



# University Hospitals

1-866-UH4-CARE (1-866-844-2273)  
Uhhospitals.org

## AGE WELL. **BE WELL.** EVENTS APRIL 2026

If you are not a member of the AGE WELL. **BE WELL.** Club and would like to join, please visit our website <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well> to register.

### UH Locations

#### **AVON HEALTH CENTER**

1997 Healthway Drive  
Avon, OH 44011  
440-988-6801

#### **AHUJA MEDICAL CENTER**

3999 Richmond Road  
Beachwood, OH 44122  
216-593-5500

#### **UH COMMUNITY WELLNESS CENTER AT BEDFORD**

88 Center Road, Suite 150  
Bedford, OH 44146  
440-735-4270

#### **BRUNNER SANDEN DEITRICK WELLNESS CENTER UH FITNESS CENTER IN MENTOR**

8655 Market Street  
Mentor, OH 44060  
440-375-8777

#### **CONNEAUT MEDICAL CENTER**

158 West Main Road  
Conneaut, OH 44030  
440-593-1131

#### **ELYRIA MEDICAL CENTER**

630 East River Street  
Elyria, OH 44035  
440-329-7500

#### **GEAUGA MEDICAL CENTER**

13207 Ravenna Road  
Chardon, OH 44024  
440-285-6000

#### **GENEVA MEDICAL CENTER**

870 West Main Street  
Geneva, OH 44041  
440-466-1141

#### **GLENVILLE COMMUNITY WELLNESS CENTER**

10527 Orville Avenue  
Cleveland, OH 44106  
440- 435-8522

#### **LAKE WEST MEDICAL CENTER**

36000 Euclid Avenue  
Willoughby, OH 44094  
440-553-8443

#### **PARMA MEDICAL CENTER**

7007 Powers Boulevard  
Parma, OH 44129  
440-743-3000

#### **PORTAGE MEDICAL CENTER**

6847 North Chestnut Street  
Ravenna, OH 44266  
330-297-0811

#### **RICHMOND MEDICAL OFFICE BUILDING**

27100 Chardon Road Ste 100  
Richmond Hts., OH 44143  
440-735-2559

#### **ST. JOHN MEDICAL CENTER,**

*A Catholic Hospital*  
29000 Center Ridge Road  
Westlake, OH 44145  
440-835-8000

#### **SAMARITAN MEDICAL CENTER**

1025 Center Street  
Ashland, OH 44805  
419-289-0491

#### **TRIPOINT MEDICAL CENTER**

7590 Auburn Road  
Painesville, OH 44077  
440-375-8100

## COMMUNITY PROGRAMS

### **SHAKER HEIGHTS WALKING CLUB**

Being physically active can improve your brain health, help manage weight, reduce risk of disease, strengthen bones and muscles and improve your ability to do everyday activities! University Hospitals Ahuja Medical Center and the City of Shaker Heights encourage you to join our Walking Club at Southerly Park to not only get your body moving but enjoy open discussion on a health and wellness topic.

**Tuesday, April 14, 28**

10 -11 a.m.

#### **Southerly Park**

15401 S. Woodland Rd  
Shaker Heights, OH 44118

### **AHUJA MEDICAL CENTER HEARTSAVER CPR/AED TRAINING**

University Hospitals is committed to the mission of Building Lifesaving Communities. To support this mission, UH provides Heartsaver CPR/AED training through Community Benefit without any financial commitment from individual community members.

American Heart Association Heartsaver CPR/AED courses are designed for anyone with little or no medical training who needs a course completion card for their job (lifeguard, school employee or student, daycare worker, etc.) or any community members who want to be prepared to help in during a cardiac arrest. Spots are limited so please register at: <https://uhems.org/event-search?c=5>

**Thursday, April 9**

5:30 p.m. – 8:30 p.m.

**UH Ahuja Medical Center  
Conference Rooms A/B  
3999 Richmond Rd  
Beachwood, Ohio 44122**

### **SHAKER HEIGHTS HEART HEALTH PRESENTATION**

Ahuja Medical Center's Chest Pain Coordinator will share his knowledge on heart attack symptom awareness and the importance of heart health. In the United States, someone has a heart attack about every forty seconds. He will discuss the risk factors associated with heart attack, how to recognize signs and symptoms of a heart attack and what you can do to stay healthy. Please call to register at: 216-491-2583

**Thursday, April 16**

1:30 p.m. - 2:15 p.m.

**Stephanie Tubbs Jones  
Community Building  
3450 Lee Rd  
Shaker Heights, OH 44120**

## HEALTH SCREENINGS **BIOMETRIC SCREENINGS**

Ahuja Medical Center will be providing FREE health screenings including blood pressure, non-fasting blood sugar, and non-fasting cholesterol.

**Friday, April 10**

10 a.m.-2 p.m.

#### **Senior DARS Expo**

3155 Martin Luther King Jr. Dr.  
East Cleveland, Ohio 44112

**Saturday, April 25**

10 a.m. – 2 p.m.

#### **Ahuja Drug Take Back**

3999 Richmond  
RoadBeachwood, OH 44122



## Avon Health Center

1997 Healthway Drive

Avon, OH 44011

*These group exercise classes and events are free and open to members and non-members aged 15 and older. Pre-registration is required for all activities. Please call 440-988-6801 or email [Renee.Barrett@uhhospitals.org](mailto:Renee.Barrett@uhhospitals.org) for information and to sign up.*

## COMMUNITY PROGRAMS

### THERAPEUTIC ART COMMUNITY GROUP

Looking for some joy with art? Join Art Therapist Jess Grimm with UH Connor Whole Health for the therapeutic art groups. Art has been shown to help reduce stress and give you some time for yourself. Each class is an hour long. This class is open to the community so you are welcome to bring a friend. There are no fees for this class, but sign up is needed so that we have enough supplies. **Second Wednesday of each month**

**April 8**

**12 - 1p.m.**

### OUTDOOR DOG WALK

Join us for our monthly dog walk for some social time paired with physical activity. Don't have a dog, but love dogs, come for the community. We walk the adjacent neighborhood Clifton Way/Lake Point Dr. Loops which is approximately one mile when walked from the fitness center. Water and snacks will be provided for your pooch.

**Friday, April 17**

**5:30 -6:15p.m.**



## EXERCISE & FITNESS

### IRON YOGA (Renee)

Energetic yoga class incorporating breath, postures which flow from one to the other with the addition of light dumbbells. This is an intermediate level class for those with experience with yoga.

**Friday, April 3**

**8 - 8:45 a.m. (Studio 2)**

### AQUA PILATES (Gloria)

This type of Pilates differs from the traditional version because the exercises are done in an upright position in the pool. This workout is easier on your joints while the water increases the resistance of the moves.

**Monday, April 13**

**10 - 10:55 a.m.**

### SEASONAL QIGONG (Mary)

Discover the ancient art of Qigong, a gentle yet powerful practice that integrates movement, breath, and self-massage to cultivate energy (qi) and enhance overall well-being. Suitable for all levels, this class focuses on improving balance, flexibility, and inner calm. Join us to learn a sequence for Autumn to release stress and support your natural healing process.

No special equipment or experience is needed—just bring comfortable clothing and an open mind.

**Saturdays: April 11 and May 9**

**11-11:55 a.m. (Studio 2)**

### HAVIN' A BALL (Kathy)

Stability balls are a fun addition to any fitness program. Stability balls improve flexibility, strengthen the core (abdominal and lower back muscles), and improve balance. So come for a fun workout with this versatile piece of fitness equipment.

**Saturday, April 25**

**11-11:45 a.m.**

## EXERCISE & FITNESS

### BEGINNER CYCLING (Jackie)

Learn the proper way for bike set-up in this beginner level stationary cycling exercise class. Instructor will go through basic class formats, including hill and race training, and using watts to understand power generated from your cycling.

