

JANUARY 2026

UH Community Events Calendar



ASHLAND COUNTY

UH SAMARITAN MEDICAL CENTER

Community Classes:

Heart Saver CPR for the Community

January 9 | 2pm- 4pm

Samaritan Auditorium | 663 East Main Street Ashland OH 44805

Call 419-207-7856 for more info or to register

Basic Life Support CPR for the Community

January 22 | 2pm- 4pm

Samaritan Auditorium | 663 East Main Street Ashland OH 44805

Call 419-207-7856 for more info or to register

Red Cross Blood Drives

January 15 | 11am- 5pm

663 East Main Street | Ashland, OH 44805

Support Groups/Community Programs:

SHOW (Samaritan Hospital Orange Walkers) Walking support group for COPD patients

Tuesdays and Thursdays | 9am

The Keith Field House | Hiner Ave. Ashland, OH 44805

Smoking Cessation

One on one consultations available

Call Amanda at 419-207-2306 for information

Parkinson's Disease Resources:

Support Group

1st Tuesday of the month | 10 am

Ashland Wellness and Community Center | 2130 Center Street Ashland, OH 44805

Mobility and Balance Yoga

2nd, 3rd, 4th Tuesday of Month | 10am

Ashland Wellness and Community Center | 2130 Center Street Ashland, OH 44805

ASHTABULA COUNTY

UH CONNEAUT MEDICAL CENTER & UH GENEVA MEDICAL CENTER

Community Programs:

UH Geneva Medical Center Outpatient Pharmacy

Monday – Friday | 9am – 5:30pm



University Hospitals

For more information, call the number provided. Advanced registration is required for certain programs and events.

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UH Community Events Calendar



870 West Main Street Geneva, OH 44041

The UH Geneva Medical Center Outpatient Pharmacy provides retail pharmacy services for outpatient prescriptions. If you are interested in filling your prescription at this location, please call **440-361-6111** for more information.

Medication Therapy Management Clinic

Monday – Friday | 8am – 4:30pm

UH Geneva Outpatient Pharmacy | 870 West Main Street Geneva, OH 44041

This pharmacist-led clinic offers medication education and management for the following disease states: Diabetes, Hypertension, Heart Failure, Dyslipidemia, Asthma, COPD, Tobacco Cessation, and Anticoagulation. If you are interested in taking better control of your health and would like to participate in this service, a physician referral is required. Call Rachel Norris (Pharmacist) **440-415-9548** for more information.

Sleep Medicine

University Hospitals – Center for Advanced Sleep Medicine

810 A West Main Street | Geneva, OH 44041

Detailed sleep studies are conducted by an experienced team of UH sleep medicine specialists and technicians to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (sleepwalking/ night terrors), Pediatric and Adult Sleep Studies, Pulmonary related sleep issues, Excessive Snoring, and Insomnia. To schedule a sleep consultation call 440-415-0153.

Health Education:

Diabetes Education

Individualized education, focus areas include: self-monitoring of blood glucose, medication management, meal planning, and prevention of complications.

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

Health Screenings:

Free Mammogram Program (Uninsured & Underinsured)

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

Free Walk-In Blood Pressure Checks

Monday – Friday | 9am – 9pm

Saturday – Sunday | 9am – 5pm

UH Ashtabula Health Center Urgent Care | 3315 N. Ridge Rd. E., Suite 700A Ashtabula, OH 44004

Call **440-992-0759** for more information.

Support Groups:

Better Breathers Club

First Wednesday of Every Month | 4 – 5:30pm



For more information, call the number provided. Advanced registration is required for certain programs and events.

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UH Geneva Medical Center 1st Floor Pulmonary Rehab Dept. | 870 West Main St. Geneva, OH 44041

If you or someone you know is living with chronic lung disease like COPD, Asthma, Pulmonary Fibrosis or Lung Cancer please consider joining us at this welcoming support group. For more information, call **440-415-0243**.

Cancer Support Group

January 21 | 5pm – 6pm

Crow's Nest | 1257 Harmon Rd. Ashtabula, OH 44004

For more information and to RSVP, call **440-593-0206**.

CUYAHOGA COUNTY

UH AHUJA MEDICAL CENTER

Health Screenings:

Shaker Heights Walking Club

January 6 | 10 - 11a.m.

Cleveland Heights Community Center1 | Monticello Blvd Cleveland Ohio 44118

Solon Senior Center Blood Pressure

January 14 | 10 - 11a.m.

