCATION

BARIATRIC SURGERY SEMINAR

Weight loss surgery can dramatically change lives for the better. If you've tried every diet

and program without success, register for this free patient seminar at our accredited bariatric surgery and medically supervised weight loss program at UH Parma Medical Center.

TUESDAY, JANUARY 14
5:30 – 6:30 p.m.

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

For more information or to register, call 216-844-5274.

To attend an online information session, visit UHhospitals.org/weightloss.

HEART HEALTHY HABITS

You will learn how to eat a well-balanced heart-healthy diet and how to manage your sodium and saturated fat intake. Presented by a dietitian from UH Parma Medical Center.

TUESDAY, JANUARY 21
4:30 – 5:30 p.m.

UH Parma Medical Center
Cafeteria

Call 440-743-4932 for more information or to register.

DIABETES MANAGEMENT GROUP CLASS

You will learn how diet affects your diabetes at this general informational session. Private consultations may be scheduled with a dietitian after the completion of this class.

Please note: This class must be completed before scheduling private consultations.

This Diabetes Management Program may be billable through your insurance provider and a physician referral is required. For more information or assistance in obtaining a referral, please call 440-743-4932.

WEDNESDAY, FEBRUARY 19

4:30 – 5:30 p.m.

UH Parma Medical Center
Cafeteria*Call 440-743-4932 for more information and to register.***BALANCE & FALLS PREVENTION**

How are falls defined and who is at risk? What contributes to falls and how can they be prevented? Learn the answers to these questions and more from Therese Lord, Doctor of Physical Therapy from UH Parma Medical Center. You will also learn a few basic exercises to help and/or maintain your balance and avoid falls.

TUESDAY, FEBRUARY 25

5 – 6 p.m.

UH Parma Health Education
Center*Call 440-743-4932 to register.***FAD DIETS VS. NUTRITION TRUTH**

March is National Nutrition Month. Please join us at this free seminar to learn the truth about the “fad diets” that are all over the media.

TUESDAY, MARCH 17

4:30 – 5:30 p.m.

UH Parma Medical Center
Cafeteria*Call 440-743-4932 for more information and to register.***INFANT CARE CLASS**

Learn all about newborns and their needs. Topics include normal newborn appearance, growth and development. You will also learn about car seat safety, safe sleep practices, newborn care and when to call the doctor. This is a great class for grandparents.

SATURDAY, JANUARY 18

9:30 a.m. – 12:30 p.m.

THURSDAY, FEBRUARY 13

6:30 – 9:30 p.m.

UH Parma Medical Center
Cafeteria*Call 440-743-4932 to register.***MEDICAL WEIGHT LOSS**

Learn about medically supervised weight-loss.

*For more information or to register, call 440-743-2995.***JOINT REPLACEMENT**

Considering a total hip, knee or shoulder replacement? Learn what to expect at this one-time informational session for those contemplating total joint replacement surgery at UH Parma Medical Center.

*Call 440-743-4024 for details, dates and times.***OUTPATIENT NUTRITION COUNSELING**

With extensive nutrition counseling experience throughout each person’s life cycle, Claudia Ulintz, 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 Parma Medical Center

*To schedule an appointment, call 440-743-2150.***CHAIR YOGA**

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

TUESDAYS (6 SESSIONS)

JANUARY 7, 14, 21, 28

FEBRUARY 4, 11

TUESDAYS (6 SESSIONS)

FEBRUARY 18, 25

MARCH 3, 10, 17, 24

6:30 – 7:30 p.m.

UH Parma Health Education
Center*Call 440-743-4932 for more information.**\$8 WALK-IN FEE OR \$48 FOR 6 SESSIONS***YOGA**

Dress comfortably and bring a 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.

BEGINNERS/GENTLE**MONDAYS (6 SESSIONS)**

JANUARY 6, 13, 20, 27

FEBRUARY 3, 10

6:30 – 8 p.m.

MONDAYS (6 SESSIONS)

FEBRUARY 17, 24

MARCH 2, 9, 16, 23

6:30 – 8 p.m.

WEDNESDAYS (6 SESSIONS)

JANUARY 8, 15, 22, 29

FEBRUARY 5, 12

6:30 – 8 p.m.

WEDNESDAYS (6 SESSIONS)

FEBRUARY 19, 26

MARCH 4, 11, 18, 25

6:30 – 8 p.m.

