



University Hospitals

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

AGE WELL. **BE WELL.** EVENTS JANUARY 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, January 6 and 20

10 -11 a.m.

Cleveland Heights Community Ctr.

1 Monticello Blvd

Cleveland, Ohio 44118

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FREE blood pressure screenings.

Wednesday, January 14

10 – 11 a.m.

Solon Senior Center

35000 Portz Parkway

Solon, OH 44139

Thursday, January 15

10:30 - 11:30 a.m.

Warrensville Heights YMCA

4433 Northfield Road

Warrensville Heights, OH 44128

Thursday, January 15

12:30 - 1 p.m.

Beachwood Senior Center

2525325 Fairmount Blvd

Beachwood, OH 44122

HEALTHY@UH PODCASTS

Medical information on the internet can be complex, difficult to understand and sometimes based on misinformation. UH is helping to change that by posting Healthy@UHpodcasts, representing a source of truth and establishing our institution as a leading provider of medical information online.

You can also go to

<https://www.uhhospitals.org/healthy-at-UH> and have the

opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser. <https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>



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. These are Second Wednesday of each month: **January 14, February 11** 12 - 1 p.m

LONGEVITY WELLNESS PRESENTATION

Live well. Age strong. Join Enzo James, Fitness Specialist/Personal Trainer, for a special presentation on Wellness for Longevity and learn simple, science-backed strategies to support your health, energy, and independence for years to come. This session is perfect for anyone who wants to feel better today while investing in their future self. This is a free community presentation, but we request registration so that we have enough materials.

Tuesday, January 6
11-11:50a.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, January 2 and 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, January 12 and February 9
10 - 10:55 a.m.

BARRE-LESS (Wendy)

Bar-Less is a no bar barre workout. The workout is a thigh, booty, and core blaster – great for beginners or experienced exercisers.

Incorporating balance, strength and stretching this workout will leave you feeling strong and stretched!
Thursday, January 15
6:00-6:50 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, January 10 and February 14
11-11:55 a.m. (Studio 2)

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, January 17

10:30-11:15 a.m.
(1st Floor Cycling Room)

SIT FIT SENIORS (Crissy)

This fun, social 55-minute chair workout is designed for active older adults to build strength, improve flexibility, and boost cardiovascular health — all from a chair! Perfect for those with limited mobility or balance concerns, the class combines seated strength, low-impact cardio, stretching, and breathing exercises. Use your body weight or light resistance at your own pace, with modifications to suit all levels.

Saturday, January 17

11-11:55a.m.

WHEN SHOULD YOU GO TO Urgent Care VS. THE ER?

URGENT CARE		EMERGENCY ROOM
SCRAPE		UNCONTROLLED BLEEDING
HEADACHE		CHANGES IN VISION
SUNBURN		SEVERE BURN
PINK EYE		EYE INJURY
FEVER		FAINTING
SINUS PAIN		DIFFICULTY BREATHING
POISON IVY		POISONING
SPRAIN		BACK, HEAD OR NECK INJURY
VOMITING		SEVERE STOMACH PAIN
BODY ACHES		NUMBNESS OR CONFUSION

Making the best health care decisions starts with knowing where to go.



Learn more by scanning the QR code or visit UHhospitals.org/on-demand-care



University Hospitals

EXERCISE & FITNESS

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, January 24
11-11:45 a.m.

STRETCH MOBILITY (Elissa)

A full body series of stretches focusing on flexibility, mobility, and relaxation. Exercises are done standing as well as on the floor with a mat. Mats are provided if you do not own one.

Saturday, January 3, 17, 31
8:15 - 9 a.m.

BEGINNER PILATES (Sherry)

Posture is often the first thing people notice about a person, and those who carry themselves with poise display grace and confidence. Learn the fundamentals of Pilates which strengthens the "core" and establish proper form that will benefit you for a lifetime. Mats are provided If you do not own one.

Saturday, January 10
10:45-11:30 a.m.

