

August 2021

UH Avon Health Center

DIABETES AND NUTRITION

Diabetes and Nutritional Counseling

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage. For more information and to register, call Kim Horvath, MEd, RDN, LD, CDCES at 440-284-5709
Monday - Thursday
(Late afternoon and evening hours available on Tuesdays and Wednesdays)

Individual Sessions only

UH Avon Health Center
1997 Healthway Drive
Avon, OH 44011

Individual and Group Sessions:

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

Diabetes Education Group Classes

You must attend an individual session before attending group classes. Call 440-284-5709 for more information

EXERCISE

Iron Yoga

Friday, August 6 | 8 a.m.

Yoga class incorporating breath and postures, which flow from one to the other with the addition of light dumbbells

Outdoor Yoga with Bejan

Saturday, August 7 | 8:30 a.m.

Class is open to those with or without experience. The instructor focuses on precise alignment, breath and relaxation.

Beginner Yoga

Saturday, August 21 | 11 a.m.

For those new to yoga. It is ideal for beginning flexibility and breath conditioning. Exercises are done on a mat (please bring your own). Standing and seated postures included.
Avon Health Center
1997 Healthway Drive
Avon, OH 44011

All 45 minutes group exercise classes are free and open to non-members aged 15 and older. Pre-registration is required. Contact Renee Barrett renee.barrett@uhhospitals.org or 440-988-6801 for information and to sign up.

UH Bedford & Richmond Medical Centers

CLASSES AND COMMUNITY PROGRAMS

Putt around Downtown Bedford

Friday, August 6 | 6 – 8 p.m.

Check in at Bedford Downtown Alliance promotions table at Veterans Park. All supplies will be provided. Enjoy mini putt-putt course around the downtown district, extended shopping hours at participating stores and food, fun and more.

Registration not required

Downtown Bedford

Near 687 Broadway

Bedford, OH 44146

Stuff the Bus at Bedford

Donate school supplies for children attending Bedford Schools grades K-2nd. Drop -off boxes are located in the Main and ER entrances. All donations must be received by **Monday, August 9**

Bedford Medical Center

44 Blaine Avenue

Bedford, OH 44146

Stuff the Bus at Richmond

Donate school supplies for children attending Richmond Schools grades K-2nd. Drop -off boxes are located in the Main and ER entrances. All donations must be received by **Monday, August 9**

Richmond Medical Center

27100 Chardon Road

Richmond Heights, OH 44143

HEALTH SCREENINGS

The Fest - 2021

Sunday, August 8 | 12 – 8 p.m.

UH Bedford and Richmond Medical Centers will offer screenings for BP, glucose, grip and balance, and preventive risk assessments. This annual one-day event brings people together from all regions to enjoy an inspiring day of faith, family & fun!

Link to learn more about and to purchase tickets

The FEST: <https://thefest.us/about/>

Brookside Reservation

3900 John Nagy Boulevard

Cleveland, OH 44114

“Unity in the Community”

Richmond Heights School District

Thursday, August 12 | 6 – 8:00 p.m.

Back to school extravaganza-fun filled evening with food trucks, live music, inflatables, vendors, tours and more. Richmond Medical Center will be offering free health risk assessments and screenings.

Richmond Heights Schools

447 Richmond Road

Richmond Heights, OH 44143

Registration not required

Mt. Zion of Oakwood Village Health Fair

Sunday, August 29 | 10 a.m. – 12 p.m.

Free health risk assessments, diabetic and nutrition education, smoking cessation information, balance and grip assessments

Mt. Zion of Oakwood Village

One Mt. Zion Circle

Oakwood Village, OH 44146

Registration not required

PREVENTIVE HEALTH

Health Risk Assessments

Assessments for risk factors for appropriate screening recommendations. Available screenings include breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and stroke risk.

To schedule a risk assessment with an RN Patient Navigator call 440-735-2559.



