



## University Hospitals

1-866-UH4-CARE (1-866-844-2273)  
[UHhospitals.org](http://UHhospitals.org)

### AGE WELL. **BE WELL.** EVENTS JUNE, 2022

If you are not a member of the **AGE WELL. BE WELL.** and would like to join our free Club, please call **1-844-312-5433** or visit the website [www.uhhospitals.org/agewell](http://www.uhhospitals.org/agewell) to register.

#### UH Locations

##### **AVON HEALTH CENTER**

1997 Healthway Drive  
Avon, OH 44011  
440-988-6800

##### **ELYRIA MEDICAL CENTER**

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

##### **PORTAGE MEDICAL CENTER**

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

##### **AHUJA MEDICAL CENTER**

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

##### **GEAUGA MEDICAL CENTER**

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

##### **RICHMOND MEDICAL CENTER**

27100 Chardon Road  
Cleveland, OH 44143  
440-585-6500

##### **BEDFORD MEDICAL CENTER**

44 Blaine Avenue  
Bedford, OH 44146  
440-735-3900

##### **GENEVA MEDICAL CENTER**

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

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

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

##### **CONNEAUT MEDICAL CENTER**

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

##### **PARMA MEDICAL CENTER**

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

##### **SAMARITAN MEDICAL CENTER**

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

If you no longer wish to receive the Age Well Be Well Calendar of Events, please call **1-844-312-5433**

# UH Ahuja Medical Center

## HEALTH EDUCATION

### **STROKE TALK**

Learn the warning signs of stroke along with prevention at this event. Blood pressure screenings will also be available.

**Monday, June 20**

1 – 3 p.m.

#### **Orange Senior Center**

32205 Chagrin Boulevard  
Pepper Pike, OH 44124

## HEALTH SCREENINGS

### **HEALTH & FINANCIAL FITNESS EXPO**

Join us for this FREE event at The New Legacy Hall that will include UH physician talks, education, screenings, music, and more! There will be free education and biometric screenings - blood pressure, non-fasting blood sugar, and non-fasting cholesterol.

**Saturday, June 11**

12:00 – 4:00 p.m.

#### **St. Agnes Our Lady of Fatima Church**

6800 Lexington Avenue  
Cleveland, OH 44103

## **BLOOD PRESSURE SCREENING**

**Thursday, June 2**

5:30 – 7 p.m.

#### **Warrensville Heights YMCA**

4433 Northfield Road  
Warrensville Heights, OH 44128

**Thursday, June 9**

1:30 – 3 p.m.

#### **Mayfield Village Senior Center**

6622 Wilson Mills Road  
Mayfield Village, OH 44143

### **UNIVERSITY HEIGHTS JUNETEENTH CELEBRATION**

Blood pressure screenings will be available from UH Ahuja

**Sunday, June 19**

1:30 - 8:30 p.m.

#### **Walter Stinson Community Park**

2301 Fenwick Road  
University Heights, OH 44118

## **BLOOD DRIVES**

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. Listed below are blood drives associated with University Hospitals. Masks are required.

**Friday, June 10**

1 - 6 p.m.

#### **UH Samaritan on East Main**

663 East Main Street  
Ashland, OH 44805

**Monday, June 27**

11 a.m. – 5 p.m.

#### **UH Portage Medical Arts Building**

6847 N. Chestnut Street  
Ravenna, OH 44266

To register, call **1-800-733-2767**  
go to [Red Cross](#) sponsor code: UH

**Thursday, June 30**

10 a.m. – 3 p.m.

#### **UH Ahuja Medical Center**

3999 Richmond Road  
Beachwood, OH 44122

To register, call **1-800-733-2767**  
go to [Red Cross](#) sponsor code: UH

**Thursday, June 23**

11 a.m. – 5 p.m.

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

7007 Powers Boulevard  
Parma, OH 44129

[Click here](#) to register.