EXERCISE & FITNESS

CARDIOVASCULAR ZONE BASED TRAINING PRESENTATION

Are you unsure how hard your workouts should feel? Curious about what the research really says about Zone 2 training? Not sure how to balance cardio and strength training in your schedule? Join Fitness Specialist Elissa Weisz for an informative session on cardiovascular zone-based training and discover evidence-backed strategies to boost your fitness effectively and sustainably.

Friday, January 16
11a.m.-12p.m.

20/20/20 (Wendy)

Designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core work and stretching. Various equipment will be used in this class.

Thursday, January 29
6 -7 a.m.

EXERCISE & FITNESS

YIN YOGA WITH SOUND BATH

Join Us for a Relaxing Saturday Morning!

Incorporate the deep recovery of Yin Yoga into your routine. Class will include floor postures as well as the chair as a prop. Postures are held for extended time to relieve tension, release tight muscles and allow yourself to completely relax in the healing frequencies of a sound bath. Bring a firm pillow and blanket. Yoga mats provided if you do not own one. *Pre Registration open now call 440-988-6801. Payment required over the phone. \$10 UH Avon Fitness Center Member Fee | \$20 Guest Fee*

Saturday, January 31
11a.m. - 12p.m.



Happy NEW YEAR – May the New Year bring you good health, warm moments and plenty of reasons to smile.

- Stay connected with family and friends.
- Move a little to keep your body strong.
- Keep your mind active with reading or puzzles.
- Take care of your health and attend regular checkups.
- Eat nourishing meals and drink plenty of water.
- Rest when you need it and listen to your body.
- Practice gratitude for life's blessings.
- Stay safe, especially during winter weather.
- Look ahead to the New Year with hope and positivity.

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, January 8, 15, 22, 29
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, January 21

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: PLANT-FORWARD EATING

Join us for an engaging Lunch & Learn session on Plant-Forward Eating, where we'll explore simple, practical ways to incorporate more plant-based foods into your daily meals. Discover the health benefits of a plant-forward approach, learn easy swaps to boost nutrition, and get tips for creating balanced, flavorful dishes without sacrificing satisfaction

Monday, January 26
12-1 p.m.

CHEFS 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, January 9
12. - 1 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.

HEALTH SCREENINGS BIOMETRIC SCREENINGS

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

Tuesday, January 6
9:30- 11:30 a.m.

Monday, January 12
2 - 3 p.m.

Thursday, January 22
1- 2 p.m.
UH Wellness Center at Bedford
88 Center Road, Suite 150
Medical Office Building
Bedford, OH 44146

BLOOD PRESSURE SCREENINGS

Wednesday, January 21
10 a.m.-1 p.m.
Bedford Heights Community Ctr.
5615 Perkins Road
Bedford Heights, OH 44146
(Bedford Heights 60 community members only)

Wednesday, January 28
11 a.m. - 1 p.m.
Ellenwood Recreation Center
124 Ellenwood Avenue
Bedford, OH 44146

Thursday, January 8
10:45 a.m.-12:30 p.m.
Maple Heights Senior Center
15901 Libby Road
Maple Heights, OH 44137

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, January 20
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, January 9
1-2 p.m.

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

UH Wellness Center at Bedford
88 Center Road
Medical Office Building
Bedford, OH 44146
For more information or to register, call 440-735-4270



UH Bedford Campus (con't.)

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, January 7

6 -7:30 pm

UH Bedford Wellness Center

Suite B45

88 Center Road

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."

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, January 12

12 -1 p.m.

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



HEALTHY@UH PODCASTS

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<https://www.uhhospitals.org/healthy-at-UH> and have the

opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser. <https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>



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.

HEALTH EDUCATION 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, January 21
5-6 p.m.

Becker's

3315 N. Ridge 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 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

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, January 15

9:30 – 11 a.m.

Avon Senior Center

36786 Detroit Rd
Avon OH 44011

Tuesday, January 20

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

SAFE TRANSFER DEMONSTRATION TECHNIQUES

Join Abelardo Dorantes, Physical Therapist with University Hospitals, for a demonstration on safe transfer techniques for your loved ones. The Dementia Friendly Memory Cafe offers engagement and support for people with dementia as well as their caregivers and is open to all individuals from 10am-2pm. The demonstration will start at 11:15 am on the above dates and locations. For more information go to: www.dflife.org

Thursday, January 8

11:15 a.m.