**Saturday, April 19**

**10:30-11:15 a.m.**

**(1st Floor Cycling Room)**

### WATER WALKING 101 (Stori)

Water Walking 101, a beginner-friendly workshop designed to introduce new strategies for pool-based exercise and walking techniques. Perfect for those looking to stay active without stressing the joints, this class is ideal for anyone recovering from injury or surgery (with medical clearance), or simply seeking a gentler form of fitness. You'll learn to walk on your own in water depths starting at 4 feet, with options to progress to deeper areas at your own comfort level. Equipment such as water walking belts and hand weights will be introduced to enhance resistance, and overall effectiveness. No swimming experience is required, and all fitness levels are welcome.

**Monday, April 27**

**(generally held the last Monday of each month)**

**10-10:55 a.m.**



## COMMUNITY PROGRAMS

### **WALKING CLUB**

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

**Thursdays, April 2, 9, 16, 23, 30**

9:30 - 10:30 a.m.

*Weather permitting*

### **Ellenwood Center**

#### **Willard Pavilion**

124 Ellenwood Avenue

Bedford, OH 44146

*(Walking inside Ellenwood on specific dates) Call 440-735-2559 to register*

### **COMMUNITY ART THERAPY GROUPS**

Join UH Connor Whole Health Art Therapist Jessica (Jess) Grimm, ATR-P, for monthly art therapy groups open to the community. In these sessions, you will learn how to utilize art materials expressively to help increase your well-being as you navigate your day. Each session will feature a different art intervention.

**Art interventions will help with:** Self-expression, raising self-esteem, self-care, coping with change, self-awareness, relaxation, soothing anxiety, relieving stress, feelings/emotions, and empowerment. **For questions or additional information, contact:** Jessica Grimm, ATR-P, UH Connor Whole Health Registered Art Therapist **E-mail:** [Jessica.Grimm@UHhospitals.org](mailto:Jessica.Grimm@UHhospitals.org) **Phone:** 216-285-4041

**Wednesday, April 15**

2-4 p.m.

### **UH Wellness Center at Bedford**

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

*For more information or to register, call 440-735-4270*



### **ENPOWERING WELLNESS, ONE REWARD AT A TIME INTRODUCING OUR NEW LOYALTY PROGRAM**

#### **How It Works:**

Attend any 10 FREE classes over 4 months and be entered into a raffle to win a prize that will help support you on your health and wellness journey.

#### **Current offerings include:**

##### **Exercise classes:**

Charg'd Up, Zumba, Tai Chi, Yoga, & Line Dancing

Cooking Demonstrations and Nutrition Education

Biometric Screenings & Education (BP, Blood Sugar, Cholesterol, etc.)

Social Needs Screenings & Resource Connection

Art and Music Therapy

Wellness Dimensions Education Series Master Classes and more!



### **THE NEW UH COMMUNITY WELLNESS CENTER**

#### **UH Wellness Center at Bedford**

88 Center Road, Suite 150

Medical Office Building

Bedford, OH 44146

Our community-based wellness center, located in Bedford, will offer a wide range of programs and services that have been tailored to meet the specific needs of the community, including:

#### **Preventive Services:**

- Health education classes
- Health screenings
- Community programming

#### **Enhanced Access to Care:**

- Telehealth services
- Community health worker on site

#### **Healthy Food:**

- Teaching Kitchen

#### **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.

*For more information or to schedule an appointment, call 440-735-4270, visit*

***[UHhospitals.org/Bedford](http://UHhospitals.org/Bedford)***



## MONTHLY FINANCIAL WELLNESS CLASSES: BUDGETING FOR REAL LIFE

Join The Phe'be Foundation for a powerful financial wellness class focused on empowering individuals and families to take control of their finances. There is a webinar option available for those who are unable to attend in person or who would like access to the recording.

**Monday, April 27**  
10:30 - 11:30 a.m.

## ADVANCED CARE DIRECTIVES: HAVE YOU MADE YOUR HEALTHCARE WISHES KNOWN

Healthcare decisions require more than a simple role in the dice. While we cannot plan everything, we can talk about what is most important — in our life, and in our health care — with those who matter most. We'll help you take it step by step. Talking with important people in our lives can bring us closer together. It also helps create the foundation of a care plan that's right for us — a plan that will be available when the need arises. Although planning for the future is not a game, come join us as we get the conversation started in a creative and fun way using a game called HELLO.

**Wednesday, April 15**  
10 - 11 a.m.

## MOCKTAILS AND CRAFTS

Enjoy a fun and relaxing time together with mocktails and crafts as part of a hands on art experience the whole family can enjoy. We'll sip on refreshing, alcohol free drinks while creating simple, colorful projects that encourage creativity and connection for all ages.

**Wednesday, April 29**  
1 - 3 p.m.

## FOOD WITH PURPOSE WORKSHOP: FOOD, FAITH & FREEDOM: Reclaiming Our Health in Minority Communities

Learn how to create simple, balanced meals that nourish your body and fit your lifestyle. Discover practical strategies to support long-term health, energy, and well-being —one meal at a time. **Key Topics:** Diabetes, hypertension, cultural food swaps, and generational healing

**Monday, April 6**  
12-1 p.m.

**UH Wellness Center at Bedford**  
88 Center Road  
Medical Office Building  
Bedford, OH 44146

*For more information or to register, call 440-735-4270*

*To register for the event, visit us on Eventbrite at "UH Community Wellness Center at Bedford."*

## HEALTH SCREENINGS BIOMETRIC SCREENINGS

FREE health screenings and education will be provided, including blood pressure, non-fasting blood sugar and non-fasting cholesterol.

**Monday, April 13**  
2 - 3 p.m.

**Monday, April 20**  
9:30 a.m. - 11 a.m.

**UH Wellness Center at Bedford**  
88 Center Road, Suite 150  
Medical Office Building  
Bedford, OH 44146

## BLOOD PRESSURE SCREENINGS

**Wednesday, April 1, 15**  
10 a.m.-1 p.m.

**Bedford Heights Community Ctr.**  
5615 Perkins Road  
Bedford Heights, OH 44146  
*(Bedford Heights 60 community members only)*

**Wednesday, April 8**  
11 a.m. - 1 p.m.

**Ellenwood Recreation Center**  
124 Ellenwood Avenue  
Bedford, OH 44146


**Thursday, April 9**  
10:45 a.m.-12:30 p.m.

**Maple Heights Senior Center**  
15901 Libby Road  
Maple Heights, OH 44137

**Tuesday, April 14**  
3-5 p.m.

**Maple Heights Library**  
5225 Library Lane  
Maple Heights, OH 44137

## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (seek your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

[heart.org/bplevels](https://heart.org/bplevels)

**Our Mission**  
*To Heal. To Teach.  
To Discover.*

## EXERCISE & FITNESS

### **TAI CHI**

Tai Chi is generally safe for all ages and fitness levels. It is a gentle way of reducing stress and anxiety while increasing flexibility and balance. Your instructor, Sandy Frazer, is certified by the Tai Chi For Health Institute and is associated with the Arthritis Foundation. Please join her for an introduction to Sun Style Tai Chi. Please wear loose clothing and comfortable shoes.

**Monday, April 13**

12 -1 p.m.

**Wednesday, April 29**

10:30-11:30 a.m.

### **CHAIR YOGA**

This gentle seated yoga focuses on relaxation, flexibility, and balance. It requires no special equipment and is suitable for all ages and fitness levels. Each session includes gentle stretches, breathing exercises, and mindful movements to promote tranquility and well-being.

**Wednesday, April 8, 24**

11 a.m.-12 p.m.

### **THE VOLT FITNESS CHARG'D UP CLASS**

Philly Weeden's Charg'd Up cardio class is a high-energy, high-intensity class with music that keeps you moving.

**Saturday, April 4**

12 -1 p.m.

**Messiah International Ministries**

98 Center Rd  
Bedford, OH 44146

*To register or for more information, visit [Eventbrite](#) or call 440-735-4270, visit [uhhospitals.org/bedford](#)*

## EXERCISE & FITNESS

### **RESISTANCE TRAINING**

Resistance training, or strength training, uses exercises targeting muscle groups to increase strength and muscle tone. Using weights, bands, or body weight, it shapes muscles, boosts performance, and improves endurance. Regular resistance training builds confidence and enhances overall health.