MODERATE**THURSDAYS (6 SESSIONS)**

JANUARY 9, 16, 23, 30

FEBRUARY 6, 13

7 – 8:30 p.m.

THURSDAYS (6 SESSIONS)

FEBRUARY 20, 27

MARCH 5, 12, 19, 26

7 – 8:30 p.m.

UH Parma Health Education
Center*440-743-4932**\$10 WALK-IN FEE OR \$60 FOR 6 SESSIONS*

HEALTH SCREENINGS**BLOOD PRESSURE SCREENING (Walk-In)**

FIRST AND THIRD WEDNESDAYS

JANUARY 15 (THIRD WEDNESDAY ONLY DUE TO HOLIDAY)

FEBRUARY 5, 19

MARCH 4, 18

1 – 2 p.m.

UH Parma Health Education Center

COMMUNITY BLOOD PRESSURE SCREENING

FIRST WEDNESDAY OF EACH MONTH

9 – 10:30 a.m.

North Royalton Office on Aging

13500 Ridge Road, North Royalton

FIRST THURSDAY OF EACH MONTH

10 a.m. – 12 p.m.

Brooklyn Senior Center

7727 Memphis Road, Brooklyn

SECOND TUESDAY OF EACH MONTH

9 – 10 a.m.

Broadview Heights Community Center

9543 Broadview Road, Broadview Heights

SECOND THURSDAY OF EACH MONTH

8 – 10 a.m.

Seven Hills Recreation Center

7777 Summitview Road, Seven Hills

SECOND FRIDAY OF EACH MONTH

9 – 11 a.m.

Parma Senior Center

7001 West Ridgewood Drive, Parma

SECOND FRIDAY OF EACH MONTH

10 a.m. – 12 p.m.

Independence Senior Center

6363 Selig Drive, Independence

THIRD TUESDAY OF EACH MONTH
10 a.m. – 12 p.m.Parma Heights Senior Center
9275 North Church Drive, Parma Heights**GLUCOSE SCREENING (Walk-In)**

FIRST AND THIRD WEDNESDAY OF EACH MONTH

JANUARY 15 (THIRD WEDNESDAY ONLY DUE TO HOLIDAY)

FEBRUARY 5, 19

MARCH 4, 18

1 – 2 p.m.

UH Parma Health Education Center

BONE DENSITY SCREENING FOR WOMEN

Testing is done on the heel without socks or pantyhose.

JANUARY 15, MARCH 18

9 – 11 a.m. or 5 – 6:30 p.m.

UH Parma Health Education Center

*Appointment required. Call 440-743-4932.***CHOLESTEROL SCREENING**

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

JANUARY 15, MARCH 18

9 – 11 a.m.

\$30

UH Parma Health Education Center

*Appointment required. Call 440-743-4932.***NON-FASTING CHOLESTEROL SCREENING**

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

JANUARY 15, MARCH 18

11 – 11:30 a.m.

5 – 6:30 p.m.

UH Parma Health Education Center

*Appointment required. Call 440-743-4932.***FREE PERIPHERAL ARTERY DISEASE/CAROTID AND TRIPLE A 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. PAD can cause pain and cramping in the legs that can make walking difficult and can lead to amputation, if untreated.

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, MARCH 7**

9 a.m. – 1 p.m.

UH Parma Medical Center

First floor, Cardiovascular Services
7007 Powers Boulevard
Parma, Ohio 44129*Call 1-800-883-3674 to make your appointment.***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

1-800-272-3900

FOOD ADDICTS ANONYMOUS

Do you have trouble sticking to 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

440-237-3967

PARKINSON'S DISEASE

SECOND TUESDAY OF THE MONTH

1 – 2:30 p.m.

UH Parma Health Education Center

For more information, call 216-524-6354.

STROKE & ARTHRITIS INFORMATION AND SUPPORT

THIRD MONDAY OF EVERY MONTH

NO MEETING IN JANUARY

1 – 2:30 p.m.

UH Parma Health Education Center

For more information, call 440-743-4041.

POST-LSVT SPEECH THERAPY

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

For more information, call 440-743-4160.