# UH Avon Health Center

**Avon Health Center**  
**1997 Healthway Drive**  
**Avon, OH 44011**

## EXERCISE & FITNESS

*All 45-minute group exercise classes and presentations are free and open to non-members aged 15 and older. Pre-registration is required for all classes and health education events. Email [Renee.Barrett@uhhospitals.org](mailto:Renee.Barrett@uhhospitals.org) or call 440-988-6801 for information and to register.*

### **HOPE: CANCER EXERCISE PROGRAM**

Enrollment open now for the June session

**Tuesdays and Thursdays 5-6 p.m.**

HOPE is an exercise program for cancer patients at any stage of treatment who currently have a cancer diagnosis or have been in remission up to six months. The eight-week program is tailored to individual goals and needs and is led by specially-trained and certified fitness professionals. It includes small-group workouts. The next program starts mid-June, pending enrollment.

**For details contact**

**Christopher.Ross@UHHospitals.org or call 440-988-6973. Subsidized fee: \$50 (if cost is a concern, please let us know, fee waivers available).**

**Guidance provided by Certified Clinical Cancer Exercise Specialists**

### **IRON YOGA**

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

**Friday, June 3**

8 - 8:45 a.m.

### **BEGINNER PILATES**

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.

**Saturday, June 4**

10:30 - 11:25 a.m.

### **LES MILLS CORE**

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

**Saturday, June 18**

10:30 - 11:00 a.m.

### **OUTDOOR SOLSTICE YOGA**

Take in the nice summer weather using your 5 senses in our outdoor tennis court area. Classes include breath work and poses to stretch and improve muscular endurance while enjoying the outdoors. Physical postures will include standing and floor work. We encourage sunscreen, sunglasses and to dress for the weather.

**Monday, June 20**

6:00 - 6:55 p.m.

### **BEGINNER YOGA**

Class is designed for those new to yoga. It is ideal for beginning flexibility and breathing conditioning. The exercises are done on a mat (please bring your own). Standing and seated postures included.

**Saturday, June 25**

11 - 11:45 a.m.

### **WELLNESS WALKING WEDNESDAYS**

**Wednesdays**

**June 1, 8, 15, 22, 29**

6 - 6:50 p.m.

Enjoy the outdoors as we use the outdoor track or adjacent neighborhoods to enjoy group walks and conversation.

UH Providers will join you on **June 15**-Kelly Laska & Jeanie Wyckhouse, RNs, Gastro Intestinal Cancer Navigators, Siedman Cancer Center.

## HEALTH EDUCATION

### **FUELING YOUR WORKOUTS**

Join Michelle Hyatt, Registered Dietitian, for a presentation to sort fact from fiction regarding your diet and exercise. Find out the best types of foods to feed your body to maximize your results.

**Wednesday, June 22**

6:00 - 6:45 p.m.



# UH Bedford Medical Center

## 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, June 2, 9, 23 and 30**

9 - 10 a.m.

### **UH Bedford**

#### **Medical Office Building**

88 Center Road

Bedford, OH 44146

Call **440-735-2559** to register

Meet at the entrance of the medical office building

## HEALTH EDUCATION

### **DIABETES EDUCATION**

Individualized diabetes education, focusing on:

- self-monitoring of blood
- glucose
- medication management
- meal planning
- prevention of complications

For information, call Jennifer Lattur, MS, RDN, CDCES at **440-735-4700**

## HEALTH SCREENINGS

### **HEALTH SCREENINGS AT THE SUMMER READING EXTRAVAGANZA**

**Saturday, June 4**

2 - 4 p.m.

#### **Cuyahoga County Public Library**

##### **Bedford Branch**

70 Columbus Road

Bedford, OH 44146



## **RISK ASSESSMENT AND SCREENING CLINIC**

UH Bedford Medical Center offers a no-cost risk assessment and screenings including glucose, pulse ox and blood pressure screening. You will be asked a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Based on your answers, recommendations are made for scheduling the recommended testing.

**Thursdays, June 2, 9, 23 30**

2 - 4 p.m.

#### **UH Bedford Medical Office Building**

Multi-Specialty Clinic

88 Center Street

Suite 210

Bedford, OH 44146

Call **440-735-2559** to schedule an appointment

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

[facebook](#)

[Age Well. Be Well](#)

[UH Avon Health Center](#)

[UH Bedford Medical Center](#)

[UH Conneaut Medical Center](#)

[UH Elyria Medical Center](#)

[UH Geauga Medical Center](#)

[UH Geneva Medical Center](#)

[UH Portage Medical Center](#)

[UH Parma Medical Center](#)

[UH Richmond Medical Center](#)

[UH St. John Medical Center](#)

[UH Samaritan Medical Center](#)

# UH Conneaut and Geneva Medical Centers

## COMMUNITY PROGRAMS

### **MAMMOGRAM PROGRAM**

(Un-insured and Under-insured)  
Call 440-593-0374 to see if you qualify for this program

## EXERCISE & FITNESS

### **WALKING PROGRAM**

**Tuesdays, June 7, 14 and 28**

7:30 - 8:30 a.m.