**Tuesday, April 21**

9 - 10 a.m.

### **ZUMBA**

Join us for what some may call the most awesome workout ever! Dance to great music with great people and burn many calories without even realizing it. The class features merengue, salsa, and cumbia. Come and dance around the world!

**Friday, April 10**

12-1 p.m.

### **LINE DANCING**

Come and enjoy a lively evening of line dancing with Lady Q! Whether you're a seasoned dancer or a beginner, this fun-filled event promises great music, energetic moves, and a chance to meet new friends. Don't miss a night of rhythm, laughter, and unforgettable **memories!**

**Wednesday, April 1**

6 -7:30 pm

**UH Wellness Center at Bedford Suite B45**

88 Center Road  
Bedford, OH 44146

*For more information or to register, call 440-735-4270.*

## **NOURISH THE NEIGHBOR**

Join us for the Nourish The Neighborhood Initiative, brought to you by University Hospitals Community Wellness Centers in partnership with local restaurants. Enjoy delicious and healthy recipes crafted by local chefs and University Hospitals nutritionists. Learn how nutritious food can enhance your well-being and connect with your community.

***Current locations for UH healthy menu options***

### **4eleven Lounge**

411 Northfield Road  
Bedford OH 44146  
440-945-6002

### **Grille 55**

4441 Mayfield Road  
South Euclid, OH 44121  
216- 862-1773

### **Sunset Kitchen & Lounge**

11311 Euclid Ave  
Cleveland, OH 44106  
216 400-6590

**NOURISH**  
The NEIGHBORHOOD



## COMMUNITY PROGRAMS

### UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY

**Monday - Friday**  
9 a.m. – 5:30 p.m.

Provides retail pharmacy services for outpatient prescriptions. *If you are interested in filling your prescription at this location, call 440-361-6111 for information.*

### MEDICATION THERAPY MANAGEMENT CLINIC

This pharmacist-led clinic offers medication education and management for the following diseases: 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.

**Monday – Friday**  
8 a.m. – 4:30 p.m.

### UH Geneva Outpatient Pharmacy

870 West Main Street  
Geneva, OH 44041  
Call 440-415-9548 Rachel Norris,  
Pharmacist, for more information.

### DIABETES EDUCATION

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

Call 440-593-0373 Lori Ann Vencill,  
RN, M.Ed., CDCES for information.

### SLEEP MEDICINE

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 (sleep walking/night terrors, Pediatric and Adult Sleep Studies, Pulmonary related sleep issues, Excessive Snoring, and Insomnia.

### University Hospitals - Center for Advanced Sleep Medicine

810-A West Main Street  
Geneva, OH 44041

*Schedule a sleep consultation by  
calling 440-415-015*

### HEARING, BALANCE, & BEYOND: AUDIOLOGY CARE FOR ALL AGES

Provider Spotlight  
Shayna Cole, AuD, CCC-A  
Senior Vestibular Audiologist  
(Balance & Dizziness Specialist)  
Learn how audiology goes beyond hearing tests to support balance, communication and overall quality of life. This talk will introduce modern hearing technology and vestibular services for patients, families, and professionals alike.

**Wednesday, March 18**  
5 – 7p.m.

### Grand River Cellars

5750 South Madison Rd.  
Madison, OH 44057

*Seating is limited. Please RSVP by  
March 13th to Denise Brown at  
440-593-0206.*

## HEALTH SCREENINGS

### FREE WALK-IN BLOOD PRESSURE SCREENINGS

**Monday – Friday**  
9 a.m. - 9 p.m.

**Saturday - Sunday**  
9 a.m. - 5 p.m.

### Urgent Care

### UH Ashtabula Health Center

3315 N. Ridge Road, E  
Suite 700A

Ashtabula, OH 44004

*Call 440-992-0759 for information*

### FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)

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



## REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event calendars, please email [conciierge@uhhospitals.org](mailto:conciierge@uhhospitals.org) or visit the website below to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

**COMMUNITY PROGRAMS**  
**FREEDOM FROM SMOKING**  
**GROUP QUIT PROGRAM**

Join the American Lung Association's seven-week quit smoking program. Overseen by a certified facilitator, you will learn: how to know if you are ready to quit, medications that can increase your success, lifestyle changes to make quitting easier, how to prepare for your quit day, coping strategies for managing stress and avoiding weight gain, and how to stay smoke free for good.

**NO COST QUIT PROGRAM** Open to everyone.

**Thursdays (5:30 – 7:00 p.m.)**

Call 440-593-0372 or email [christina.houghton@uhhospitals.org](mailto:christina.houghton@uhhospitals.org) to RSVP.

*Deadline to RSVP is April 30, 2026.*

Minimum of 3 participants required for class to be held. Our first session starts on Thursday, May 7 at 5:30 p.m.

**UH Geneva Medical Center**

870 West Main St.  
 Geneva, OH 44041

**REMOTE AREA MEDICAL**  
**(RAM) - FREE DENTAL /**  
**VISION / MEDICAL SERVICES**

**Saturday, April 11**

**Sunday, April 12**

**Lakeside Junior High School**

6620 Sanborn Rd.  
 Ashtabula, OH 44004

For more information: [RAMUSA.ORG](http://RAMUSA.ORG)  
 or call 865-579-1530.

**VIRTUAL HEALTH TALKS**

University Hospitals provides live webinars focused on the prevention, diagnosis and treatment of a wide range of health conditions. Visit the website below to learn more [Click Here](#)

**SUPPORT GROUPS**

**BETTER BREATHERS CLUB**

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  
**4 – 5:30 p.m.**

**UH Geneva Medical Center**

1st Floor Pulmonary Rehab Dept. 870 West Main Street  
 Geneva, OH 44041

Call 440-415-0243 for information

**CANCER SUPPORT GROUP**

**Wednesday, April 15**

5 - 6 p.m.

**Becker's**

1601 W. Prospect Rd.  
 Ashtabula, OH 44004

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

## Spring Wordsearch

**BUNNY**  
**CANDY**  
**CHICKS**  
**CHOCOLATE**  
**EASTER**  
**EGGS**  
**FLOWERS**  
**GREEN**  
**RAIN**  
**SPRING**

I	D	V	B	F	M	A	N	I	A	R	C	C	S	W
S	A	D	Q	V	R	K	I	L	E	H	X	S	K	W
Y	S	R	E	W	O	L	F	T	O	G	M	D	C	D
P	E	D	E	M	V	R	S	C	N	R	Z	Z	I	O
X	Z	S	I	B	I	A	O	M	C	E	Z	E	H	L
U	E	Z	D	P	E	L	E	K	O	E	Z	R	C	N
H	N	C	S	X	A	G	M	Z	S	N	C	O	C	P
T	W	N	P	T	G	G	E	M	H	Y	D	Q	X	D
C	T	O	E	S	B	A	G	B	U	N	N	Y	D	K
Q	A	D	P	X	V	V	W	N	L	R	E	N	R	O
Z	Y	N	D	F	E	E	F	U	I	I	H	I	H	O
V	L	D	D	N	N	T	F	U	N	R	N	V	L	L
M	E	V	Y	Y	D	C	T	N	N	S	P	S	N	E
U	L	L	H	C	X	I	F	X	E	R	B	S	B	X
I	V	Y	W	U	M	A	T	V	K	L	I	C	D	V

## COMMUNITY PROGRAMS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at 440-827-5440. Closed on all holidays or in inclement weather.

### BLOOD PRESSURE SCREENINGS

**Thursday, April 16**

9:30 – 11 a.m.

**Avon Senior Center**

36786 Detroit Rd  
Avon OH 44011

**Tuesday, April 21**

12:30-2 p.m.

**Avon Lake Senior Center**

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

### FREE HEALTH SCREENINGS

FREE cholesterol, glucose and blood pressure screenings provided. No fasting required.

**Wednesday, April 8**

4 - 7 p.m.