UH DIGESTIVE HEALTH INSTITUTE BARIATRIC SURGERY SUPPORT GROUP

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, OH 44129

UNDERSTANDING DRUG ADDICTION

The CDC explains that, "many people don't understand why or how other people become addicted to drugs. They may mistakenly think that those who use drugs lack moral principles or willpower and that they could stop their drug use simply by choosing to. In reality, drug addiction is a complex disease, and quitting usually takes more than good intentions or a strong will".

The following are notable facts about drug addiction:

- Addiction is the compulsive, often uncontrollable use of drugs in spite of the negative consequences. It can happen very quickly for some individuals.
- Short-term effects of opiates include a rush of feelings, clouded thinking, slowed heart rate and breathing and the desire to sleep.
- When the drug wears off, some people may feel a strong urge to take even more.
- The cells in the brain become less sensitive to the drug, and the user must take higher doses to get the same effect.
- Drugs change the brain in ways that make quitting very hard, even for those who want to. The earlier treatment is offered, the greater the likelihood of positive outcomes.
- People falsely believe that because some drugs are legally prescribed for medical pain relief, they pose no danger. Prescription drugs should be taken under close supervision of a physician.

The goals of UH are to provide awareness, education and promote available resources for the problem of drug addiction.

Mary Kiczek, RN, BSN
UH St. John Medical Center

LOCATION:

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

FEATURED EVENTS

HEART SCREENING AND ASK A DOCTOR

FEBRUARY IS HEART MONTH. JOIN US FOR FREE SCREENINGS AND CONVERSATIONS WITH OUR HEART EXPERTS.

We want to celebrate Valentine's Day with you. Enjoy a fun day of free screenings, one-on-one conversations with our doctors, helpful information and education, refreshments and a special Valentine's Day gift for all who attend. This event is free, but registration is required.

FRIDAY, FEBRUARY 14
 10 a.m. – 2 p.m.

UH Portage Medical Arts Building
 Room 150 and Atrium

For more information or to register, call 330-968-0557.

COLON CANCER AWARENESS LUNCH & LEARN

Colon cancer is among the most preventable forms of cancer when routine colonoscopy screenings are done. Join us during Colon Cancer Awareness Month to learn about the screening guidelines, diagnosis and treatment for this disease that affects men and women equally. Light snacks and refreshments will be available.

Call for more information and to register at 330-297-2576.

FEATURED SERVICE

OUTPATIENT CLINICAL NUTRITION SERVICES

UH Portage Medical Center offers outpatient clinical nutrition services, focusing on behavioral and lifestyle changes to positively affect eating habits and overall health to achieve long-term goals. Most major insurances accepted, including Medicare. A referral from your physician may be required by your insurance. Check with your insurance provider in advance regarding coverage.

For more information, call 330-297-2388.

To schedule a session with our registered dietitian, call 1-844-208-9371.

HEALTH EDUCATION

DIABETES SELF-MANAGEMENT EDUCATION

Classes will cover the disease process and offer strategies to control diabetes, managing diabetes with nutrition, and understanding diabetes medications.

THURSDAYS
JANUARY 9, 16, 23
 3 – 5 p.m.

UH Portage Medical Center
 Medical/Surgical Classroom

To register for a class, please call 330-297-2575.

A HEART TO HEART WITH THE PHARMACIST

Join us for a light lunch and heart health discussion.

FRIDAY, FEBRUARY 21
 11 a.m. – 12:30 p.m.

UH Portage Medical Arts Building
 Room 150

To register, please call: 330-297-2576

ACTIVITIES

RELAX AND TAKE TIME FOR YOU – STRESS MANAGEMENT SERIES

Stress can be damaging to our physical and emotional well-being. This series addresses the impact of stress and offers solutions for stress relief. Activities include managing stress through exercise, crafts, sound and meditation. Useful tips and health information provided.

PHYSICAL ACTIVITY AND RESISTANCE TRAINING

Exercise and physical activity can reduce levels of the body's stress hormones. Come learn about the direct stress-busting benefits of exercise.

TUESDAY, JANUARY 21
 4 – 5 p.m.

UH Portage Medical Center
 Medical Arts Building, Room 150

To register, please call 330-297-2575.

HEARTS AND STRESS

Craft time and small talk about how stress can affect heart health.

TUESDAY, FEBRUARY 18
 4 – 5 p.m.

UH Portage Medical Center
 Medical Arts Building, Room 150

To register, please call 330-297-2575.