Solon Senior Center | 35000 Portz Parkway Solon Ohio 44139

Warrensville Heights Blood Pressure

January 15 | 10 - 11a.m.

Warrensville Heights YMCA | 4433 Northfield Rd Cleveland Ohio 44128

Beachwood Senior Blood Pressure

January 15 | 11:45-12:15p.m.

Beachwood Community Center | 25325 Fairmount Blvd Beachwood Ohio 44122

Solon Rec Center Biometrics

January 17 | 8:30-11:30 a.m.

Solon Rec Center | 35000 Portz Parkway Solon Ohio 44139

Shaker Heights Walking Club

January 20 | 10 - 11a.m.

Cleveland Heights Community Center | 1 Monticello Blvd Cleveland Ohio 44118

Walton Hills Blood Pressure Screening

January 26 | 9:30-12:30p.m.

Waltons Hills Event Center | 14660 Alexander Rd Walton Hills Ohio



For more information, call the number provided. Advanced registration is required for certain programs and events.

JANUARY 2026

UH Community Events Calendar



Community Programs:

Beachwood High School CPR Training

January 9 | 8:30-11:30a.m.

Beachwood High School | 25100 Fairmount Blvd Beachwood Ohio 44122

MP Biomed Health and Wellness Presentation

January 13 | 8:30-11:30a.m.

MP Biomed | 29525 Fountain Parkway Solon Ohio 44139

UH CUTLER CENTER FOR MEN AT AHUJA MEDICAL CENTER

The Art of Being a Gentleman

January 17th | 2:00 – 4:00 pm | UH Cutler Center for Men AT UH Ahuja Medical Center 3999

Richmond Rd. Beachwood OH 44122 Drusinsky Sports Medicine Institute | 3rd Floor

This premier event is designed to empower men with the knowledge and tools to elevate their grooming, skincare, style, health, wellness, and overall gentlemanly presence.

Registration: <https://www.eventbrite.com/e/the-art-of-being-a-gentleman-tickets-1978299002571?aff=oddtcreator>

UH COMMUNITY WELLNESS CENTER AT BEDFORD

Community Events for UH Community Wellness Center at Bedford can be found on Eventbrite at <https://UHbedfordwellnesscenter.eventbrite.com>

UH COMMUNITY WELLNESS CENTER AT GLENVILLE

Community Events for UH Community Wellness Center at Glenville can be found on Eventbrite at <https://UHcommunitywellnesscenteratglenville.eventbrite.com>

UH PARMA MEDICAL CENTER

Health Screenings:

FREE Walk-in Blood Pressure Screenings at the locations below. Call 440-743-4932 for questions

January 7 | 10:30 a.m. – 12 p.m.

UH Parma Health Education Center | 7300 State Road, Parma, OH 44134

(Glucose screening included)

When Parma City Schools are closed due to inclement weather – there will be no screening at the UH Parma Health Education Center

During inclement weather, call the Senior Center to check whether screenings are still scheduled

Wednesday, January 7 | 9 - 10:30 a.m.

North Royalton Office on Aging | 13220 Ridge Road, North Royalton, OH 44133.

Call 440- 582-6333

January 8 | 9:30 - 11 a.m.



University Hospitals

For more information, call the number provided. Advanced registration is required for certain programs and events.

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UH Community Events Calendar



Brooklyn Senior Center | 7727 Memphis Ave., Brooklyn, OH 44144
216-635-4262

January 9 | 10 - 11:30 a.m.
Independence Senior Center | 6363 Selig Dr., Independence, OH 44131
216-524-7373

January 9 | 10 - 11:30 a.m.
Donna Smallwood Activities Center | 7010 Powers Blvd, Parma, OH 44129
440-888-8820

January 13 | 8:30-10 a.m.
Broadview Hts. Senior Center, 9543 Broadview Rd., Broadview Hts., OH 44147
440-526-4685

January 14 | 8 – 10 a.m.
Seven Hills Recreation Center | 7777 Summit View Dr., Seven Hills, OH 44131
216-524-6262

January 27 | 9:30 -11:30 a.m.
North Royalton Y.M.C.A., | 11409 State Rd., North Royalton, OH 44133
440-230-9339

January 27 | 9:30 – 11:30 a.m.
Cuyahoga County Library Parma-Powers Branch | 6996 Power Boulevard, Parma, OH 44129
440-885-5362

Non-Fasting Cholesterol Screening
January 21 | 9 a.m. – 11 a.m.
Free. Includes total cholesterol, HDL, and blood sugar.
Appointment required. Call 440-743-4932

Community Programs:

Diabetes And Nutritional Counseling

We offer both virtual and in-person outpatient nutrition counseling, focusing on behavioral and lifestyle changes to promote healthier eating habits and overall well-being.