UH Cleveland Medical Center

DIABETES

CINEMA

DIABETES INCREASES the risk for heart, vascular and kidney complications. Patients with a diagnosis of diabetes can now schedule a consultation with our Center for Integrated and Novel Approaches in Vascular Metabolic Disease (CINEMA), one of a select few in the country and the only program in Ohio. This new program is comprised of UH cardiologists trained in diabetes, diabetes educators, and nurse coordinator and offers both virtual and in person visits with our

multidisciplinary team to develop a personalized treatment plan.

CINEMA is not meant to replace diabetes care, but supplement existing care with a team-based approach to ensure every available measure is taken to support diabetic patients manage their wellness efforts.

To schedule with CINEMA, or for questions, please call (216) 844-1357 or email CINEMA@uhhospitals.org.

UH Conneaut & Geneva Medical Centers

DIABETES

Diabetes Support Group

Monday, August 2 | 10 – 11 a.m.
Orwell Country Neighbor
39 South Maple Street
Orwell, Ohio 44076
Call 440-593-0364 for information

EXERCISE

Walking Program

Tuesdays, August 3-August 31 | 7:30 – 8:30 a.m.
Red Brook Metro Park (Saybrook Twp)
4338 Lake Road
Ashtabula, Ohio 44004
Call 440-593-0373 for information

Walking Program

Tuesdays, August 3-September 28 | 8 - 9 a.m.
Conneaut Township Park - Lower Pavilion
480 Lake Road
Conneaut, Ohio 44030

Walking Program

Thursday, August 26 | 9 - 10 a.m.
3315 North Ridge Road East
Ashtabula, Ohio 44004
Call 440-593-0372 for information



HEALTH EDUCATION

Shingles

Monday, August 2 | 11 a.m. – 12 p.m.
Orwell Country Neighbor
39 South Maple Street
Orwell, Ohio 44076
Call 440-593-0364 for information

Shingles

Wednesday, August 18 | 10:30 – 11:30 a.m.
Conneaut Senior Center
327 Mill Street
Conneaut, Ohio 44030
Call 440-593-0364 for information

UH Elyria Medical Center

DIABETES AND NUTRITION

Diabetes and Nutritional Counseling

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For more information and to register, call Kim Horvath, MEd, RDN, LD, CDCES at 440-284-5709

Monday - Thursday

(Late afternoon and evening hours available on Tuesdays and Wednesdays)

Individual Sessions only

UH Avon Health Center
1997 Healthway Drive
Avon, OH 44011

Individual and Group Sessions:

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

Diabetes Education Group Classes

You must attend an individual session before attending group classes. Call 440-284-5709 for more information



UH Geauga Medical Center

CLASSES AND COMMUNITY PROGRAMS

Gardening for Lifelong Health

Topic: Coordinating Shrubs and Flowers

Wednesday, August 11 | 3 – 4 p.m.

Geauga Medical Center

13207 Ravenna Road

Chardon, OH 44024

Call 440-214-3180 to register

Elderberries: Senior Days in the Park

(In collaboration with Geauga Dept. On Aging and Geauga Park District)

Topic: Traditional Camp fun - archery, crafts & more!

Thursday, August 19 | 9 a.m. – 12 p.m.

Chickagami Park

17957 Tavern Road

Burton, OH 44021

Call 440-214-3180 to register

EXERCISE

Geauga Cyclists

(In collaboration with Geauga Dept. On Aging and Geauga Park District)

Wednesdays, August 4, 11, 18, 25 | 3 - 4 p.m.

Maple Highland Trail

East of Chardon Marc's Plaza

Park and meet at Chardon's Park Avenue Parking Lot. Must have your own bike and transportation to park. Helmets are required.

Call 440-279-2137 for information

Fighting Against Parkinson's

Non-contact boxing and fitness class for seniors diagnosed with Parkinson's disease. Goal of this program is to delay the progression of Parkinson symptoms through a variety of exercises and core conditioning.