**Red Brook Metro Park**

(Saybrook Township)

4338 Lake Road

Ashtabula, OH 44004

Call 440-593-0373 for information

## HEALTH EDUCATION

Call 440-593-0364 more information.

### **ARTHRITIS, WHAT YOU NEED TO KNOW**

**Wednesday, June 1**

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

**Andover Senior Center**

181 South Main Street

Andover, OH 44003

**Monday, June 6**

11 a.m. - 12 p.m.

**Orwell Country Neighbor**

39 South Maple Street

Orwell, OH 44076

### **QPR TRAINING**

### **QUESTION, PERSUADE, REFER**

Recognize the Warning Signs of Suicide

**Wednesday, June 15**

10:30 - 11:30 a.m.

**Conneaut Human Resource Center**

327 Mill Street

Conneaut, OH 44030

### **SUMMER SAFETY AND PICNIC**

**Friday, June 24**

10:30 - 11:30 a.m.

### **Conneaut Township Park**

Lower Pavilion

480 Lake Road

Conneaut, OH 44030

### **DIABETES EDUCATION**

Individualized diabetes education, focusing on:

- self-monitoring of blood
- glucose
- medication management
- meal planning
- prevention of complications

For information, call Lori Ann Slimmer, RN, M.Ed., and CDCES at 440-593-0373

### **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 referral from a physician 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.

## SUPPORT GROUPS

### **CANCER SUPPORT GROUP**

**Wednesday, June 15**

5 - 6 p.m.

**Eddie's Grill**

5377 Lake Road, E.

Geneva, OH 44041

Geneva on the Lake

Call 440-593-0364 for information

## HEALTH SCREENINGS

### **FREE CAROTID ULTRASOUND SCREENINGS**

**Wednesday, June 1**

12 - 4:30 P.M.

**Ashtabula Health Center**

**Radiology Department**

3315 North. Ridge Road, E.

Suite 700A

Ashtabula, OH 44004

Call 440-992-1330 more information.

### **FREE WALK-IN BLOOD PRESSURE SCREENING**

**Monday - Friday** 9 a.m. - 9 p.m.

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

**UH Ashtabula Health Center**

**Urgent Care**

3315 N. Ridge Road, E

Suite 700A

Ashtabula, OH 44004

Call 440-992-0759 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.

**UH Center for Advanced Sleep Medicine**

810-A West Main Street

Geneva, OH 44041

Schedule a sleep consultation by calling 440-415-0153



# UH Elyria Medical Center

## HEALTH EDUCATION

### **Monday through Thursday**

(late afternoon and evenings on Tuesdays and Wednesdays)

Call **440-284-5709** Kim Horvath, MEd, RDN, LD, CDCES

### **DIABETES EDUCATION**

Comprehensive individualized education on blood glucose monitoring, medication management, nutrition and preventing complications. A physician referral is required. Check your insurance to verify coverage.

### **OUTPATIENT NUTRITION COUNSELING**

Offering either virtual or in-person. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health.

## HEALTH SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-284-5709**. Closed on all holidays or in inclement weather.

### **BLOOD PRESSURE SCREENINGS**

#### **Tuesday, June 21**

12:30 – 2 p.m.

#### **Avon Lake Senior Center**

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

### **VIRTUAL TALKS**

Virtual / Online events are Available on our website [UHhospitals.org/AgeWell](https://UHhospitals.org/AgeWell) Under the Virtual Events tab

## 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. In response to community requests, UH Rainbow is making it easier for westside families to get expert help in choosing and installing car seats with the opening of car seat fitting stations at five area fire stations. The service is provided free-of-charge, at the following fire departments:

#### **Thursday, June 2**

2 – 5 p.m.

#### **Olmsted Falls Fire Station**

9274 Columbia Road  
Olmsted Falls, OH 44138

*Appointment required.*

Call **440-827-5440** to schedule

#### **Thursday, June 9**

2 – 5 p.m.

