



University Hospitals

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

AGE WELL. **BE WELL.** EVENTS FEBRUARY 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

**BEDFORD MEDICAL OFFICE
BUILDING**

88 Center Road
Bedford, OH 44146
440-735-2559

**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, February 3, 17
10 -11 a.m.

Cleveland Heights Community Ctr. 1
Monticello Blvd
Cleveland, Ohio 44118

CAMPBELL COURT APARTMENTS STROKE PRESENTATION

Heather Dickinson, UH Ahuja Medical Center's Stroke Coordinator, will share her knowledge on stroke symptom awareness and the importance of stroke prevention. Stroke is the 5th leading cause of death, and can happen to anyone. She will discuss the risk factors associated with stroke, how to recognize the signs and symptoms of stroke emergencies and what you can do to stay healthy.

Tuesday, February 3
12 – 1 p.m.

Campbell Court Apartments
16650 Van Aken Blvd
Shaker Heights, OH 44120

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, February 12
5:30 – 8:30 p.m.

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

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FREE blood pressure screenings.

Thursday, February 19
10- 11 a.m.

Warrensville Heights YMCA
4433 Northfield Road
Warrensville Heights, OH 44128

Thursday, February 19
11:45 a.m. - 12:15 p.m.
Beachwood Senior Center
2525325 Fairmount Blvd
Beachwood, OH 44122

HEART HEALTH EDUCATION EVENT

February is Heart Health Awareness Month and University Hospital Ahuja Medical Center is hosting a FREE Heart Health Education event. Come and learn from the experts at UH Harrington Heart & Vascular Institute.

Wednesday, February 11
11 a.m. – 1 p.m.

UH Ahuja Medical Center,
Main Lobby
3999 Richmond Rd
Beachwood, Ohio 44122

February is American Heart Month



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 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**

**February 11, March 11
12 - 1p.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, February 6
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, February 9, March 9
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.

**Saturday, February 14
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, February 21
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, February 21

**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, February 23, March 30
(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, February 5, 12, 19, 26
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 **Phone:** 216-285-4041

Wednesday, February 18

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



LUNCH & LEARN: UNDERSTANDING CHOLESTEROL&YOUR DIET

Learn how your diet impacts cholesterol and heart health in this engaging class! Discover the difference between "good" and "bad" cholesterol, heart-friendly foods to include, and practical tips for managing cholesterol levels. Take control of your health one bite at a time!

Monday, February 16
12-1 p.m.

PLANT BASED EATING ON A BUDGET WITH THE ESSELSTYN FOUNDATION

Finding ways to embrace a plant-based diet without breaking the bank. This approach focuses on smart shopping, meal planning, and utilizing seasonal ingredients to create nutritious and delicious meals that are both cost-effective and environmentally friendly. By incorporating whole grains, legumes, fruits, and vegetables into your daily meals, you can enjoy a diverse range of flavors and textures while keeping your food expenses manageable. *Registration required*
Tuesday, February 3 (WEBINAR)
6:30. - 7:30 p.m.

**Monday, February 9 (COOKING
DEMO)**
2-3 p.m.

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

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

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

FOOD WITH PURPOSE: MEALS THAT SUPPORT BLOOD PRESSURE & HEART HEALTH

These include specific meal ideas and key food options to focus on for cardiovascular wellness. Diets play a major role in blood pressure and heart health.

Monday, February 2
12-1 p.m.

FOOD STRONG: FOODS THAT NOURISH & HEAL WORKSHOP SERIES

Join Food Strong in this series of interactive wellness workshops as we explore the connections of growing your own and eating healthy fresh foods with our individual and community health. Be prepared for hands-on participation as we cook, grow, and heal together!

Wednesday, February 4, 11,18, 25
12- 1 p.m.

FOOD IS MEDICINE CHEF'S TABLE

A front-row experience of nutrition in action, Chef's Table is a demonstration-style class where a Sodexo Executive Chef and Registered Dietitian collaborate to showcase seasonal dishes that make healthy eating approachable and full of flavor.

Friday, February 27
12 -1 p.m.

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

*To register for the event, visit us on
Eventbrite at "UH Community
Wellness Center at Bedford
For more information or to register,
call 440-735-4270.*

HEALTH SCREENINGS BIOMETRIC SCREENINGS

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

Thursday, February 5
1- 2 p.m.