This service is ideal for individuals seeking nutritional guidance, weight management support, or those diagnosed with diabetes, high cholesterol, prediabetes, or other health conditions.

Counseling includes:

- Meal planning
- Carbohydrate management
- Portion control
- Reading food labels
- General nutrition education



For more information, call the number provided. Advanced registration is required for certain programs and events.

JANUARY 2026

UH Community Events Calendar



Most major insurance plans, including Medicare, are accepted. **A physician referral is required by University Hospitals and may also be required by your insurance provider.** Be sure to check with your insurance in advance regarding coverage.

For more information, call **866-844-2273**.

Support Groups:

Held at UH Parma Health Education Center, 7300 State Road, Parma, OH 44134 unless otherwise noted.

Call **440-743-4932** for information. *When Parma City Schools are closed due to inclement weather – there will be no Support Group meeting.*

Ehlers-Danlos Syndrome (Eds) Support Group

January 12 | 6:45 – 8:45 p.m. | North Royalton Library | 5071 Wallings Road North Royalton | Room 123

The University Hospitals Ehlers-Danlos Syndrome (EDS) Support Group provides a welcoming and compassionate environment for individuals living with EDS, their families, and caregivers. Facilitated by knowledgeable healthcare professionals and peer leaders, this group offers a safe space to share experiences, ask questions, and gain valuable insight into managing life with EDS. Meetings focus on education, emotional support, and community-building. We meet the second Monday of every month. Topics often include symptom management, navigating healthcare systems, coping strategies, and the latest research and treatments. Guest speakers such as geneticists, physical therapists, and pain specialists may be invited to provide expert perspectives. Whether newly diagnosed or living with EDS for years, participants find encouragement, understanding, and practical tools to enhance their quality of life. The group is open to all EDS subtypes and strives to foster a sense of empowerment and resilience within the EDS community. There is no cost to attend. For more information or to register, please contact Lauren Napoli, senior PTA at **440-877-9120** or via email at lauren.napoli@uhhospitals.org.

Bereavement Support Group

January 8 | 1:00 – 2:00 p.m. | UH Parma Medical Center | 7007 Powers Boulevard, Parma, OH 44134

You are invited to join our new Bereavement Support Group—a safe, confidential, and welcoming space to share experiences, find comfort, and explore healthy ways to cope with grief and loss.

Conference Room E – Third Floor

For questions or more information, please contact Chaplain Marian Mihas at marian.mihase@uhhospitals.org or call the Parma Pastoral Care Department at **440-743-4295**.

Parkinson's Disease

January 13 | 1 – 2:30 p.m.

For those diagnosed with Parkinson's and their support person or caregiver.

Second Tuesday of each month. For more information and/or questions call 440-743-4932

Food Addicts Anonymous

January 2, 9, 16, 23, 30 | 4:30 p.m.

Having trouble staying on a diet or eating plan? Do you crave sugar and high-carb foods? Are you shaky, angry or moody when you skip a meal? Do you think about food all the time? This group can help.

No registration required, walk-in meeting. For more information call Laurie at 440-482-3688. Every meeting has an option to join via zoom. Join the meetings online: <https://join.freeconferencecall.com/edataintegration> Pin code: 741776 or call 518-263-8271 pin: 741776# or in person at the UH Parma Health Education Center



For more information, call the number provided. Advanced registration is required for certain programs and events.

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UH Community Events Calendar



Room 2

Exercise:

Parkinson's Disease Exercise Class – Delay The Disease

January 7, 14, 21, 28 | 12:30 – 2 p.m. | UH Parma Health Education Center

7300 State Road Parma, OH 44134

For those diagnosed with Parkinson's with their spouse, support person or caregiver.

Learn simple exercises that can help make daily life easier and improve balance and build strength. Classes are taught by professionals trained in the Delay the Disease Program.