#### **North Royalton Fire Station**

7000 Royalton Road  
North Royalton, OH 44133

*Email Kathy Salvo for scheduling*

[ksalvo@northroyalton.org](mailto:ksalvo@northroyalton.org)

#### **Thursday, June 23**

2 – 5 p.m.

#### **North Olmsted Fire Station**

24291 Lorain Road  
North Olmsted, OH 44070

*Appointment required.*

Call **440-827-5440** to schedule

#### **Thursday, June 9**

2 – 5 p.m.

#### **North Ridgeville Fire Station**

7000 Ranger Way  
North Ridgeville, OH 44039

*Appointment required*

Call **440-827-5440** to schedule

#### **Thursday, June 16**

2 – 5 p.m.

#### **Bay Village Fire Station**

28100 Wolf Road  
Bay Village, OH 44140

*Appointment required.*

Call **440-827-5440** to schedule



# UH Geauga Medical Center

## COMMUNITY PROGRAMS

\*\*\*\*\* **SAVE THE DATE** \*\*\*\*\*

### **FAMILY HEALTH & SAFETY DAY**

**Saturday, August 6**

9 a.m. - 1 p.m.

**UH Geauga Medical Center**

13207 Ravenna Road

Chardon, OH 44024

*Call 440-214-3180 to register for the following community programs*

### **LUNCH & MOVIE**

**Thursday, June 2**

12 - 2:30 p.m.

**West Geauga Senior Center**

8090 Cedar Road

Chesterland, OH 44026

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

### **INJURY PREVENTION IN OLDER ADULTS**

**Tuesday, June 7**

12 - 1 p.m.

**West Farmington Senior Center**

150 College Street

West Farmington, OH 44491

### **GARDENING FOR LIFELONG HEALTH-ANTI-INFLAMMATORY FOODS**

**Wednesday, June 8**

3 - 4 p.m.

**UH Geauga Medical Center**

Conference Center

13207 Ravenna Road

Chardon, OH 44024

### **ASK A PHARMACIST**

**Friday, June 10**

10:30 a.m.

**Middlefield Senior Center**

15820 Ridgewood Drive

Middlefield, OH 44062

## **BONE HEALTH**

**Monday, June 13**

11 a.m.

**West Geauga Senior Center**

8090 Cedar Road

Chesterland, OH 44026

## EXERCISE & FITNESS

### **BIKES & HIKES EVENT**

**Sunday, June 5**

1 - 4 p.m.

**Maple Highlands Trail**

320 Park Avenue

Chardon, OH 44024

### **WALKING FOR WELLNESS**

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

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

**Thursdays, 9 a.m.**

*Call 440-279-2167 to register*

**Thursday, June 2**

**Welton's Gorge**

13973 Hale Road

Burton, OH 44021

**Thursday, June 9**

**Russell Uplands**

15200 Russell Road

Chagrin Falls, OH 44023

**Thursday, June 16**

**Observatory Park**

10610 Clay Street

Montville, OH 44064

**Thursday, June 23**

**Mountain Run Station**

12700 Chardon-Windsor Road

Chardon, OH 44024

**Thursday, June 30**

**Chapin Forest**

9938 Chillicothe Road

Kirtland, OH 44094

## **FIGHTING AGAINST PARKINSON'S**

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

Non-contact Boxing & Fitness Class.

For seniors diagnosed with Parkinson's disease. Goal of this program is to delay the progression of Parkinson symptoms.

**Mondays, June 6, 13, 20, 27**

**Wednesdays, June 1, 8, 15, 22, 29**

**Fridays, June 3, 10, 17, 24**

**Everybodies Gym**

357 Washington Street

Chardon, OH 44024

*Cost \$45 Call 440-279-2137 for information*

## **GAUGA CYCLISTS**

**Wednesdays**

**June 1, 8, 15, 22, 29 3 p.m.**

*Call 440-279-2167 to register*

**Maple Highland Trail**

Park and meet at Eagles Baseball

Field on Park Avenue (Chardon)

Must have own bike and transportation to park. Helmets required

*Call 440-279-2167 to register*

## HEALTH SCREENINGS

### **SENIOR HEALTH & WELLNESS FAIR**

**Monday, June 9**

1 - 3 p.m.