**Elyria Public Library  
West River Branch**

1194 West River Road, North  
Elyria, OH 44035

### 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 (Sleep walking/night terrors, excessive daytime sleepiness, Pulmonary related sleep issues, Snoring, and Insomnia. Nighttime, daytime, and home sleep studies available.

For a sleep provider consult, call **216-844-REST**

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

### DEMENTIA FRIENDLY LIFE CAFE

Join Susan Campbell RD, LD for a talk on the “Mind Diet” from 10-11am. The Memory Cafe is open to all individuals from 10am-2pm. Blood Pressures provided from 11:00am-12:00 pm by a nurse from University Hospitals Community Outreach Dept. The memory cafe offers engagement and support for people with dementia as well as their caregivers. For more information: <https://www.dflife.org/>

**Wednesday, April 1  
10 - 11 a.m.**

**Faith Baptist Church**

440 North Lake St  
Amherst OH 44001

### UH VIRTUAL TALKS

University Hospitals provides live webinars focused on the prevention, diagnosis and treatment of a wide range of health conditions. Each session includes a presentation from experts followed by an audience Q&A session. These events are free and registration is required. Missed a live session? Don't worry, we record our talks so you can watch previous sessions. Visit the website below.

<https://www.uhhospitals.org/Health-Talks>



## COMMUNITY PROGRAMS

Call **440-214-3180** to register

### **LUNCH AND A MOVIE**

Due to very limited space, and to ensure a fun experience for all, registration is required.

**Thursday, April 2**

12 - 2:30 p.m.

**West Geauga Senior Center**

8090 Cedar Road

Chesterland, OH 44026

### **GARDENING FOR LIFELONG HEALTH**

Gardening is an excellent way for our aging bodies to be physically active, shed calories and stay flexible. Do you want to learn basic gardening skills, brush up on rusty skills or learn more about the nutritional value of home grown vegetables.

Topic: Gardening & Wellness

**Wednesday, April 8**

3-4 p.m.

**UH Geauga Medical Center - Conference Center**

13207 Ravenna Road

Chardon, OH 44024

### **UNDERSTANDING STRESS IN LATER LIFE**

Stress doesn't retire when we do. In fact, later life can bring a unique mix of transitions, changes in health, relationships, routines, and identity, that can quietly increase stress levels. Let's explore how stress shows up differently in older adulthood, why it may be overlooked or misunderstood, and how it connects to sleep, memory, mood, and chronic conditions. Afterwards, we will enjoy a relaxing and fun activity together.

**Tuesday, April 7**

11 a.m.

**Middlefield Senior Center**

15820 Ridgewood Drive

Middlefield, OH 44062

### **HEALTHY LIVING BINGO**

Join us for a fun-filled game of Healthy Living Bingo, where wellness meets excitement! Test your knowledge of nutritious habits, active lifestyles, and positive choices while competing for great prizes! It's a lively, interactive way to learn, laugh, and take steps toward a healthier you!

**Wednesday, April 8**

11 a.m.-12 p.m.

**Middlefield Senior Center**

15820 Ridgewood Drive

Middlefield, OH 44062

### **MENTAL HEALTH & NUTRITION AWARENESS**

Please join us in the lobby for free depression-risk screenings along with supportive education on how nutrition, lifestyle habits and stress management can improve overall emotional health.

**Tuesday, April 21**

11 a.m.-1 p.m.

**UH Geauga Medical Center - Main Lobby**

13207 Ravenna Road

Chardon, OH 44024

### HEALTH SCREENINGS

#### **BLOOD PRESSURE**

#### **SCREENING**

**Monday, April 6**

8:30 -10 a.m.

**West Farmington Senior Center**

150 College Street

West Farmington, OH 44491

**Monday, April 13**

10 a.m. - 12 p.m.

**Gauga YMCA**

12460 Bass Lake Road

Chardon, OH 44024

**Tuesday, April 21**

11:30 a.m. - 12:30 p.m.

**Chardon Senior Center**

470 Center Street Bldg. 8

Chardon, OH 44024

## EXERCISE FITNESS

### **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 (In collaboration with Geauga Dept. on Aging)

**Wednesdays | 3 p.m.**

**April 1**

**Blue Heron Preserve**

14747 Ravenna Road

Burton, OH 440261

**April 8**

**The West Woods**

9465 Kinsman Road

Novelty, OH 44072

**April 15**

**Headwaters Park**

13365 Old State Road

Huntsburg, OH 44046

**April 22**

**Hogback Ridge**

Madison, OH 44057

*Afterwards dinner at Grand River*

*Cellars Winery*

*5750 S. Madison Road*

*Madison, OH 44057*

**April 29**

**Beartown Lakes Reservation**

18870 Quinn Road

Bainbridge, OH 44023

(Park at North Point Shelter)



## **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. *Cost \$45*

*(A collaboration with the Geauga County Department on Aging*

**Mondays, April 6, 13, 20, 27**  
**Wednesdays, April 1, 8, 15, 22, 29**  
**Fridays, April 3, 10, 17, 24**

**Chardon Senior Center**  
470 Center Street Bldg. 8  
Chardon, OH 44024  
*Call 440-279-2137 for Information*

## **PEDALING FOR PARKINSON'S**

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. *(A collaboration with the Geauga County*

*Department on Aging and Ohman Family Living)*

**M / W / F Class**  
1:30-2:30 p.m.

**Ohman Family Living at Holly**  
10190 Fairmount Road  
Newbury, OH 44065  
*Call 440-338-8220 for Information*



## **SUPPORT GROUPS STROKE SUPPORT GROUP**

**Monday, April 6**  
6 p.m.  
**UH Geauga Medical Center  
(Conference Center)**  
13207 Ravenna Road  
Chardon, OH 44024  
*Call 440-214-3101 for information*

## **PARKINSON'S SUPPORT GROUP**

**Tuesday, April 21**  
12:30 1:30 p.m.  
**Chardon Senior Center**  
470 Center Street Bldg. 8  
Chardon, OH 44024  
*Call 440-279-2167 to register*

## **CARDIAC SUPPORT GROUP**

*Meetings held quarterly*  
12 -1:30 p.m.  
*Lunch Provided*  
**UH Geauga (Conference Center)**  
13207 Ravenna Road  
Chardon, OH 44024  
*Call 440-285-6824 for information*

## **DIABETES SUPPORT GROUP**

We will be touring and sampling food throughout Heinen's with their Wellness Coordinator, Heather. She will share her expertise in Diabetic healthy food options and products.

**Tuesday, April 21**  
**2 p.m.**  
**Chardon Senior Center**  
470 Center Street Bldg. 8  
Chardon, OH 44024  
*Call 440-279-2167 for information*

## **DIABETES SELF- MANAGEMENT CLINIC**

For newly diagnosed or for anyone just looking for additional information on how to live well with diabetes. *Call Diabetes Educator at 440-214-8233*

## **OSTOMY SUPPORT GROUP**

*(Meetings held every other month)*  
**UH Geauga Medical Center**  
Conference Center  
13207 Ravenna Road  
Chardon, OH 44024  
*Call 440-285-6210 for information*

## **BETTER BREATHERS CLUB**

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. **Second Tuesday of the month**  
**UH Geauga Medical Center**  
Conference Center  
13207 Ravenna Road  
Chardon, OH 44024  
*Call 440-285-6355 for information*

## **LYMPHEDEMA SUPPORT GROUP**

*Topic and location to be determined*  
**Call 440-214-3101 for information or Email:**  
*Cathy.Jewell@uhhospitals.org or Patricia.schroeder@uhhospitals.org*

## **SENIOR ASSESSMENTS**

Memory Loss and Aging – When to seek help?  
**UH Geauga Medical Center**  
Norma N. Chapman Senior Assessment Program  
13207 Ravenna Road  
Chardon, OH 44024  
*Call 440-285-6408 to schedule an Assessment*

## **RISK ASSESSMENTS**

*Call Wellness Coordinator at 440-214-3330*

## **SMOKING CESSATION**

Join the American Lung Association's 7 week quit smoking program. First session begins April 15th . *Call 440-285-6355 for more information*

# Glenville Community Wellness Center

## COMMUNITY PROGRAMS

**UH Community Wellness Center at  
Glenville 10527 Orville Avenue  
Cleveland, OH 44106**

To register or for questions: <https://www.eventbrite.com/o/uh-community-wellness-center-at-glenville-73039239633>  
[india.robinson@UHhospitals.org](mailto:india.robinson@UHhospitals.org)  
Phone: 216-237-5017

Call 216-237-5017 to sign up for any session. Walk-ins welcome if registration is not full.