No registration required. Join anytime. *When Parma City Schools are closed due to inclement weather – there will be no class.* For more information, call 440-743-4932

UH SEIDMAN CANCER CENTER

Red Cross Blood Drive

January 30 | 9 am - 3 pm

Seidman Cancer Center | 11100 Euclid Avenue, Cleveland, 44106 (drive is located in Lower Lobby area near Radiation Oncology)

- Register at this link: <https://www.redcrossblood.org/give.html/find-drive>. Enter sponsor code "UH".

ST JOHN MEDICAL CENTER, A CATHOLIC HOSPITAL

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

Blood Pressure Screenings:

January 8 | 10:45 -11:45 am

North Olmsted Senior Center | 28114 Lorain Road North Olmsted, OH 44070

January 12 | 10:45-11:45 am

Fairview Park Senior Center | 20769 Lorain Road Fairview Park OH 44126

January 14 | 9:00 – 10:30 a.m.

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

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: 440-735-3513

Support Groups:

Hope group

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



For more information, call the number provided. Advanced registration is required for certain programs and events.

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UH Community Events Calendar



January 7 | 5:30 – 7:30 p.m.

UH St John Medical Center | Community Outreach Department **SUITE R**

29160 Center Ridge Rd, Westlake OH 44145

For more information, call **440-827-5440**

Learn, Latch, Love ~ Breastfeeding Support Group

Come and meet with other moms who are breastfeeding and have all your questions answered. This group is facilitated by Faye Wurstner-Reagan, Lactation Consultant.

Wednesdays | 11am-1:00pm

UH St John Medical Center | Community Outreach Department **SUITE R**

29160 Center Ridge Rd, Westlake OH 44145

For more information, call 440-827-5093

Wednesdays | 5:30-7:30 pm

UH St John Medical Center (Auditorium B) | 29000 Center Ridge Rd, Westlake OH 44145

For more information, call 440-827-5093

Stroke Survivors Exercise Program

Tuesdays And Thursdays | 3:00-4:30 pm

Westlake Center for Community Services | 28975 Hilliard Blvd Westlake OH 44145

There are many benefits to continuing regular physical exercise after a stroke. However, stroke survivors often face many challenges when attempting to find a place to exercise.

University Hospitals Outpatient Rehab has created a program at the Westlake Community Center Exercise Room to help guide participants through their exercise program and answer questions. This program is intended for people who had a stroke and have graduated to outpatient rehabilitation and those who are looking for support while creating a regular exercise routine. People must be able to get off and, on the machines, independently or with help from a caregiver.

We are asking each participant to discuss this with their physician and have a medical clearance form filled out.

There is a \$50 initiation fee and then an ongoing \$25 monthly fee to participate.

Please call UH SJMC Outpatient Rehab at **440-414-6050** with questions or to register for the program.

Hearing Testing

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

Please call for more information: **440-835-6160**.

Outpatient Nutrition Counseling

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

With extensive nutrition counseling experience throughout each person's life cycle, Matthew Bennett, 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.

For scheduling or questions, call **440-835-4426**



For more information, call the number provided. Advanced registration is required for certain programs and events.

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UH Community Events Calendar



Senior Supper Club

Everyday | 4 – 5:30 p.m.

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

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

You must present your card to receive the discount.

Diabetes Education:

Diabetes Self -Management Class

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

Nutrition for Diabetes Class

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

Diabetes Educator Visit

Before or after attending the above classes, participants schedule a one-on-one appointment with their diabetes educator. This visit will include an assessment of participant’s unique life circumstances, needs and get assistance setting health goals that are important to them. For scheduling or questions regarding these classes, **call DeAna Lewis 440-827-5341**.

Individualized diabetes education visits:

This is a great option for people needing more personalized guidance. Since everyone has their own unique situation related to eating habits, physically activity patterns, blood sugar patterns, medication plans and stress management, we partner with you to find a healthy yet realistic plan for living. **A physician referral is required.**

UH St John Health Center

26908 Detroit Road, Suite 100

Westlake, OH 44145

For scheduling or questions, call: 216-844-1499 option 1

Non-Fasting Cholesterol Screening

November 19 | 9 a.m. – 11 a.m.

440-743-4932

Free. Includes total cholesterol, HDL, and blood sugar. Appointment required!

Community Programs:

Blood Drive

December 19 | 11 a.m. – 5 p.m.

UH Parma Medical Center | 7007 Powers Boulevard, Parma Oh 44129

Please consider donating... there is a national blood shortage. Save a life today!



