

# December



2025

**UH Community Wellness Center at Bedford**  
 88 Center Road, Suite 150  
 Bedford, Ohio 44146  
 440-735-4270  
**Connect with our on-site Certified Community Health Worker; Susan Packard @216-286-0385**

**Hours of Service:**  
 Monday: 9 a.m. – 6 p.m.  
 Wednesday: 9 a.m. – 7 p.m.  
 Friday: 9 a.m. – 5 p.m.  
 Saturday (1st Saturday of each month): 9 a.m. – 1 p.m.



Registration **REQUIRED** for events in red.  
 Register for Events at “UH Community Wellness Center at Bedford” on Eventbrite

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12-1pm <b>Food with Purpose: Healthy Holiday Treats</b>	2 10-11am <b>Medicare 101</b> 6-7pm <b>The Menopause Mindset</b> 	3 12-1pm <b>Beginner Yoga</b> 6-7pm <b>Line Dancing @ Messiah Int.</b>	4 9:30am-10:30am <b>Walking Club @ Ellenwood Center</b>	5 11am-1pm <b>MasterClass: Tracing Your Roots Through Food</b>	6 <b>Biometric Screenings 9:30-11:30am</b> 12-1pm <b>Charg'd Up with Dr. Philly Weeden</b>
7	8 12-1pm <b>Tai Chi</b>  2-3pm <b>Lunch &amp; Learn: Healthy Holidays</b>	9 6:30-7:30pm <b>Esselstyn Foundation WEBINAR: How to Get the Ones You Love Off Meat</b>	10 11-12pm <b>What Shapes Your Health?</b> 3-4pm <b>Chair Yoga</b> 	11 9:30am-10:30am <b>Walking Club @ Ellenwood Center</b>	12 12-1pm <b>Zumba</b>  2-3pm <b>Lunch &amp; Learn: Healthy Holidays</b>	13
14 	15 4-7pm <b>End of the Year Summit</b>	16 <b>Biometric Screenings 9:30-11am</b> 	17 2-4pm <b>Art Therapy</b>  6-7pm <b>Line Dancing @ Messiah Int.</b>	18 9:30am-10:30am <b>Walking Club @ Ellenwood Center</b> <b>Biometric Screenings 1-2pm</b>	19	20 2-3pm <b>Charg'd UP Finale @Ahuja Field</b> 3:30 - 4:30pm <b>Sound Bath @Ahuja Field</b>
21	22 12-1pm <b>Cooking Demo: Holiday Side Dishes</b> 	23 <b>CLOSED</b>	24 <b>CLOSED</b>	25 <b>CLOSED</b> 	26 <b>CLOSED</b>	27
28	29 <b>CLOSED</b>	30 <b>CLOSED</b>	31 <b>CLOSED</b> 			

Registration for all events opens November 24th at 9:00 AM on Eventbrite or call 440-735-4270

# The Bedford Wellness Center Presents..



## Food with Purpose: Healthy Holiday Treats

Satisfy your sweet tooth the healthy way! Enjoy festive treats like banana pudding and carrot cake bites made with better-for-you ingredients.



## Masterclass: Tracing Your Roots Through Food

Explore the deep connections between food, heritage, and culture in this engaging Masterclass led by culinary historian Michael W. Twitty. Learn how food traditions are shaped by migration, history, and even painful events from the past. This session will help you understand how our meals carry stories of resilience, identity, and transformation. Contact Susan Packard at 216-286-0385, if you have any questions.



## Lunch & Learn: Healthy Holidays

Learn how to navigate the holiday season with less stress and more balance. We'll explore simple mindful eating strategies, realistic wellness tips, and gentle ways to care for yourself during this busy time of year.



## What shapes your health?

Health is shaped by more than medicine. Factors like housing, food, access to education, income, and community support all play a powerful role in our health and wellness. When these systems are strong people thrive. When they are broken, your health suffers. Join us for this workshop to explore dignity, belonging, and well-being from the ground up and create healthier communities together.

Contact Susan Packard at 216-286-0385, if you have any questions.



## The End of the Year Summit

The End of the Year Summit is not a celebration, it is a reckoning, a restoration, and a recognition of the health successes our community has achieved this year. This gathering invites us to pause and reflect on the year's outreach, healing, and advocacy. We center the voices of those we serve, uplift the quiet victories, and trace the ripple effects of our collective care. The End of the Year Summit becomes a living archive of our Wellness Center impact. It is a space to honor the labor behind the referrals, and the resilience behind every restored breath. Come join us to share stories, hear speakers, a meal together, music, a chance at winning a raffle, and the joy of new friendships. This is more than a gathering, it is a moment of connection, reflection, and collective care.