STRESS MANAGEMENT THROUGH THE SOUND OF MUSIC

Music can have a profound effect on both our mind and body. Join us to learn about sound therapy and how it can enhance our overall well-being.

TUESDAY, MARCH 24
 4 – 5 p.m.

UH Portage Medical Center
 Medical Arts Building, Room 150
To register, please call
330-297-2575.

RED CROSS BLOOD DRIVES

THURSDAYS

JANUARY 2

FEBRUARY 6

MARCH 5

1 – 7 p.m.

MONDAYS

JANUARY 20

FEBRUARY 24

MARCH 30

12 – 6 p.m.

UH Portage Medical Center

Medical Arts Building Atrium

EXERCISE & FITNESS

WATER EXERCISE CLASSES

Space is limited and all classes require pre-registration.

ADVANCED SENIOR WELLNESS

MONDAYS, WEDNESDAYS,

FRIDAYS

11 – 11:45 am

BASIC SENIOR WELLNESS

MONDAYS AND FRIDAYS

12 – 12:45 p.m.

TUESDAYS AND THURSDAYS

11 – 11:45 a.m.

FRIDAYS

5:30 – 6:15 p.m.

SATURDAYS

10 – 10:45 a.m.

One visit: \$3.00

9-visit punch pass: \$30.00

Children age 2 and under are free.

Children under age 14 welcome

Monday, Friday and Saturday.

WATER AEROBICS

TUESDAYS AND THURSDAYS

7 – 7:45 a.m.

5:30 – 6:15 p.m.

6:30 – 7:15 p.m.

MONDAYS AND WEDNESDAYS

4:30 – 5:15 p.m.

5:30 – 6:15 p.m.

FRIDAYS

4:40 – 5:15 p.m.

SATURDAYS

9 – 9:45 a.m.

UH Portage Medical Center

Medical Arts Building Rehab
 Center Pool

Once a week: \$12.00 per month

*Call 330-297-2770 for information
 or to register.*

YOGA FOR EVERYONE

THURSDAYS

11 a.m. – 12 p.m.

UH Portage Medical Center

Mangin Fitness Room

SUPPORT GROUPS

*To register for all support groups,
 call 330-297-2576.*

Location for all support groups is:

**UH Portage Medical Arts Building,
 Room 150**

PARKINSON'S SUPPORT GROUP

TUESDAY, MARCH 17

1 – 3 p.m.

**STROKE AND CARDIAC
 SUPPORT GROUP**

TUESDAY, MARCH 10

4 – 5 p.m.

DIABETES SUPPORT GROUP

TUESDAY, FEBRUARY 4

5 – 6 p.m.

OSTOMY SUPPORT GROUP

MONDAYS

FEBRUARY 3

MARCH 2

7 – 9 p.m.

**BREAST CANCER SUPPORT
 GROUP**

THURSDAYS

JANUARY 9

FEBRUARY 13

MARCH 12

5:30 - 7 p.m.

**ALZHEIMER'S CAREGIVER
 SUPPORT GROUP TUESDAYS**

JANUARY 7

FEBRUARY 4

MARCH 3

6:30 – 8:30 p.m.

UH Portage Medical Center

Meeting Room A

To register, call 330-297-2576

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**

LOCATIONS:

[UH Richmond Medical Center](#)
27100 Chardon Road
Richmond Heights, OH 44143

[Community Partnership on Aging
Ross DeJohn Community Center](#)
6306 Marsol Road
Mayfield Heights, OH 44124

[Community Partnership on Aging
Lyndhurst Community Center](#)
1341 Parkview Drive
Lyndhurst, OH 44124

[Community Partnership on Aging
South Euclid Community Center](#)
1370 Victory Drive
South Euclid, OH 44121

FEATURED EVENT**HERNIA HEALTH SCREENING****SATURDAY, JANUARY 18**

Register for a free screening with one of our experts to learn about the importance of early detection and the latest procedures for hernia repair.

UH Richmond Medical Center

Please call **440-720-4745** to register.
Reservations required - 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**COMMUNITY MUSIC
EXPLORATION**

Join Daniel Rose, MT-BC, UH Richmond Medical Center and Connor Integrative Health Network, for singing and socializing. You will enjoy meeting with others while you play instruments and sing along to your favorite songs.