University Hospitals

For more information, call the number provided. Advanced registration is required for certain programs and events.

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The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime. Thank you for supporting the American Red Cross blood program! Click here to register.

Colonoscopy Screening And Prep Medication Options Explained

December 3 | 11- 12 p.m.

Cuyahoga County Public Library | Parma Powers Branch | 6996 Powers Blvd., Parma, OH 44129

Getting a colonoscopy doesn't have to be confusing or stressful. Join us for a friendly, informative session led by Megan Braund, PharmD, RPh clinical outpatient pharmacy specialist that specializes in gastroenterology care from UH Meds. She'll walk you through the current screening recommendations for colorectal cancer, explain when and how often you should be screening, and break down the different prep medication options available – including tips to make the process easier and more affordable. Whether it's your first time or you just want to better understand your choices, this session is designed to help you feel confident and prepared.

To register click the link <https://attend.cuyahogalibrary.org/event/14544588> or call 440-885-5362

UH EMERGENCY MEDICINE

Health Screening

January 6 | 3:45 pm – 5:15 pm

Lutheran Men's Shelter | 2100 Lakeside Ave E, Cleveland, OH 44114

Community Cupboard

January 17 | 12 pm

St. Augustine Hunger Center | 1400 Howard Ave, Cleveland, OH 44113

GEAUGA COUNTY

UH GEAUGA MEDICAL CENTER

Ohio Firsts & Originals

January 22 | 1-2:30 p.m.

Geauga County Office Building Room A333 | 12611 Ravenwood Drive, Chardon, OH 44024

From the first electric traffic signal to Cleveland's early car makers and movie pioneers, Ohio has always been full of originals. Join us for a lively and entertaining look at the Buckeye State's many "firsts," featuring inventive minds like Garrett Morgan and Ned Jordan, and maybe a few surprises along the way! This engaging talk blends fascinating history with a touch of humor, perfect for lifelong learners who love discovering new sides of Ohio's past. What other things are original to Ohio in our medical field? UH Geauga Medical Center will share that information with us and will be providing our dessert for the program – which is an Ohio original! Cost is \$5 per person. **Questions? Call Melissa Wheeler at 440-279-2167.**

Lunch And A Movie

January 8 | 12 - 2:30 p.m. | West Geauga Senior Center | 8090 Cedar Road Chesterland, OH 44026

Call 440-214-3180 to register Due to very limited space, and to ensure a fun experience for all, registration is required.



For more information, call the number provided. Advanced registration is required for certain programs and events.

JANUARY 2026

UH Community Events Calendar



Health Screenings:

Blood Pressure Screening

January 5 | 8:30 -10 a.m.

West Farmington Senior Center | 150 College Street West Farmington OH 44491

January 12 | 10 a.m. - 12 p.m.

Geauga YMCA | 12460 Bass Lake Road Chardon, OH 44024

Community Programs:

Matter Of Balance Workshop

Join us for FREE Matter of Balance Classes! By attending a Matter of Balance Class you will learn to manage concerns about falls, as well as set realistic goals for staying active, learn how to stay safe at home and complete exercises to increase strength and balance.

Every Wednesday & Friday February 4-27th | 1-3 p.m. 4 week session - 2 classes per week.

To register please call Hannah Heinz at 440-279-2167

Middlefield Senior Center | 15820 Ridgewood Drive Middlefield, OH 44062

Walking For Wellness

Walking Has Shown To Help With Weight Management, Reducing Stress And Increasing Energy Levels. Group Walking Programs Can Help You Reach Your Personal Wellness Goals.

January 7 | 3 p.m. | Maple Highlands Trail | 15894 W. High Street Middlefield, OH 44062

Afterwards, Dinner at Vinny's Italian Kitchen 15439 W. High Street Middlefield, OH 44062

January 14 | 3 p.m. | Orchard Hills | 11340 Caves Road Chesterland, OH 44026

January 21 | 3 p.m. | Walter C Best | 11620 Ravenna Road Chardon, OH 44024 (Meet at Sunset Shelter)

January 28 | 3 p.m. | Affelder House | 15139 Chillicothe Road Novelty, OH 44072

Pedaling For Parkinson's

Monday, Wednesday, and Friday | 1:30-2:30 p.m.