Monday, February 16
9:30 - 11:30 a.m.

Tuesday, February 24
2:30- 3:30 p.m.
UH Wellness Center at Bedford
88 Center Road, Suite 150
Medical Office Building
Bedford, OH 44146

BLOOD PRESSURE SCREENINGS

Wednesday, February 4, 18
10 a.m.-1 p.m.
Bedford Heights Community Ctr.
5615 Perkins Road
Bedford Heights, OH 44146
(Bedford Heights 60 community
members only)

Wednesday, February 11, 25
11 a.m. - 1 p.m.
Ellenwood Recreation Center
124 Ellenwood Avenue
Bedford, OH 44146

Thursday, February 12
10:45 a.m.-12:30 p.m.
Maple Heights Senior Center
15901 Libby Road
Maple Heights, OH 44137



PLANNING FOR THE FUTURE IS NOT A GAME

Presenter: Heidi Barham, Hospice of the Western Reserve

Healthcare decisions require more than a simple role of the dice. While we cannot plan for everything, we can talk about what's 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 the important people in our life 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.

Registration required! Come join us for BINGO as we get the conversation started in a creative and fun way. There will be prizes and giveaways! All attendees will receive a FREE booklet for yourself and your loved one(s) to help keep the conversation going, so you can have a say in your healthcare – Today and tomorrow.

Wednesday, February 18
10 a.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

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, February 9
12 -1 p.m.

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, February 17

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, February 13
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."



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, February 4
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



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*



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.*

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.

First Wednesday of every month
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, February 18
5 – 6 p.m.

Applebee's

3241 N. Ridge Road E.
Ashtabula, OH 44004

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

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 concierge@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

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, February 19

9:30 – 11 a.m.

Avon Senior Center

36786 Detroit Rd
Avon OH 44011

Tuesday, February 17

12:30-2 p.m.

Avon Lake Senior Center

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



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

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>



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 concierge@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

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, February 5
12 - 2:30 p.m.

West Geauga Senior Center
8090 Cedar Road
Chesterland, OH 44026

HEALTHY HERITAGE 250 BREATHING & PHYSICAL FITNESS

Join UH Geauga Medical Center for an informative presentation on Better Breathing, where you'll learn practical techniques and exercises to support lung health. Discover helpful tips for staying healthy throughout the winter months and keeping your respiratory system strong. Don't miss this opportunity to breathe easier all season long! *This event is FREE, but space is limited. To register, please call 440-214-3180.*

Refreshments provided

Thursday, February 26
1-2:30 p.m.
**UH Geauga Medical Center -
Conference Center**
13207 Ravenna Road
Chardon, OH 44024



COMMUNITY PROGRAMS

BONE LOSS PREVENTION

Join us for an informative presentation on bone loss prevention, where you'll learn practical, evidence-based strategies to support bone health at any age. This session will cover the causes of bone loss, the role of nutrition and exercise, medication management and simple steps you can take to reduce fracture risk and stay strong and active.

Thursday, February 26
10 - 11 a.m.

Bainbridge Senior Center
17751 Chillicothe Road
Chagrin Falls, OH 44023

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, February 2
8:30 - 10 a.m.
West Farmington Senior Center
150 College Street
West Farmington OH 44491

Monday, February 9
10 a.m. - 12 p.m.
Gauga YMCA
12460 Bass Lake Road
Chardon, OH 44024

HEART HEALTH EVENT

Join us for FREE biometric screenings, education and resources.

Tuesday, February 24
11 a.m. - 1p.m.
**UH Geauga Medical Center -
Main Lobby**
13207 Ravenna Road
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.

February 4
Welton's Gorge
13973 Hale Road
Burton, OH 44021

February 11
Chapin Forest Reservation
10381 Hobart Road
Kirtland, OH 44094
*Afterwards, Dinner at
Tavern Six
7592 Euclid Chardon Road
Kirtland, OH 44094*

February 18
The Rookery
10110 Cedar Road
Chardon, OH 44024

February 25
**Maple Highlands Trail
Mountain Run Station**
12700 Chardon-Windsor Road
Chardon, OH 44024



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, Feb 2, 9, 16, 23

Wednesdays, Feb. 4, 11, 18, 25

Fridays, Feb. 6, 13, 20, 27

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, February 2

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, February 17

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call 440-279-2137 to register

CARDIAC SUPPORT GROUP

Monday, February 16

Meetings held quarterly

12 -1:30 p.m.