Hours of Service:

Monday: 9 a.m. - 6 p.m.

Wednesday: by schedule

Friday: 9 a.m.-5 p.m.

Saturday (1st Saturday of each month): 9 a.m.- 1 p.m.

## EXERCISE PROGRAMS

### **YOGA WITH STEPHANIE**

Discover the benefits of yoga in a welcoming class designed for everyone, regardless of age or experience. This session focuses on gentle stretches, mindful breathing, and simple poses to promote flexibility, strength, and relaxation. Whether you're new to yoga or a seasoned practitioner, our all-ages class offers a supportive space to unwind, connect, and enhance overall well-being. Participants can do chair or mat yoga. Bring your own mats or we will have mats available for use.

**Every Monday in April**

10-11 a.m.

**Every Tuesday in April**

6 - 7 p.m.

### **DANCE FOR CHANGE LINE DANCE INSTRUCTION WITH LADY Q**

Join us after work for an exciting fitness experience that combines the joy of dancing with a full-body workout! Our Line Dancing Fitness Class is designed to get you moving, improve your coordination, and boost your mood—all while having a blast. no partner needed but bring a friend or two for a fun experience

**Every Monday in April**

11:15 a.m. -12 p.m.

**Every Thursday in April**

6-7 p.m.

### **AGE WITH VIBRANCY AEROBICS FOR 55 AND OLDER**

Stay active and energized while Ageing with Vibrancy, a fun and uplifting aerobics class designed for adults 55 and over! This low-impact class combines gentle stretches, rhythmic movement, and light dance to improve flexibility, balance, and cardiovascular health. Set to an enjoyable mix of music, offers a welcoming environment where you can move at your own pace while staying active and connected. Dionne Is a certified fitness instructor who encourages movement with low impact classes that are self-paced.

**Every Tuesday in April**

11 a.m. – 12 p.m.

**Every Thursday in April**

1 - 2 p.m.

### **URBAN BALLROOM CLASSES**

Urban Ballroom is a smooth and stylish partner dance that blends traditional ballroom techniques with the soulful rhythms of R&B and contemporary music. Rooted in the Detroit Ballroom style, this dance emphasizes fluid movements, rhythmic footwork, and a strong connection between partners, making it both elegant and expressive.

**Beginner / Intermediate**

**Every Monday in April**

5 - 7 p.m.

**Beginner / Intermediate / Advanced**

**Every Friday in April**

12- 2 p.m.

### **DANCE FITNESS WITH SHANAE**

Get ready to move, groove, and sweat in this high-energy dance fitness class led by Shanae! Designed for all fitness levels, this fun and dynamic session blends dance moves with a full-body workout to boost your mood, improve coordination, and keep you energized. No dance experience required—just bring your enthusiasm and a desire to have fun!

**Every First and Third Saturday**

10 - 11 a.m.

### **STEP AEROBICS WITH SHANAE**

Steps Provided for 10 participants. Please register if you want to reserve steps or bring your own that you are comfortable with using already.

**Every Thursday in April**

5 – 6 p.m.



## COMMUNITY PROGRAMS

### **CENTRAL YMCA HEALTH SCREENING**

University Hospitals Community Outreach will be offering blood pressure checks, cholesterol and glucose screenings at the Lake County Central YMCA. Stop by to proactively manage your health by knowing your numbers, learn new health information, **and more!**

**Tuesday, April 14**

8 a.m. – 1 p.m.

### **Lake County Central YMCA**

#### **Central Branch**

933 Mentor Ave  
Painesville, Ohio 44077

### **NATIONAL PRESCRIPTION DRUG TAKE BACK DAY**

Mark your calendars and join us to safely dispose of your unused, unwanted, or expired medications. Chat with a pharmacist! We will additionally offer blood pressure, cholesterol and glucose screenings at this event, offered at both UH Lake West and UH Tripoint Medical Centers.

**Saturday, April 25**

10 a.m. - 2 p.m.

#### **UH Tripoint Medical Center**

7590 Auburn Road  
Painesville, Ohio 44077

#### **UH Lake West Medical Center**

36000 Euclid Ave  
Willoughby, Ohio 44094

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING EVENTS**

No appointment necessary! UH Lake Medical Centers will be providing FREE blood pressure screenings in the main lobby area.

**Saturday, April 4**

9 a.m.– 12 p.m.

#### **Tripoint Medical Center**

7590 Auburn Road  
Painesville, OH 44077

**Saturday, April 18**

9 a.m.– 12 p.m.

#### **UH Lake West Medical Center**

36000 Euclid Avenue  
Willoughby, OH 44094

### **WILLOWICK BLOOD PRESSURE EVENT**

Join us for a free blood pressure screening event, no appointment is necessary!

**Tuesday, April 14**

10 a.m. – 12 p.m.

#### **Willowick Senior Center**

321 E 314th Street  
Willowick, OH 44095



# UH FITNESS CENTER IN MENTOR

## BRUNNER SANDEN DEITRICK WELLNESS CENTER

**UH Fitness Center in Mentor**  
8655 Market Street  
Mentor, OH 44060

### COMMUNITY EVENT

#### MEDICALLY BASED FITNESS - UH MENTOR FITNESS CLASS

We offer programs and services designed to meet your every need. We are ready to help you every step of the way on your wellness journey. Call today to set a time for a tour and discover why medically based fitness may be just what you are looking for. **440-375-8777**

#### MEET SHAWN COOPER, RD, LD - YOUR PARTNER IN HEALTH

Struggling with weight changes, blood sugar issues, digestive discomfort, low energy, or cholesterol concerns? Nutrition can make a powerful difference. Shawn Cooper, Registered Dietitian, offers a supportive group weight loss program and personalized 1:1 counseling to help you feel better and take control of your health.

*Insurance coverage may apply.*

Call **440-710-7537** or email [Shawn.Cooper@uhhospitals.org](mailto:Shawn.Cooper@uhhospitals.org) to learn more or schedule your first session.

## UNIVERSITY HOSPITALS WEIGH LOSS PROGRAM

If you're tired of feeling trapped in the cycle of yo-yo dieting then you will want to learn more about University Hospitals Weight Loss Program. Our expert team can help you achieve sustainable fat loss, crave healthy foods, reduce problematic cravings, decrease medication, improve your mood, strengthen your immune system, and boost your self-confidence. Join our program and experience the difference! For more information, contact Shawn Cooper, RD at [Shawn.Cooper@UHhospitals.org](mailto:Shawn.Cooper@UHhospitals.org) or 440-701-7537.

## NUFIT SERIES

Our Nutrition & Fitness Education Series brings together fitness and nutrition experts to cover new topics each month. All seminars are held at the UH Brunner Sanden Deitrick Wellness Center - 8655 Market Street - Mentor, OH 44060. Light refreshments are provided. All attendees are entered into a drawing to win a free one-month membership! Registration is recommended. **Call 440-701-7507 for upcoming program dates and topics.** Open to the public and UH Fitness Center members.

**Thursday, April 23 12-1 p.m.**

Topic: "Can Strength Training Save our Life?"