United Methodist Church

34077 Lorain Rd
North Ridgeville, OH 44039

Wednesday, January 14

11:15 a.m.

Avon Lake United Church of Christ

32801 Electric Blvd
Avon Lake, OH 44012

Tuesday, January 27

11:15am

Elyria Community Church of the Nazarene

1107 Clemens
Elyria, OH 44035



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, January 8

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

HEALTHY HERITAGE 250

Western Reserve Historical Society will present on “Ohio Firsts & Originals” surrounding the America 250 celebration for 2026. From the first electric traffic signal to Cleveland’s early car makers and movie pioneers, Ohio has always been full of originals. Join us for a lively and entertaining look at the Buckeye State’s many “firsts,” featuring inventive minds like Garrett Morgan and Ned Jordan, and maybe a few surprises along the way! This engaging talk blends fascinating history with a touch of humor, perfect for lifelong learners who love discovering new sides of Ohio’s past. What other things are original to Ohio in our medical field? UH Geauga Medical Center will share that information with us and will be providing our dessert for the program – which is an Ohio original! *Cost is \$5 per person. Questions? Call Melissa Wheeler at 440-279-2167.*

Thursday, January 22

1-2:30 p.m.

**Gauga County Office Building
Room A333**

12611 Ravenwood Drive,

Chardon, OH 44024

COMMUNITY PROGRAMS

MATTER OF BALANCE WORKSHOP

Join us for FREE Matter of Balance Clases! By attending a Matter of Balance Class you will learn to manage concerns about falls, as wells set realistic goals for staying active, learn how to stay safe at home and complete exercises to increase strength and balance.

Every Wednesday & Friday

February 4-27th

1-3 p.m.

4 week session - 2 classes per week. To register please call Hannah Heinz at 440-279-2167

Middlefield Senior Center

15820 Ridgewood Drive

Middlefield, OH 44062

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, January 5

8:30 -10 a.m.

West Farmington Senior Center

150 College Street

West Farmington OH 44491

Monday, January 12

10 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake 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.

January 7

Maple Highlands Trail

15894 W. High Street

Middlefield, OH 44062

Afterwards, Dinner at

Vinny's Italian Kitchen

15439 W. High Street

Middlefield, OH 44062

January 14

Orchard Hills

11340 Caves Road

Chesterland, OH 44026

January 21

Walter C Best

11620 Ravenna Road

Chardon, OH 44024

(Meet at Sunset Shelter)

January 28

Affelder House

15139 Chillicothe Road

Novelty, OH 44072



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, January 5, 12, 19, 26
Wednesdays, January 7, 14, 21, 28
Fridays, January 8, 15, 22, 29

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 440-632-3653 for Information

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, January 5
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, January 20
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 **NO MEETING IN JANUARY**

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 December
10-11 a.m.

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

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

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

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



COMMUNITY PROGRAMS

NEW YEAR, NEW YOU

Stop in to talk with our lung cancer navigator, partners from the Lake County General Health District, and learn about resources available to help kick the habit and more. UH community outreach will offer glucose, cholesterol and blood pressure screenings at this event. There will be other great health information available to help you make a healthy start in 2026!

Friday, January 23

8 a.m. - 12 p.m.

UH Lake West Medical Ctr.

36000 Euclid Avenue
Willoughby, OH 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, January 3

9 a.m.– 12 p.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

Saturday, January 17

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, January 13

10 a.m. – 12 p.m.

Willowick Senior Center

321 E 314th Street
Willowick, OH 44095

CENTRAL YMCA HEALTH SCREENINGS

There will be glucose, cholesterol and blood pressure screenings performed at this event that is open to both YMCA members and the public.

Monday, January 12

8 a.m. - 1 p.m.

Lake County YMCA Central Branch

933 Mentor Avenue
Painesville, 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



2026

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 in the UH Brunner Sanden Deitrick Wellness Center Conference Room B-2nd floor. Registration is recommended. *Call 440-701-7507 to reserve your seat.* Open to the public and UH Fitness Center members.