MONDAYS**JANUARY 13****FEBRUARY 10****MARCH 9**

3:30 – 4 p.m.

Tapestry Senior Living Wickliffe

28500 Euclid Avenue

Wickliffe, OH 44092

*Please call 440-735-4739.***TUESDAYS****JANUARY 21****FEBRUARY 18****MARCH 17**

2:30 – 3 p.m.

Governor's Village

280 North Commons Blvd.

Mayfield Village, OH 44143

*Please call 440-735-4739.***DINNER AND A MOVIE****TUESDAYS****JANUARY 14****MARCH 3**

3 – 5 p.m.

MOVIE TITLES: To Be Announced
(TBA)

UH Richmond Medical Center

4th Floor Auditorium

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

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**JANUARY 7, 21****FEBRUARY 4, 18****MARCH 3, 17**

10 – 11 a.m.

UH Richmond Medical Center Café

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

MAKE & TAKE CRAFTS

Simple crafts that you make & take with you!

WEDNESDAYS**JANUARY 29****FEBRUARY 5, 19****MARCH 18, 25**

1 – 2 p.m.

**Community Partnership on Aging
South Euclid Community Center**

*The cost is \$3.00 per person. Please
call 216-650-4029 to register.*

EXERCISE & FITNESS

ZUMBA GOLD

Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

MONDAYS

JANUARY 6, 13, 27

FEBRUARY 3, 10, 24

MARCH 2, 9, 16, 23, 30

9:30 – 10:30 a.m.

Community Partnership on Aging
Lyndhurst Community Center

*Please call 216-650-4029 to register.
Fees vary based on class.*

SENIOR EXERCISE

A light workout to music.

WEDNESDAYS

JANUARY 8, 15, 22, 29

FEBRUARY 5, 12, 19, 26

MARCH 4, 11, 18, 25

THURSDAYS

JANUARY 2, 9, 16, 23, 30

FEBRUARY 6, 13, 20, 27

MARCH 5, 12, 19, 26

10:30 – 11:30 a.m.

Community Partnership on Aging
South Euclid Community Center

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

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. This is not a beginner class.

FRIDAYS

JANUARY 10, 17, 24, 31

FEBRUARY 7, 14, 21, 28

MARCH 6, 13, 20, 27

9:30 – 10:30 a.m.

Fee: \$4 per person per class

Community Partnership on Aging
Ross DeJohn Community Center

Please call 216-650-4029.

GENTLE YOGA

Our instructor can work with ANY ability level.

FRIDAYS

JANUARY 10, 17, 24, 31

FEBRUARY 7, 14, 21, 28

MARCH 6, 13, 20, 27

12 – 1 p.m.

Community Partnership on Aging
Ross DeJohn Community Center

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

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

JANUARY 6, 13, 27

FEBRUARY 3, 10, 24

MARCH 9, 16, 23, 30

10:30 – 11:30 a.m.

Community Partnership on Aging
Lyndhurst Community Center

*Please call 216-650-4029 to register.
Fees vary based on class.*

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

LOCATIONS:

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

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

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

SCREENINGS

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

BLOOD PRESSURE SCREENINGS

FIRST MONDAY OF EACH MONTH
10:30 a.m. – 12 p.m.

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

THIRD MONDAY OF EACH MONTH
1 – 2 p.m.

UH St. John Medical Center
Main Lobby

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.

West Shore 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

BALANCE SCREENINGS

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

BLOOD PRESSURE, CHOLESTEROL, GLUCOSE AND BONE DENSITY SCREENINGS

TUESDAY, FEBRUARY 18
10 a.m. – 12 p.m.

Westlake Center for Community Services
29694 Center Ridge Road
Westlake, OH 44145

MONDAY MARCH 23
10 a.m. – 12 p.m.

Dwyer Memorial Center
300 Bryson Lane
Bay Village, OH 44145

No fasting is required.
No reservations necessary.

AUDIOLOGY SCREENINGS

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

Please call 440-835-6160.

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.

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 comprehensive diabetes self-management education provided by the diabetes team, including a diabetes nurse and registered dietician. Services are billable to your insurance provider. A physician referral is required to participate. (We can assist with this.)

Class topics include: Basic and advanced information about diabetes management, making healthy food choices and meal planning, incorporating physical activity into lifestyle, safe and appropriate use of medications, blood sugar monitoring and management of high or low readings and how to prevent long term complications.