Tim Cavender, BS, CPT

Exercise Specialist

Office: 440-701-7519



### REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event calendars, please email [conciierge@uhhospitals.org](mailto:conciierge@uhhospitals.org) or visit the website below to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

## COMMUNITY PROGRAMS

### DIABETES AND NUTRITIONAL COUNSELING

We offer both virtual or 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

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**

### JOIN OUR TEAM AS A SPIRITUAL CARE VOLUNTEERS

The Parma Pastoral Care Department is looking for compassionate individuals interested in serving as Spiritual Care Volunteers. Under the guidance of our hospital chaplain, volunteers offer emotional and spiritual support to patients and their families during their time in the hospital. Comprehensive training and orientation are provided. If you feel called to make a meaningful difference, please contact Chaplain Marian Mihás at [marian.mihás@uhhospitals.org](mailto:marian.mihás@uhhospitals.org) or

call 440-743-4295 for more information.

### BECOME A VOLUNTEER AT UH PARMA MEDICAL CENTER

Volunteers play a vital role in helping UH Parma Medical Center deliver exceptional, personalized care. Our volunteer program supports community wellness and raises funds to enhance the hospital's healing environment.

Just like our professional staff, our volunteers are committed to providing the highest standard of compassionate care and service with purpose and dedication.

If you're interested in making a meaningful impact, we'd love to welcome you to our team.

#### To Get Started:

Download and complete the volunteer application. [click here](#) to print, after completed mail it to:

#### Parma Hospital Volunteer Services

7007 Powers Boulevard  
Parma, Ohio 44129-5495

Or fax to 216-474-0670

For more information or questions, contact us at 440-663-1975 or email

[geralyn.novicky@uhhospitals.org](mailto:geralyn.novicky@uhhospitals.org)



### SERVICES AVAILABLE AT UH PARMA MEDICAL CENTER

The expert team of clinicians at University Hospitals Parma Medical Center delivers comprehensive care across the whole spectrum of medical and surgical specialties. From family medicine to emergency care and everything in between, our highly trained staff can diagnose and treat a full range of conditions using state-of-the-art technology and advanced procedures. Our team comprises physicians with expertise in more than 30 specialties, including [heart and vascular care](#), [orthopedics and sports medicine](#), [neurology and neurosurgery](#), [bariatric surgery](#) and [pain management](#). We also provide state-of-the-art [radiology](#), physical therapy and laboratory capabilities. All services are offered at our main campus in Parma with many also available at several convenient outpatient locations, bringing the care you and your family need closer to home.

To make an appointment with a medical professional at UH Parma Medical Center call **216-487-1002**

### SLEEP HEALTH & SLEEP DISORDERS

Presentation will touch on symptoms of sleep disorders; impact of sleep on your overall health; sleep testing and treatment options and when to seek help from a sleep specialist. Space is limited so register early. Call the Parma Smallwood Activity Center at 440-885-8800 to register.

**Thursday, April 23**

10 a.m.

**Parma Smallwood Activity Center**

7010 Powers Boulevard  
Parma, OH 44129

## COMMUNITY PROGRAMS

### **ANOTHER ALLY FOR YOUR HEALTH: HOW SEEING A CLINICAL PHARMACIST CAN IMPROVE YOUR CARE.**

Presented by: James Elliott, PharmD, BCACP, Clinical Ambulatory Care Pharmacist, UH Meds.

Navigating medications can be challenging, especially when managing chronic conditions, side effects, or rising drug costs. Join us for a friendly, informative talk that introduces the role of the ambulatory care clinical pharmacist and how they work alongside your primary care provider to support your health. This session will cover how clinical pharmacists help optimize medications, identify more affordable options, and connect patients with additional resources. Attendees will gain a better understanding of when a referral to a clinical pharmacist may be helpful and how asking your doctor for this added support can lead to safer, more effective, and more personal care. To register call 440-526-1102 or click the link <https://attend.cuyahogalibrary.org/event/15396312>.

**Friday, April 10**

11 a.m.

#### **Brecksville Library**

9089 Brecksville Road – Event will be held in the meeting room

### **UH PARMA RETAIL PHARMACY**

Monday-Friday - 8:30 a.m.-5:00 p.m. Have UH Parma Retail meet your pharmacy needs- fill/transfer prescriptions today. Use the QR code or call 440-743-1140. Choose UH Parma Retail as your preferred pharmacy. **Free home delivery!**



## COMMUNITY PROGRAMS

### **PARTY OF THREE: You, Your Provider and Your Pharmacist.**

Presented by Sean Owens, PharmD, MBA, Supervisor, Retail Pharmacy. Understand the importance of working with a health care system pharmacy regarding your care. Learn more about UH pharmacy interventions that help promote positive outcomes for UH patients. Hear from a retail pharmacist how collaboration with your physician results in better overall patient satisfaction. To register call 440-885-5362 or click on this link <https://attend.cuyahogalibrary.org/event/15285323>

**Tuesday, May 12**

9:30 – 10:30 a.m.

#### **Cuyahoga County Public Library Parma-Powers Branch**

6996 Powers Blvd  
Parma, OH 44129

### **BLOOD DRIVE**

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

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.

**Wednesday, April 17**

11 a.m. – 5 p.m.

#### **UH Parma Medical Center**

7007 Powers Boulevard  
Parma OH 44129



### **SLEEP APNEA AS A STROKE RISK FACTOR**

Join us at the Cuyahoga County Library - Parma-Powers branch for a special event in recognition of Stroke Awareness Month! Dr. John Andrefsky, Neurologist at UH Parma Medical Center, will discuss sleep apnea, treatment options, and its role in increasing stroke risk. Following the presentation, free health screenings will be offered, including carotid artery, sleep apnea, balance, blood pressure, glucose, non-fasting cholesterol, and stroke risk assessment. In addition to the presentation, explore valuable information on stroke recovery, diabetes education, balance and exercise, nutrition, smoking cessation, and more. Registration opens April 14. Space is limited.

- To register for the carotid screening, call 440-743-4027 and press option #2.
- To register for the event, call Parma-Powers Library at 440-885-5362 or click the link <https://attend.cuyahogalibrary.org/event/15285092>

Don't miss this opportunity to learn, engage, and take steps toward better health!

**Thursday, May 14**

1 - 3 p.m.

#### **Cuyahoga County Public Library Parma-Powers Branch**

6996 Powers Blvd  
Parma, OH 44129

### **PARKINSON'S DISEASE EXERCISE CLASS – DELAY THE DISEASE**

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 **Wednesdays, April 1, 8, 15, 22, 29**  
12:30 – 2 p.m.

#### **UH Parma Health Education Center**

7300 State Road  
Parma, OH 44134

*For more information, call 440-743-4932*

## SUPPORT GROUPS

### **Held at UH Parma Health Education Ctr.**

7300 State Road Parma, OH  
44134 unless otherwise noted.  
Call 440-743-4932 for information

### **EHLERS-DANLOS SYNDROME (EDS) SUPPORT GROUP**

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](mailto:lauren.napoli@uhhospitals.org).

#### **Monday, April 13**

6:45 – 8:45 p.m.

Location:

North Royalton Library

5071 Wallings Road

North Royalton

**Room 123**

### **PARKINSON'S DISEASE**

For those diagnosed with Parkinson's and their support person or caregiver. *Second Tuesday of each month. **Must RSVP for this meeting.** For more information and/or questions call 440-743-4932*

#### **Tuesday, April 14**

1-2:30 p.m.

### **FOOD ADDICTS ANONYMOUS**

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

No registration required, walk-in meeting. For more information call Charlotte at 330-607-2144. 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 - Room 2. Visit the website at: [faacanhhelp.org](http://faacanhhelp.org)

#### **Fridays, April 3, 10, 17, 24**

4:30 p.m.

## HEALTH SCREENINGS

### **BLOOD PRESSURE**

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

#### **Wednesday, April 1**

10:30 a.m. – 12 p.m.

#### **UH Parma Health Education Center**

7300 State Road  
Parma, OH 44134

*(Glucose screening included)*

#### **Wednesday, April 1**

9 - 10:30 a.m.

#### **North Royalton Office on Aging**

13220 Ridge Road

North Royalton, OH 44133

**440- 582-6333**

### **COMMUNITY BLOOD PRESSURE SCREENINGS (con't).**

#### **Wednesday, April 8**

8 - 10 a.m.