Lunch Provided

UH Geauga (Conference Center)

13207 Ravenna Road

Chardon, OH 44024

Call 440-285-6824 to register

DIABETES SUPPORT GROUP

Tuesday, February 17

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

Call 440-279-2137 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*

SMOKING CESSATION

*Call 440-285-6015 for more
information*

RISK ASSESSMENTS

*Call Wellness Coordinator at
440-214-3330*

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*



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
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 February
10-11 a.m.

Every Tuesday in February
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 February
11:15 a.m. -12 p.m.

Every Thursday in February
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 February
11 a.m. – 12 p.m.

Every Thursday in February
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 February
5 - 7 p.m.

Beginner / Intermediate / Advanced
Every Friday in February
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 February
5 – 6 p.m.



COMMUNITY PROGRAMS

UH LAKE WEARS RED 2026

Cardiovascular disease is the number one killer of women and nearly 45% of women ages 20+ are living with some form of cardiovascular disease. Since 2004, the American Heart Association's signature women's initiative has been Go Red For Women, to address women's greatest health threat, cardiovascular disease. University Hospitals Community Outreach will be offering blood pressure checks, cholesterol and glucose screenings as well as and CPR demonstrations. American Heart Association and University Hospitals educational information will be available along with giveaways and prizes. Join us in the main lobby of UH Lake West.

Friday, February 6

8 a.m. - 12 p.m.

UH Lake West Medical Ctr.

36000 Euclid Avenue
Willoughby, OH 44094

UH LAKE BLACK HISTORY MONTH CELEBRATION

February is Black History Month, a fantastic opportunity to celebrate African Americans' achievements throughout US history and related to healthcare. University Hospitals Community Outreach will be offering blood pressure checks, cholesterol and glucose screenings & CPR education. There will be educational information and prizes throughout the event held at UH Lake West.

Tuesday, February 27

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

UH Lake West Medical Ctr.

36000 Euclid Avenue
Willoughby, OH 44094

COMMUNITY PROGRAMS

UH BRUNNER SANDEN DIETRICK FITNESS CENTER MINI TRIATHLON

University Hospitals Community Outreach will be offering blood pressure checks in the lobby as well as giveaways during this exciting event.

Sunday, February 22

8 a.m. - 1 p.m.

UH Brunner Sanden Dietrick Fitness Center

8655 Market St
Mentor, Ohio 44060

HEART BINGO

February is American Heart Month, a great time to focus on cardiovascular health. Join us for a fun mix of heart facts and BINGO! This program requires sign up through the Concord Township Community Center: call 440-639-4650 to sign up. Blood pressure checks will be available.

Wednesday, February 25

1 - 2 p.m.

Concord Township Community Center

7671 Auburn Road
Concord, Ohio 44077

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. Join us for our FREE, family friendly, all-inclusive stroke support group. All ages are welcome. Benefits of Joining include: Educational topics, guest speakers, music therapy, fun contests, helpful tips, connection with others, support through your journey, cooking demonstrations. *For more information please email or call.* Alecia.Crognale@UHhospitals.org | Phone: 440-759-5114

UH Brunner Sanden Dietrick Wellness Center / Conference Room A

8655 Market Street
Mentor, OH 44060

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, February 7

9 a.m. - 12 p.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

Saturday, February 21

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, February 10

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 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 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.

Topic: "Move Better:- The Fundamentals" - *Presented by Michael Naro, BS, CPT Exercise Specialist.* Michael will lead an interactive session covering basic fundamental movements using free weights and bands, allowing those in attendance to follow along.

Friday, February 27 | 12 p.m.
To register, call 440-551-6253



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 concierge@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

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!**



Our Mission
To Heal. To Teach.
To Discover.

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

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 Mihas at marian.mihhas@uhhospitals.org or call 440-743-4295 for more information.

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**

BLOOD DRIVE

Friday, February 13

11 a.m. - 5 p.m.

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](#)

UH Parma Medical Center

7007 Powers Boulevard
Parma, OH 44129

EXERCISE PROGRAMS

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

Wednesdays, February 4, 11, 18, 25
12:30 – 2 p.m.