TUESDAYS
JANUARY 7, 14, 21, 28
MARCH 3, 10, 17, 24

6 – 7:30 p.m.
Westlake Family Health Center,
3rd Floor

For scheduling or questions regarding these classes, call 440-827-5341.

DIABETES EDUCATION

Individualized education on blood glucose monitoring, medication management and preventing complications. A physician referral is required.

Westlake Family Health Center
Suite 100

For scheduling or questions, call
216-844-1499.

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.

Westlake Family Health Center
Please call **440-835-4426,**
Extension 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.

TUESDAYS
5 – 6 p.m.

SATURDAYS
8 – 9 a.m.

**Connor Integrative Health
Network**
19800 Detroit Road
2nd Floor, Group Room
Rocky River OH 44116

Fee: \$5 – \$10 donation suggested

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 health care providers. A course completion card will be provided.

*This is a free class, but you must
register at* www.uhems.org.

For information, please call
216-849-5013.

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.

Participants learn how to perform CPR or choking rescue on adults, children and infants. Cost \$20.

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

SUPPORT GROUPS

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.

MONDAY, FEBRUARY 10
6 – 8 p.m.

Westlake Family Health Center
Suite 300

Call **440-250-2042** *or email*
Evelyn.Gorton@UHhospitals.org.

MOOD DISORDER SUPPORT GROUP

We offer support for those with depression and/or 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.

UH St John Medical Center
Community Outreach Department
Suite R Community Room

For more information, call
Bobby Klinko at **440-539-9415** *or*
Laura Vanni at **216-267-5923.**

BETTER BREATHERS CLUB

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

TUESDAY, FEBRUARY 4
1 – 2:30 p.m.

Westlake Family Health Center
Suite 300

Call **440-250-2042** *or 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
JANUARY 21
FEBRUARY 18
MARCH 17
11:30 a.m. – 1 p.m.

UH St John Medical Center
Community Outreach Department
Suite R Community Room

THE MENTAL HEALTH CRISIS HOTLINE IS
1-800-888-6161

HOPE GROUP

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

FIRST WEDNESDAY OF EACH MONTH

5:30 – 7:30 p.m.

UH St John Medical Center
Community Outreach Department
Suite R Community Room

Please call 440-827-5440.

GAMBLERS ANONYMOUS

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.

UH St John Medical Center
Community Outreach Department
Suite R Community Room

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

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. Appointments required. Please call 216-201-2041 or 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.

MONDAY – FRIDAY

4 – 7 p.m.

SATURDAY AND SUNDAY

4 – 5:30 p.m.

For more information, call the North Olmsted Senior Center at 440-777-8100 or the Westlake Center for Community Services at 440-899-3544.

You must present your card to receive the discount.

PREVENTION & MANAGEMENT OF CHRONIC DISEASES

"Life isn't about waiting for the storm to pass...It's about learning to dance in the rain".

You've heard this quote before, usually in reference to dealing with a personal struggle or conflict or in reference to managing a chronic illness. Chronic illnesses, such as heart disease, high blood pressure, some cancers and diabetes are long-lasting conditions, age inclusive, that usually can be controlled but not cured.

The good news about chronic illnesses is, with effective behavior-modification efforts, appropriate medical management, and monitoring or screening to identify new problems, chronic diseases and conditions can often be prevented or managed effectively.

Many chronic diseases are preventable and are linked to lifestyle choices that are within your power to change. Even if you already have diabetes, heart disease or another chronic condition, eating more healthful food, getting more exercise (even a daily brisk walk), and maintaining a healthy weight can help you better manage your illness, avoid complications and prolong your life. Many people find that taking an active part in the care of their chronic health condition can help them feel stronger and better able to deal with life's hurdles.

University Hospitals' goal is to help individuals prevent and manage the effects of their chronic illness and enhance their quality of life, by putting them at the center of the solution.

Mary Kiczek, RN, BSN
UH St. John Medical Center

LOCATIONS:

UH Samaritan Medical Center
1025 Center Street
Ashland, OH 44805

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

SCREENINGS

BLOOD PRESSURE, CHOLESTEROL AND GLUCOSE SCREENING

No-cost biometric screenings (blood pressure, glucose and cholesterol) are available without registration or an appointment. A 12-hour fast prior to screening is recommended but not required. Results are ready in a matter of minutes. Follow-up appointments with urgent care providers will be available if needed.