#### **Seven Hills Recreation Center**

7777 Summit View Drive

Seven Hills, OH 44131

**216-524-6262**

#### **Thursday, April 9**

9:30 - 11 a.m.

#### **Brooklyn Senior Center**

7727 Memphis Avenue

Brooklyn, OH

**216-635-4262**

#### **Friday, April 10**

10 - 11:30 a.m.

#### **Independence Senior Center**

6363 Selig Dr.

Independence, OH 44131

**216-524-7373**

#### **Friday, April 10**

10 - 11:30 a.m.

#### **Donna Smallwood Activities**

Ctr. 7010 Powers Blvd.

Parma, OH 4419

**440-888-8820**

#### **Monday, April 13**

8:30 - 10 a.m.

#### **Broadview Hts. Senior Center**

9543 Broadview Road

Broadview Hts., OH 44147

**440-526-4685**

#### **Tuesday, April 28**

9:30 - 11:30 a.m.

#### **North Royalton Y.M.C.A.**

11409 State Road

North Royalton, OH 44133

**440-230-9339**

#### **Tuesday, April 28**

9:30 - 11:30 a.m.

#### **Cuyahoga County Library**

#### **Parma-Powers Branch**

6996 Power Boulevard

Parma, OH 44129

**440-885-5362**

## COMMUNITY PROGRAMS

### **RED CROSS BLOOD DRIVE**

**Monday, April 27**

11 a.m.-5 p.m.

**UH Portage Medical Arts Building,**  
Ravenna, Ohio 44266

To make an appointment, visit  
RedCrossBlood.org or scan QR code:



### **SAIL FALLS PREVENTION CLASS**

**SAIL – Stay Active & Independent for Life**

A new class that is an evidence based falls prevention program to build strength, balance & flexibility. It will be offered at two locations:

#### **Streetsboro Senior Center**

9307 State Route 43

Streetsboro, OH 44241

*INFO/RSVP: 330-626-2398*

#### **Portage County Senior Center**

705 Oakwood Street,

Ravenna, OH 44266

*INFO/RSVP: 330-297-345*

### **UH PORTAGE MEDICAL CENTER OUTPATIENT RETAIL PHARMACY**

Convenient Access to Common and Hard-to-Find Medications At UH Portage Outpatient Pharmacy, we can provide 90-day prescription supplies (if approved by your insurance) and fill mail order prescriptions. When you visit us, we look up coupons to help lower your copay as much as possible. We also provide bedside medication delivery to patients before they are discharged from the hospital. Under the copper awning at UH Portage Medical Center, we have a designated parking space where patients can do drive-up pickup for their prescriptions. Call 234-703-1747 for more information.

**Monday – Friday:** 8 a.m. to 6 p.m.

**Saturday & Sunday:** 8 a.m. to 4 p.m.

### **VIRUAL SMOKING CESSATION CLASSES**

*Call 330-297-2576 for information*

### **UH PORTAGE WOUND CARE & HYPERBARIC MEDICINE CENTER**

The University Hospitals Portage Wound Care Center offers comprehensive wound care close to home. Our goal is same day or next day appointments and the Portage Wound Care Center has specialists to treat many non-healing wound issues. Call today to get scheduled for an appointment! *Call 330-422-7755 to schedule*

UH Streetsboro Health Center  
9318 State Route 14,  
Streetsboro, OH 44241

### **SENIOR ASSESSMENT PROGRAM**

The Senior Assessment Program is designed to help family, friends, and primary care physicians identify the special needs of older adults. A comprehensive team evaluation includes:

- Medical Evaluation
- Medication Review
- Psychological Evaluation
- Memory Testing
- Occupational therapy home safety assessment
- Physical therapy evaluation
- Social Service Assessment

#### **UH Portage Medical Center Specialty Clinic, Suite 125**

6847 N. Chestnut Street

Ravenna, OH 44266

*For more information call*

**330-297-8295**

### **SUPPORT FOR GRIEVING ADULTS**

**The Grief Place**

INFO: [www.thegriefcareplace.org](http://www.thegriefcareplace.org)

330-686-1750

**Kelly's Grief Center**

INFO: [ww.kellysgriefcenter.com](http://ww.kellysgriefcenter.com) Call

330-593-5959 for Information

### **AMPUTEE WALKING CLINIC**

**Thursday, April 2**

**3-5 p.m.**

**Yanke Bionics**

303 W. Exchange Street

Ravenna, OH 44266

### **STROKE SUPPORT GROUP**

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.

**Wednesday, April 15**

3:30 – 4:30 p.m.

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

6847 North Chestnut Street

Ravenna, OH 44266

**Our Mission**  
*To Heal. To Teach.*  
*To Discover.*



## HEALTH SCREENINGS

### FREE BLOOD PRESSURE SCREENINGS

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

#### Thursday, April 9

11 a.m.- 1 p.m.

#### UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street  
Ravenna, OH 44266

#### Tuesday, April 14

11 a.m. – 1 p.m.

#### Renaissance Family Center, Lobby

9005 Wil Verne Drive  
Windham, OH 44288

#### Tuesday, April 21

11 a.m. – 1 p.m.

#### UH Portage Professional Center Lobby

6847 N. Chestnut Street  
Ravenna, OH 44266

### CHILDREN'S ADVOCACY CENTER INFORMATION TABLE

#### Monday, April 6

#### Wednesday, April 15

11 a.m. – 1 p.m.

#### UH Portage Medical Center, Cafeteria

6847 N. Chestnut Street  
Ravenna, OH 44266

### MYCHART FOR MY LIFE

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!

#### Monday, April 27

10 – 11 a.m.

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

6847 North Chestnut Street,  
Ravenna, OH 44266  
*RSVP by calling 330-297-2576*

### SPRING INTO HEALTH SCREENING EVENT & DRUG TAKE-BACK DAY

Walk in or Drive-up and bring your unused medications to the hospital main lobby for safe disposal. Take advantage of free walk-up health information and screenings, also located in the main lobby.

#### Saturday, April 25

10 a.m. – 2 p.m.

#### UH Portage Medical Center, Main Entrance

### HAYMAKER FARMER'S MARKET

Franklin Avenue in Downtown Kent (Outdoor market under the Haymaker overpass between Main St. & Summit St. Join us at the Farmer's Market where we will be providing information on stress management and self-care.

#### Saturday, April 11

10 a.m. – 1 p.m.

### TOBACCO TREATMENT COUNSELING PROGRAM

Counseling starts with an initial consultation with a Certified Tobacco Treatment Specialist (CTTS) which includes a detailed assessment of your health and medical conditions, tobacco history, quit attempts, and other pertinent information that will aide in developing your treatment plan. Your CTTS will develop an individualized cessation plan with you. For more information or to schedule: Call 216-896-1810 or email

Tobacco.Treatment@UHhospitals.org

#### UH Portage Harrington Heart & Vascular Institute

UH Portage Professional Center, Suite #125

6847 North Chestnut Street  
Ravenna, OH 44266

### DANCE FITNESS CLASS

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

*RSVP by calling*

**330-297-2576**

#### Wednesday, April 8, 22

9:15– 10 a.m.

#### UH Portage Medical Center - Mangin Fitness Room

6847 North Chestnut Street  
Ravenna, OH 44266

### SAIL FALLS PREVENTION CLASS

Join us for these fun and free, introductory classes. No experience is needed! *Please call 330-297-2576 to RSVP.*

#### Thursday, April 9, 23

10– 10:45 a.m.

#### UH Portage Medical Center - Margin Fitness Room

6847 North Chestnut Street  
Ravenna, OH 44266



## COMMUNITY PROGRAMS

### **WALKING CLUB**

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul.

**Tuesday, April 7, 14, 21, 28**  
12 – 1 p.m.

*Weather permitting*

### **Richmond Heights City Hall**

26789 Highland Road  
Richmond Heights, OH 44143  
Call 440-735-2559 to register

### **THE VOLT FITNESS CHARG'D UP CLASS**

Philly Weeden's Charg'd Up cardio class is high-energy and high-intensity, with music that keeps you moving. *To register for Charg'd Up, visit us on Eventbrite at "UH Richmond Wellness." For more information or to register, call 440-735-4270*

**Saturday, April 18**

12 - 1 p.m.