Mondays, August 2, 9, 16, 23, 30

Wednesdays, August 4, 11, 18, 25

Fridays, August 6, 13, 20, 27

Everybodies Gym

357 Washington Street

Chardon, OH 44024

Call 440-279-2137 for information

HEALTH EDUCATION

Health & Wellness Series

Eat Good to Feel Good

Wednesday, August 4 | 12 – 1 p.m.

West Farmington Senior Center

150 College Street

West Farmington, OH 44491

Call 440-214-3180 to register

HEALTH SCREENINGS

Blood Pressure Screenings

Monday, August 2 | 8:30 – 10 a.m.

West Farmington Senior Center

150 College Street

West Farmington, OH 44491

Thursday, August 12 | 10 a.m. – 12 p.m.

Geauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

PREVENTIVE HEALTH

Risk Assessments

Call Wellness Coordinator at 440-904-0064

Senior Assessments

Memory Loss and Aging – When to Seek Help

Geauga Medical Center

Norma N. Chapman Senior Assessment Program

13207 Ravenna Road

Chardon, OH 44024

Call 440-285-3035 to schedule an assessment

SUPPORT GROUPS

Living with Lymphedema

Wednesday, August 11 | 6 – 8 p.m.

Concord Health Center

Community Room

7500 Auburn Road

Concord, OH 44077

Parkinson's disease

Tuesday, August 17 | 12:30 – 1:30 p.m.

Chardon Senior Center Pavilion

12555 Ravenwood Drive

Chardon, OH 44024



UH Parma Medical Center

DIABETES AND NUTRITION

Diabetes and Nutritional Counseling

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage. Call Melanie Hocker, MS, RD, LD, our dietitian 440-743-2155 for more information.

HEALTH SCREENINGS

Blood Pressure Screenings

Tuesday, August 3 | 9 - 10:30 a.m.

North Royalton Office on Aging
13500 Ridge Road
North Royalton, OH 44133

Thursday, August 5 | 10 - 11:30 a.m.

Brooklyn Senior Center
7727 Memphis Avenue
Brooklyn, OH 44144

Tuesday, August 10 | 8:30 - 10 a.m.

Broadview Hts. Senior Center
9543 Broadview Road
Broadview Heights, OH 44147

Wednesday, August 11 | 8 - 9:30 a.m.

Seven Hills Recreation Center
7777 Summit View Drive
Seven Hills, OH 44131

Thursday, August 19 | 9:30 – 11 a.m.

Parma Heights Senior Center
9275 North Church Drive
Parma Heights, OH 44130

UH Portage Medical Center

DIABETES AND NUTRITION

Self-Management Education Classes

Free diabetes education for anyone newly diagnosed or who may still need help. Call 330-297-2575 for information

Diabetes Support Group

Tuesday, August 3 | 4 - 5 p.m.

Portage Medical Center
Medical Arts Building Room 150
6847 North Chestnut Street
Ravenna, OH 44266
Call 330-297-2575 to register

HEALTH SCREENINGS

Carotid Screening

Thursday, August 5 | 4 – 7 p.m.

Portage Medical Center Cardiology
6847 North Chestnut Street
Ravenna, OH 44266
Registration required: 330-297-2576

Sleep Screening

Saturday, August 28 | 9 a.m. – 1 p.m.

Streetsboro Health Center
9138 OH - Route 14
Streetsboro, OH 44241
Registration required: 330-443-7538

SMOKING CESSATION

Virtual Smoking Cessation Classes

Call 330-297-2576 for information

SUPPORT GROUPS

Call 330-297-2576 for information about our support groups that are staying connected and providing support in virtual and alternative ways.

- **Alzheimer's Association Caregiver Support**
- **Beyond Stroke Support Group**
- **Breast Cancer Support Group**
- **Diabetes Support Group**
- **Ostomy Support Group**
- **Parkinson's Support Group**
- **Hope and Healing Support Group for Grieving Adults** Call 330-241-6282

WOMEN'S HEALTH

Free Mammograms

For underinsured or uninsured women.