JANUARY 6

FEBRUARY 3

MARCH 2

9:30 – 11 a.m.

UH Kettering Urgent Care

546 North Union Street
Loudonville, OH 44805

Phone: 419-994-4121

JANUARY 27

FEBRUARY 24

MARCH 23

9:30 - 11 a.m.

UH New London Urgent Care

206 West Main Street,
New London, OH 44851

Phone: 419-626-7820

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

HEALTH EDUCATION

HERNIAS

A hernia is a hernia, right? Not exactly. Hernia is a general term for an organ pushing through an opening in the muscle wall around it. But which organ and which muscle wall? Hiatal hernias occur when the upper portion of the stomach pushes up through the diaphragm. This is one cause of gastric reflux. On the other hand, when the organ is the intestine and the muscle wall is somewhere in the abdomen or groin, this is a different type of hernia altogether. All types of common hernias will be discussed by UH Samaritan surgeons, Dr. Megan Sippey (hiatal hernias and reflux), and Dr. Vineeta Gahlawat (abdominal, umbilical, and inguinal hernias). After the presentation both surgeons will be available to provide free screenings for their respective types of hernias.

THURSDAY, JANUARY 16

5:30 p.m.

UH Administrative Services Building

Please call 419-207-2563 to register or email Steven.Baldrige@UHhospitals.org

SWEET HEART? DIABETES AND HEART DISEASE

Did you know there is a profound link between diabetes and heart disease? Adults with diabetes are up to four times more likely to die

from heart disease than adults without diabetes. For those of us with diabetes, who are age 65 or older, there is a 2 out of 3 chance that our cause of death will be some form of heart disease. Diabetes education is a topic near and dear to the heart of UH Samaritan Nurse Practitioner and Diabetes Care and Education Specialist, Sarah Beattie. If you are concerned about heart disease or diabetes, join us as Sarah shows us the link between these two diseases, and helps us understand what we can do to thwart this dangerous duo.

THURSDAY, FEBRUARY 6

5:30 p.m.

UH Administrative Services Building

Please call 419-207-2563 to register or email Steven.Baldrige@UHhospitals.org

VASCULAR DISEASES AND SERVICES

To recap everything you learned in February about heart health, our UH Samaritan staff would like to show you our Cath Lab and explain some of the lesser known vascular services and procedures performed here. University Hospitals Harrington Heart & Vascular Institute's cardiologist, Dr. Jun Li, will also discuss some of her specialties, including peripheral artery disease (PAD) and carotid artery disease. While you are here, you will be able to sign up for our upcoming FREE vascular screening.

THURSDAY, MARCH 5

5 p.m.

UH Samaritan Medical Center East Tower Conference Room

Please call 419-207-2563 to register or email Steven.Baldrige@UHhospitals.org

COLON HEALTH

It's time to talk about things we don't like to talk about.

Diverticulosis is a condition in which tiny pouches form in the colon, affecting over half the senior citizens in the United States. Hemorrhoids are when the veins or blood vessels in and around your anus and lower rectum become swollen and irritated. About half of all people will have hemorrhoids by age 50. Colorectal cancer is the third most common cancer diagnosed in both men and women each year in the United States. UH Samaritan surgeon, Dr. Megan Sippey will discuss symptoms, diagnosis and treatments of these lower bowel conditions. Following the presentation, Dr. Sippey will be happy to discuss your symptoms with you.

THURSDAY, MARCH 19

5:30 p.m.

UH Administrative Services Building

Please call 419-207-2563 to register or email Steven.Baldridge@UHhospitals.org

SUPPORT GROUPS**THE COPD COFFEE CLUB**

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.

TUESDAYS

JANUARY 14

FEBRUARY 11

MARCH 10

1 p.m.

UH Samaritan Medical Center
East Tower Conference Room

For more information or to register, please call 419-207-2453.

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

Participants receive a pedometer and walk under the supervision of a respiratory therapist. 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.

Ashland Family YMCA

207 Miller Street
Ashland, OH 44805

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

To register, 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 caregivers. All equipment and music is provided.

EVERY FRIDAY

4 p.m.

UH Samaritan Medical Center
East Tower Conference Room

To register, call 419 207-2303.



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