



## University Hospitals Richmond Heights Health & Wellness Day



### Location

**Richmond Heights Community Center**  
27285 Highland Rd.  
Richmond Heights, OH 44143

### Date & Time

Tuesday, December 9, 2025  
10am - 1pm

Join us for a festive community celebration featuring a complimentary catered lunch, music, dancing, games, raffles, local vendors, and hands-on holiday art activities. Lunch will be served from 11:30 AM–1:00 PM. Come dressed in colors that capture the spirit of the season and get ready to enjoy a joyful afternoon together!

### Health & Wellness Events including but not limited to:



#### Biometric Screenings

Blood pressure, Non-Fasting Cholesterol & Glucose screenings from our Community Outreach Nurse, LaTanya Thomas.



#### Social Influences of Health Screening

Come meet our Certified Community Health Worker, Susan Packard. Susan provides health and wellness education and helps connect individuals to vital community resources. Whether you are looking for support, guidance, or tools to improve your well-being, Susan will walk along side you.



#### Digital Health

Work with our Digital Health coordinator, Tayana Williams, to get access to MyChart navigation, low cost internet, and learn how to use your technology devices.



#### Movement

Join us for a beginner yoga class from 10:30-11:30am.  
Please bring your mat!