Portage Medical Center
6847 North Chestnut Street
Ravenna, OH 44266
Call 330-297-2338 to find out if you qualify for this screening.



CLASSES AND COMMUNITY PROGRAMS

Heartsaver CPR/AED Classes

American Heart Association –
This program includes instruction on adult, child and infant CPR and AED use and not intended for health care providers. A course completion card will be provided. This is a free class, but you must register at www.uhems.org.
For information, please call: 216-849-5013

HEALTH SCREENINGS

For more information about our programs, contact the Outreach Department at UH St. John Medical Center at 440-827-5440.

Blood Pressure Screenings

Monday, August 9 | 11 a.m. – 12 p.m.
North Olmsted Senior Center
Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

Thursday, August 26 | 11:30 a.m. – 1 p.m.
Westlake Center for Community Services
Community Meeting Room
28975 Hilliard Boulevard
Westlake, OH 44145

NUTRITION AND WEIGHT LOSS

With extensive nutrition counseling experience throughout each person's life cycle, Marge Robison, MPH, RDN, LD, offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. Participants must obtain a physician's referral prior to their visit. Please call 440-835-4426

SUPPORT GROUPS

Stroke and Brain Injury Support Group

(Virtual on Zoom)

August 26 | 12 -1 p.m.

We welcome patients and families to join these free virtual sessions offering emotional and peer support and educational presentations for stroke survivors and their families. [Register here](#)

Call Dr. Opaskar's office at 440-827-5088 for information

Balance Screenings

Call 440-414-6050 for an appointment.

Audiology Screenings

Testing and complete evaluations for hearing loss and tinnitus are available at St. John Medical Center Speech and Audiology Department.
Call 440-835-6160

Senior Supper Club

Men and women over the age of 60 may apply for a Supper Club card from:

- Westlake Center for Community Services (440-899-3544); or
- North Olmsted Senior Center (440-777-8100).

Present your card to 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. You must present your card to receive the discount.

St. John Medical Center Cafeteria
29000 Center Ridge Road
Westlake, OH 44145
Daily | 4 – 5:30 p.m.



UH Samaritan Medical Center

CLASSES AND COMMUNITY PROGRAMS

Heartsaver for the Community

Wednesday, August 18 | 2 - 5 p.m.

Samaritan Urgent Care
663 East Main Street
Ashland, OH 44805
Call 419-207-7856 to register
Class limited to 10

BLS for the Community

Wednesday, August 25 | 2 – 5 p.m.

Samaritan Urgent Care
663 East Main Street
Ashland, OH 44805
Call 419-207-7856 to register
Class limited to 10

EXERCISE

SHOW (Samaritan Hospital Orange Walkers)

Walking support group for COPD patients

Tuesdays and Thursdays | 10 a.m.

The Keith Field House
Ashland High School
Ashland, OH 44805

VIRTUAL TALKS / ONLINE EVENTS

Virtual / Online events are available on our website www.uhhospitals.org/agewell under the *Virtual Events* tab. [Age Well. Be Well Club](#)

For the most up to date information and activities, check us out on

[facebook](#)

Age Well. Be Well
UH Avon Health Center
UH Bedford Medical Center
UH Conneaut Medical Center

UH Elyria Medical Center
UH Geauga Medical Center
UH Geneva Medical Center
UH Portage Medical Center

UH Parma Medical Center
UH Richmond Medical Center
UH St. John Medical Center
UH Samaritan Medical Center

HEALTH SCREENINGS

Biometric, blood pressure, bone density and stroke screenings

Call 419-207-7856 for appointment

SMOKING CESSATION

One on one consultations available.

Call Amanda at 419-207-2306 for information.



Call 1-844-312-5433 to update your subscription information or to unsubscribe to the monthly

Age Well. **Be Well.** Calendar