### **Richmond Heights Elementary**

447 Richmond Rd  
Richmond Heights, OH 44143

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENINGS**

**Monday, April 13**  
10 a.m. - 12:30 p.m.

### **Richmond Heights Community Center**

27285 Highland Road  
Richmond Heights, OH 44143

### **BIOMETRIC SCREENINGS**

Free blood pressure, non-fasting cholesterol & non-fasting glucose screenings, and health education.

**Wednesday, April 29**

9 a.m. - 12 p.m.

**Wednesday, July 29**

9 a.m. - 12 p.m.

**Wednesday, September 30**

9 a.m. - 12 p.m.

### **Euclid Hunger Center**

291 E. 222nd Street  
Euclid, OH 44123

## **NOURISH THE NEIGHBOR**

Join us for the Nourish The Neighborhood Initiative, brought to you by University Hospitals Community Wellness Centers in partnership with local restaurants. Enjoy delicious and healthy recipes crafted by local chefs and University Hospitals nutritionists. Learn how nutritious food can enhance your well-being and connect with your community.

### *Current locations for UH healthy menu options*

#### **4eleven Lounge**

411 Northfield Road  
Bedford OH 44146  
440-945-6002

#### **Grille 55**

4441 Mayfield Road  
South Euclid, OH 44121  
216- 862-1773

#### **Sunset Kitchen & Lounge**

11311 Euclid Ave  
Cleveland, OH 44106  
216 400-6590



## COMMUNITY PROGRAMS

### RED CROSS BLOOD DRIVE

Friday, April 3

11 a.m. - 5 p.m.

Thursday, April 16

9:30 a.m. - 3:30 p.m.

**UH Samaritan Medical Center Auditorium**

663 East Main Street

Ashland, OH 44805

### BIOMETRIC SCREENINGS

First Wednesday in March, May, July, September, October, December

9- 10:30 a.m.

**Ashland YMCA**

207 Miller Street

Ashland, OH 44805

### SMOKING CESSATION

One on one consultations available. *Call Amanda at 419-207-2306 for Information*

### AMERICAN HEART ASSOCIATION HEART SAVER CPR FOR THE COMMUNITY

Friday, April 17

2 - 4 p.m.

**Samaritan Auditorium**

663 East Main Street

Ashland, OH 44805

*Call 419-207-7856 for more information or to register*

### AMERICAN HEART BASIC LIFE SUPPORT CPR FOR THE COMMUNITY

Friday, April 24

2-4 p.m.

**Samaritan Auditorium**

663 East Main Street

Ashland, OH 44805

*Call 419-207-7856 for more information or to register*

### PARKINSON'S DISEASE RESOURCES: Support Group

1st Tuesday of the month

10 a.m.

**Ashland Wellness and Community Center**

2130 Center Street

Ashland, OH 44805

## EXERCISE & FITNESS

### COPD & CARDIAC RESOURCES: S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)

Walking support group for COPD patients

**Tuesdays and Thursdays**

9 a.m.

**The Keith Field House**

Ashland High School

Ashland, OH 44805



### MOBILITY AND BALANCE YOGA

Second, Third & Fourth Tuesday of the Month | 10 a.m.

**Ashland Wellness and Community Center**

2130 Center Street

Ashland, OH 44805

### UH SAMARITAN RETAIL PHARMACY

Monday-Friday 8 a.m.-5:30 p.m.

Weekends/Holidays 8 a.m.-4 p.m.

Have UH Samaritan Retail meet your pharmacy needs-fill/transfer prescriptions today. Use the QR code or call 419-289-9636.

Choose UH Samaritan Retail as your preferred pharmacy. Free home delivery!



## COMMUNITY PROGRAMS

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

## **AMERICAN HEART ASSOC. 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.

*You must register at [www.uhems.org](http://www.uhems.org). Call 440-735-3513 for information and location.*

## **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, specialty snacks and “Simply to Go” items. There is a \$10 limit per customer for the discount: after that, the items are full price.

**EVERYDAY 4 – 5:30 p.m.**

*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.*

## **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 440-835-6160.*

## **DIABETES EDUCATION CLASSES**

The Diabetes Education Program at UH St. John Medical Center Is committed to empowering the community to gain the knowledge, skills and confidence to thrive with diabetes.

### **Diabetes Self -Management Classes:**

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. We will also learn how to set goals to stay motivated. Participants can choose what they would like to learn during class.

**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*



## **DIABETES EDUCATION CLASSES (con't.)**

### **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, physical 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**

## **OUTPATIENT NUTRITION COUNSELING**

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.

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

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

## **HEALTHY HYGIENE TALK**

Join Paul Forthofer, Manager of Community Outreach at UH Elyria and St John Medical Centers for a humorous talk regarding Healthy Hygiene Habits.

**Thursday, April 16**  
12 p.m.

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

## EXERCISE & FITNESS

### **STROKE SURVIVORS EXERCISE PROGRAM**

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.**

**Tuesdays and Thursdays**

3-4:30 p.m.

**Westlake Center for Community Services**

28975 Hilliard Blvd

Westlake OH 44145 *Please call UH SJMC Outpatient Rehab at 440-414-6050 with questions or to register for the program.*

## HEALTH SCREENINGS

For more information about our programs, contact the Community 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**

**Thursday, April 2**

11:30 a.m.-1 p.m.

**Westlake Center for Community Services**

Community Meeting Room

28975 Hillard Blvd

Westlake, OH 44145

**Wednesday, April 8**

9:00 – 10:30 a.m.

**Cove Community Center**

12525 Lake Avenue (enter off

Clifton)

Lakewood, OH 44107

**Thursday, April 9**

10:45 -11:45 am

**North Olmsted Senior Center**

**Community Meeting Room**

28114 Lorain Road

North Olmsted, OH 44070

**Monday, April 13**

10:45-11:45 am

**Fairview Park Senior Center**

20769 Lorain Road

Fairview Park OH 44126

## SUPPORT GROUPS

### **HOPE SUPPORT GROUP**

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

**Wednesday, April 1**

5:30 – 7:30 p.m.

**UH St. John Medical Center**

**Community Outreach**

**Department Suite R**

29160 Center Ridge Road

Westlake, OH 44145

*For 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**

11 a.m.-1 p.m.

**UH St John Medical Center**

**Community Outreach**

**Department SUITE R**

29160 Center Ridge Road

Westlake OH 44145

For more information, call

440-827-5093

**Wednesdays**

5:30-7:30 p.m.

**UH St John Medical Center (Auditorium B)**

29000 Center Ridge Road

Westlake OH 44145

For more information, call

440-827-5093



## Car Seat Installations for Caregivers and Grandparents

For all caregivers who need help with car seat installations or have questions about the safest way to transport their children or grandchildren in motor vehicles, getting expert advice and assistance just got a little easier. University Hospitals Rainbow Babies and Children's along with UH St. John and Parma Medical Centers will partner with the following west side fire stations to provide car seat checking stations, by Nationally Certified Child Passenger Safety (CPS) Technicians. UH Rainbow's Injury Prevention Center has had a car seat fitting station at the hospital's main campus in University Circle for more than 10 years. To schedule at: North Ridgeville Fire Station located at 7000 Ranger Way, North Ridgeville, OH 44039  
**Register: <https://www.nridgeville.org/ChildSafetySeat.aspx> or call 440-327-5311.**  
**\*\*Installation for North Ridgeville residents only**

### **CAR SEAT INSTALLATIONS**

**Thursday, April 16 | 2-5 p.m.**  
**Bay Village Fire Department**

28100 Wolf Road  
Bay Village, OH 44140

*Please call 440-827-5440 to register.* Please have the name of the car seat, model number, child's age and type of car/year that the car seat will be installed in. We cannot take walk ins, so the appointment must be scheduled. Thanks!