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



HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

Free Blood Pressure Screenings at these locations (walk in).
Call **440-743-4932** for information

Wednesday, February 4

10:30 a.m. - 12 p.m.

(Glucose Screening Included)

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

UH Parma Health Education Ctr.
7300 State Road
Parma, OH 44134

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

Wednesday, February 4

9-10:30 a.m.

North Royalton Office on Aging

13220 Ridge Road
North Royalton, OH 44133
440- 582-6333

Tuesday, February 10

8:30 - 10 a.m.

Broadview Hts. Senior Center

9543 Broadview Road
Broadview Hts., OH 44147
440-526-4685

Wednesday, February 11

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive
Seven Hills, OH 44131
216-524-6262

COMMUNITY BLOOD PRESSURE SCREENINGS (con't).

Thursday, February 12

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue
Brooklyn, OH
216-635-4262

Friday, February 13

10 - 11:30 a.m.

Independence Senior Center

6363 Selig Dr.
Independence, OH 44131
216-524-7373

Friday, February 13

10 - 11:30 a.m.

Donna Smallwood Activities

Ctr. 7010 Powers Blvd.
Parma, OH 4419
440-888-8820

Tuesday, February 24

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road
North Royalton, OH 44133
440-230-9339

Tuesday, February 24

9:30 - 11:30 a.m.

Cuyahoga County Library

Parma-Powers Branch
6996 Power Boulevard
Parma, OH 44129
440-885-5362

AGE WELL. **BE WELL.**

SUPPORT GROUPS

Held at UH Parma Health

Education Ctr. 7300 State Road
Parma, OH 44134 unless otherwise
noted.

Call 440-743-4932 for information

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 information call Laurie at 440- 482-3688. Every meeting has an option to join via zoom. Join the meetings online:

<https://join.freeconferencecall.com/edatintegration> Pin code: 741776 or call 518-263-8271 pin: 741776#.or in person at

UH Parma Health Center, Room 2

Fridays, February 6, 13, 20, 27

4:30 p.m.

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.

Monday, February 9

6:45 – 8:45 p.m.

North Royalton Library

5071 Wallings Road

North Royalton, OH

Room 123

STROKE & ARTHRITIS SUPPORT GROUP

This group is on pause until further notice

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. *Second Tuesday of each month. When Parma City Schools are closed due to inclement weather – there will be no Support Group meeting. For more information and/or questions call 440-743-4932*

Tuesday, February 10

1 - 2:30 p.m.

BEREAVEMENT SUPPORT GROUP

You are invited to join our new Bereavement Support Group - a safe, confidential, and welcoming space to share experiences, find comfort, and explore healthy ways to cope with grief and loss. For questions or more information, please contact Chaplain Marian Mihas at marian.mihhas@uhhospitals.org or call the Parma Pastoral Care Department at 440-743-4295

Thursday, February 12

1 – 2 p.m.

UH Parma Medical Center

7007 Powers Boulevard

Parma, OH 44134

Conference Room E (third floor)



Our Mission
To Heal. To Teach.
To Discover.



COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, February 16

11 a.m.-5 p.m.

UH Portage Medical Arts Building,
Atrium

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

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.

UH Portage Harrington Heart & Vascular Institute

UH Portage Professional Ctr Ste. 125

6847 N. Chestnut Street

Ravenna, OH 44266

For more information call

216-896-1810 or email

tobacco.treatment@uhhospitals.org

VIRTUAL 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

330-686-1750

Kelly's Grief Center

INFO: www.kellysgriefcenter.com Call

330-593-5959 for Information

AMPUTEE WALKING CLINIC

Thursday, February 5

3-5 p.m.

UH Portage Medical Arts Building, Room #150

6847 North Chestnut 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, February 18

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.

UH Portage Medical Center, (con't).

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, February 5

11 a.m.- 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street
Ravenna, OH 44266

Tuesday, February 10

11 a.m. – 1 p.m.

Renaissance Family Center, Lobby

9005 Wil Verne Drive
Windham, OH 44288

Tuesday, February 17

11 a.m. – 1 p.m.

UH Portage Professional Center Lobby

6847 N. Chestnut Street
Ravenna, OH 44266

LUNCH & LEARN: WOMEN AND HEART DISEASE

University Hospitals Portage Medical Center will present information on heart health. Lunch will be provided.