Monday, January 26

6 p.m.

Topic: Making GLP-1 Work for You: Nutrition Strategies that last



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.mihas@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**



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, January 7, 14, 21, 28
12:30 – 2 p.m.

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

REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the free AGE WELL. BE Well. CLUB and would like to join and receive these event calendars, please email concierge@uhhospitals.org or visit the website to register.

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



HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

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

Wednesday, January 7

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, January 7

9-10:30 a.m.

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

Thursday, January 8

9:30 - 11 a.m.

Brooklyn Senior Center
7727 Memphis Avenue
Brooklyn, OH
216-635-4262

Friday, January 9

10 - 11:30 a.m.

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

Friday, January 9

10 - 11:30 a.m.

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

COMMUNITY BLOOD PRESSURE SCREENINGS (con't).

Tuesday, January 13

8:30 - 10 a.m.

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

Wednesday, January 14

8 – 10 a.m.

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

Tuesday, January 27

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.
11409 State Road
North Royalton, OH 44133
440-230-9339

Tuesday, January 27

9:30 - 11:30 a.m.

**Cuyahoga County Library
Parma-Powers Branch**
6996 Power Boulevard
Parma, OH 44129
440-885-5362



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, January 2, 9, 16, 23, 30
4:30 p.m.



Our Mission
To Heal. To Teach.
To Discover.

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, January 12

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, January 13

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, January 8

1 – 2 p.m.

UH Parma Medical Center

7007 Powers Boulevard

Parma, OH 44134

Conference Room E (third floor)



COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, January 19

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, January 8

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, January 21

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, January 8

11 a.m.- 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street
Ravenna, OH 44266

Tuesday, January 13

11 a.m. – 1 p.m.

Renaissance Family Center, Lobby

9005 Wil Verne Drive
Windham, OH 44288

Thursday, January 22

11 a.m. – 1 p.m.

UH Portage Professional Center Lobby

6847 N. Chestnut Street
Ravenna, OH 44266

HEALTH FOR THE NEW YEAR INFORMATION TABLE

Gather tips and tricks to start the New Year by creating healthy habits.

Tuesday, January 6

11 a.m. – 1 p.m.

UH Portage Medical Center, Cafeteria

6847 N. Main Street
Ravenna, OH 44266

FREE PERIPHERAL ARTERY DISEASE (PAD) SCREENING

What is 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 make your appointment.*

Friday, January 23

10 a.m. – 12 p.m.

UH Portage Medical Center,

Professional CenterHHVI/
Cardiology Office – Check in
Professional Center Lobby
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!

Tuesday, January 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

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 offering information on wellness for the New Year!

Saturday, January 17

9 a.m. – 1 p.m.

Unitarian Universalist Church of Kent, Hobbs Hall

217 N. Mantua 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, January 14 & 28

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, January 13, 20, 27
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.

Saturday, January 17
12 - 1 p.m.

Richmond Heights Elementary
447 Richmond Rd
Richmond Heights, OH 44143

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, January 12
10 a.m. - 12:30 p.m.

Monday, January 19
10 a.m. - 1 p.m. (private event)

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

Martin Luther King Event (Richmond Residents Only)

UH will have a table offering health and wellness information, free blood pressure screenings and health education and resources.

Monday, January 19
11 a.m.-1:30 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, January 2

11 a.m. - 5 p.m.

Thursday, January, 15

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, January 9

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, January 22

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.

This is a free class, but you must register at www.uhems.org. Call 440-735-3513 for information

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.



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, January 1 Canceled due to Holiday

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

Westlake Center for Community Services

Community Meeting Room

28975 Hillard Blvd

Westlake, OH 44145

Thursday, January 8

10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room

28114 Lorain Road

North Olmsted, OH 44070

Monday, January 12

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road

Fairview Park OH 44126

Wednesday, January 14

9:00 – 10:30 a.m.

Cove Community Center

12525 Lake Avenue (enter off Clifton)

Lakewood, OH 44107

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.*

SUPPORT GROUPS

HOPE SUPPORT GROUP

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

Wednesday, January 7

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**