Ohman Family Living at Holly | 10190 Fairmount Road Newbury, OH 44065

Pedaling for Parkinson's is where participants ride Pelton bikes indoors. Pedaling for Parkinson's provides an opportunity for people with Parkinson's to make positive improvements in their quality of life. Call 440-632-3653 for Information

Fighting Against Parkinson's

January 5, 12, 19, 26

January 7, 14, 21, 28

January 8, 15, 22, 29

Chardon Senior Center | 470 Center Street Bldg. 8 Chardon, OH 44024



For more information, call the number provided. Advanced registration is required for certain programs and events.

JANUARY 2026

UH Community Events Calendar



Non-contact Boxing & Fitness Class. Class is for seniors diagnosed with Parkinson's disease. Goal of this program is to delay the progression of Parkinson symptoms through a variety of exercises and core conditioning. Cost \$45 Call 440-279-2137 for Information.

Parkinson's Support Group

January 20 | Chardon Senior Center | 470 Center Street Bldg. 8 Chardon, OH 44024

Call 440-279-2137 to register

Senior Assessments

13207 Ravenna Road Chardon, OH 44024

Memory Loss and Aging – When to seek help? UH Geauga Medical Center Norma N. Chapman Senior Assessment Program. Call 440-285-6408 to schedule an Assessment

LAKE COUNTY

UH LAKE WEST MEDICAL CENTER & UH TRIPOINT MEDICAL CENTER

Health Screenings:

No appointment is necessary!

Blood Pressure Screening

January 3 | 9-12 pm

UH Tripoint Medical Center | 7590 Auburn Road Painesville, Ohio 44077

Health Screening

January 12 | 8am-1 pm

Lake County YMCA Central Branch | 933 Mentor Avenue Painesville, Ohio 44077

Blood Pressure Screening

January 13 | 10-12 pm

Willowick Senior Center | 321 E 314th Street Willowick, OH 44095

Blood Pressure Screening

January 17 | 9-12 pm

UH Lake West Medical Center | 36000 Euclid Ave Willoughby, Ohio 44094

Community Programs:

New Year, New You

January 23 | 8 am - 12 pm | UH Lake West Medical Center | 36000 Euclid Ave Willoughby, Ohio 44094

Stop in and talk with our lung cancer navigator, partners from the Lake County General Health District, and learn about resources available to help kick the habit and more. UH community outreach will offer glucose, cholesterol, and blood pressure screenings at this event. There will be other great health information available to help you make a healthy start in 2026!



University Hospitals

For more information, call the number provided. Advanced registration is required for certain programs and events.

JANUARY 2026

UH Community Events Calendar



Making A Glp-1 Work For You, Nutrition Strategies That Last
January 26th | 6 - 7 p.m.

UH Brunner Sanden Dietrick Wellness Center | 8655 Market Street Mentor, Ohio 44060

Learn about nutrition strategies related to taking GLP-1's from a nutrition expert at our UH Brunner Sanden Dietrick Wellness Center! Blood pressure screenings will also be available. Registration is recommended: call 440-701-7507 to reserve your seat!

LORAIN COUNTY

UH ELYRIA MEDICAL CENTER AND AVON HEALTH CENTER

Diabetes Education:

Comprehensive individualized education on nutrition, blood glucose monitoring, and preventing complications of diabetes. A physician referral is required. Check your insurance to verify coverage. Office hours Monday, Wednesday and Fridays. Call Susan Campbell, RD, LD at **440-284-5709** for information.

Sleep Medicine:

Detailed adult sleep studies are conducted by an experienced team of UH board certified providers and registered sleep technologists to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (sleepwalking/night terrors), excessive daytime sleepiness, pulmonary related sleep issues, Snoring, and Insomnia. Nighttime, daytime, and home sleep studies are available.

For a sleep provider consult, 216-844-REST

To schedule a sleep study at Elyria or Avon sleep lab- 440-326-5464

Blood Pressure Screenings:

January 15 | 9:30 - 11:00am

Avon Senior | 36786 Detroit Rd Avon OH 44011

January 20 | 12:30 – 2 p.m.

Old Firehouse Community Center | 100 Avon Belden Road Avon Lake, OH 44012

Safe Transfer Demonstration Techniques:

Join Abelardo Dorantes, Physical Therapist with University Hospitals, for a demonstration on safe transfer techniques for your loved ones. The Dementia Friendly Memory Cafe offers engagement and support for people with dementia as well as their caregivers and is open to all individuals from 10am-2pm. The demonstration will start at 11:15 am on the above dates and locations. For more information go to: www.dflife.org.