Space is limited. Please call 330-297-2576 for information and to reserve your spot.

Monday, February 16

11:30 a.m. – 1 p.m.

Aurora Senior Center, Walker Building

129 W Pioneer Trail
Aurora, Ohio 44202

LUNCH & LEARN: PERIPHERAL ARTERY DISEASE (PAD)

Join us for this free educational event to learn more about PAD? PAD is a common condition where narrowed arteries reduce blood flow, most often to your legs and feet. It's primarily caused by plaque buildup in your arteries.

Reservations are required. Please call 330-297-2576 to reserve your spot.

Thursday, February 12

11:30 a.m. – 1 p.m.

UH Portage Medical Arts Building Room #150

6847 N. 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.*

UH Portage Medical Center - Margin Fitness Room

6847 North Chestnut Street
Ravenna, OH 44266



UH HEART HEALTH EXPO

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

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

Saturday, February 28

9 a.m. – 12 p.m.

The NEW Center at Northeast Ohio Medical University

4211 State Route 44
Rootstown, OH 44272

HAYMAKER FARMER'S MARKET

Join us at the Farmer's Market where we will be providing Heart Health information.

Saturday, February 21

10 a.m. – 1 p.m.

United Methodist Church UMC Pierson Hall

1435 E. Main Street
Kent, Ohio 44240

DANCE FITNESS CLASS

Join us for these fun, introductory classes. No dance experience needed! *RSVP by calling 330-297-2576*

Wednesday, February 11, 25

9:15– 10 a.m.

UH Portage Medical Center - Mangin Fitness Room

6847 North Chestnut Street
Ravenna, OH 44266

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 concierge@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

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, February 3, 17, 24
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, February 21
12 - 1 p.m.

Richmond Heights Elementary
447 Richmond Rd
Richmond Heights, OH 44143

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, February 9
10 a.m. - 12:30 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143



BIOMETRIC SCREENINGS

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

Saturday, February 7
10 a.m.-12 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

RICHMOND HEIGHTS HEALTH DAY

UH will have a table offering health and wellness information, biometric screenings and nutrition health education and resources.

Saturday, February 7
10 a.m.-12 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143
Call Richmond Heights City Hall Recreation Department for more information.

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!

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, February 6

11 a.m. - 5 p.m.

Thursday, February 19

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

Thursday, February 12

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

Thursday, February 26

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. 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



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, February 5

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

Westlake Center for Community Services

Community Meeting Room

28975 Hilliard Blvd

Westlake, OH 44145

Monday, February 9

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road

Fairview Park OH 44126

Wednesday, February 11

9:00 – 10:30 a.m.

Cove Community Center

12525 Lake Avenue (enter off Clifton)

Lakewood, OH 44107

Thursday, February 12

10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room

28114 Lorain Road

North Olmsted, OH 44070

HEALTH FAIR (Includes FREE Cholesterol, Glucose and Blood Pressure Screenings)

Thursday, February 19

10 a.m. - 12 p.m.

Westlake Center for Community Services

Community Meeting Room

28975 Hilliard Blvd.

Westlake, OH 44145

Please call 440-899-3544 to register.

No fasting required.

SUPPORT GROUPS

HOPE SUPPORT GROUP

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

Wednesday, February 4

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



Understanding Alzheimer's Disease: Insights, Treatment Options and the Role of Pharmacy in Care

Speaker:

Kyle Duale, PharmD
Clinical Pharmacy Specialist
Neuromuscular & Memory Care Clinical Outpatient Pharmacist, UH Meds

February 23, 2026 | 7 p.m.

Rocky River Public Library

in the Auditorium

1600 Hampton Road, Rocky River, OH 44116

Registration not required. For any questions, please contact adult@rrpl.org.

This presentation will provide an overview of Alzheimer's disease, including its symptoms, stages, and impact on individuals and families and the critical role pharmacists play in the management of Alzheimer's disease. The pharmacist will discuss current treatment options, including medications aimed at managing symptoms and slowing progression, as well as emerging therapies. Attendees will gain a deeper understanding of the vital role pharmacists play in supporting patients with Alzheimer's, from medication management to providing guidance on caregiving and maintaining quality of life.



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**