January 8 | 11:15 am

United Methodist Church | 34077 Lorain Rd North Ridgeville, OH 44039

January 15 | 11:15 am

Avon Lake United Church of Christ | 32801 Electric Blvd Avon Lake OH 44012



For more information, call the number provided. Advanced registration is required for certain programs and events.

JANUARY 2026

UH Community Events Calendar



January 27 | 11:15 am

Elyria Community Church of the Nazarene | 1107 Clemens Elyria OH 44035

PORTAGE COUNTY

UH PORTAGE MEDICAL CENTER

Classes, events and screenings are free, unless noted. Registration may be required. Call a number listed to register today!

Health Screenings & Events

Health For The New Year Information Table

January 6 | 11 am – 1 pm

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

Gather tips and tricks to start the New Year by creating healthy habits.

Amputee Walking Clinic

January 8 | 3 pm – 5 pm

UH Portage Medical Arts Building, Room #150 | 6847 North Chestnut Street, Ravenna, OH 44266

Haymaker Farmer's Market

January 17 | 9:00 am – 1:00 pm

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

Join us at the Farmer's Market where we will be offering information on wellness for the New Year!

Red Cross Blood Drive

January 19 | 11 am – 5 pm

UH Portage Medical Arts Building | Ravenna, Ohio 44266

To make an appointment, please visit RedCrossBlood.org, call 1800-RED-CROSS

Stroke Support Group

January 21 | 3:30 pm – 4:30 pm

UH Portage Medical Arts Building, Room #150 | 6847 North Chestnut Street, Ravenna, OH 44266

Many stroke survivors and their loved ones/caregivers experience a range of emotions and challenges after a stroke. Our team is here to help. This support group is free to the public. January's meeting will cover nutrition and offer a cooking demonstration. **Call 330-297-2576 to RSVP.**



For more information, call the number provided. Advanced registration is required for certain programs and events.

JANUARY 2026

UH Community Events Calendar



Free Peripheral Artery Disease (PAD) Screening

January 23 | 10:00 am – 12:00 pm

UH Portage Medical Center Professional Center HHVI/Cardiology Office – Check in Professional Center | Lobby 6847 N. Chestnut Street, Ravenna, OH

What is PAD? PAD is a common condition where narrowed arteries reduce blood flow, most often to your legs and feet. It's primarily caused by plaque buildup in your arteries.

Reservations are required. Please call 330-297-2576 to make your appointment.

Mychart For My Life

January 27 | 10 am – 11 am

UH Portage Medical Arts Building, Room #150 | 6847 North Chestnut Street, Ravenna, OH

Join University Hospitals Portage Medical Center for an informative session on MyChart, your personalized online health tool. You will learn how to:

- Access your health records
- Communicate with providers
- Schedule appointments
- View test results and more!

RSVP by calling 330-297-2576

UH Heart Health Expo

February 28 | 9:00 am – 12:00 pm

The NEW Center at Northeast Ohio Medical University | 4211 State Route 44, Rootstown, OH 44272

Join us for a free cardiovascular education program to learn how to maximize your heart health and limit the impact of potential risk factors on your future health. Enjoy a healthy breakfast, heart screenings, educational talks by heart experts, exhibitors and more.

This event is FREE, but space is limited. Call 330-297-2576 to register.

Dance Fitness Classes:

January 14 | 9:15 am – 10:00 am

January 28 | 9:15 am – 10:00 am

UH Portage Medical Center - Mangin Fitness Room

6847 North Chestnut Street, Ravenna, 44266

Join us for these fun, introductory classes. No dance experience needed!

RSVP by calling 330-297-2576

Free Blood Pressure Screenings:

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

January 8 | 11 am – 1 pm



University Hospitals

For more information, call the number provided. Advanced registration is required for certain programs and events.

JANUARY 2026

UH Community Events Calendar



UH Portage Medical Arts Building, Atrium | 6847 N. Chestnut Street, Ravenna, OH 44266

January 13 | 11 am – 1 pm

Renaissance Family Center, Lobby | 9005 Wil Verne Drive, Windham, OH 44288

January 22 | 11 am – 1 pm

UH Portage Professional Center Lobby | 6847 N. Chestnut Street, Ravenna, OH 44266