**Hamlet at Chagrin Falls (Atrium)**

200 Hamlet Hills Drive

Chagrin Falls, OH 44023

### **UH MOBILE HEALTH SCREENINGS PROGRAM**

Providing advanced 3-D mammograms and screenings for blood glucose, blood pressure, total cholesterol and bone density (women only)

**Monday, June 27**

9 a.m. - 3 p.m.

**Middlefield Village Hall**

14860 North State Avenue

Middlefield, OH 44062

# UH Geauga Medical Center, *cont.*

## **BLOOD PRESSURE SCREENING**

**Monday, June 6**

8:30 - 10 a.m.

**West Farmington Senior Center**

150 College Street

West Farmington, OH 44491

**Monday, June 28**

10 a.m. – 12 p.m.

**Gauga YMCA**

12460 Bass Lake Road

Chardon, OH 44024

## **PREVENTATIVE HEALTH**

### **SENIOR ASSESSMENTS**

Memory Loss and Aging – When to seek help?

**Gauga Health Center**

Norma N. Chapman

Senior Assessment Program

13221 Ravenna Road

Chardon, OH 44024

Call **440-285-6408** to schedule

### **RISK ASSESSMENTS**

Call Wellness Coordinator at **440-904-0064**

## **MEDICATION MANAGEMENT CLINIC**

This clinic is staffed by pharmacists who are highly trained experts in the following areas:

- Diabetes
- High blood pressure
- High cholesterol
- Heart failure
- Smoking cessation

Pharmacists will help you organize your medications, answer questions about your health condition or medications.

Call **440-285-6015** for information.

## **DIABETES SELF-MANAGEMENT EDUCATION**

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**

## **SUPPORT GROUPS**

### **LIVING WITH LYMPHEDEMA**

**Wednesday, June 15**

6 - 8 p.m.

**Concord Health Center**

Community Room

7500 Auburn Road

Concord, OH 44077

Call **440-214-3100**

### **PARKINSON'S DISEASE**

**Tuesday, June 21**

12:30 - 1:30 p.m.

**Chardon Senior Center**

12555 Ravenwood Drive

Chardon, OH 44024

Call **440-279-2137**

### **DIABETES SUPPORT GROUP**

**Tuesday, June 21**

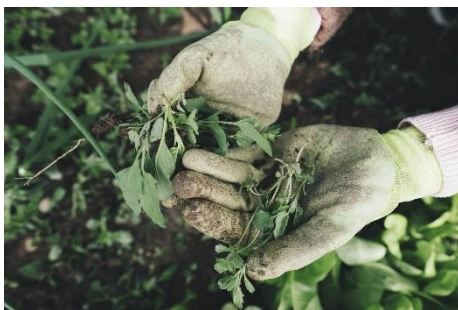
2 - 3 p.m.

**Chardon Senior Center**

12555 Ravenwood Drive

Chardon, OH 44024

Call **440-279-2137**





# UH Parma Medical Center

## EXERCISE & FITNESS

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

For those diagnosed with Parkinson's and their caregiver. Learn simple exercises that can help make daily life easier and also improve balance and build strength. Classes are taught by professionals trained in the Delay the Disease Program. Masks and social distancing are required.

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

**UH Parma Health Education Center**  
7300 State Road  
Parma, OH 44134  
Call 440-743-4932 for information

## HEALTH EDUCATION

### **UH CONNOR WHOLE HEALTH ACUPUNCTURE, MASSAGE THERAPY, CHIROPRACTIC CARE**

Our dedicated health care professionals offer acupuncture, chiropractic care and massage therapy and will work closely with your primary care or specialty physicians to ensure that the care you receive is coordinated and safe.

**UH Parma Medical Center**  
Medical Arts Building 4  
6115 Powers Boulevard  
Parma, OH 44129  
[Click here](#) for more information  
Call 216-877-9651 to schedule an appointment

### **DIABETES AND NUTRITIONAL COUNSELING**

Offering either virtual or in-person outpatient nutrition counseling. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by UH and may

be required by your insurance. Check with your insurance in advance regarding coverage.

Call *Melanie Hocker, MS, RD, LD at 440-743-2155*

## **HEALTH SCREENINGS**

### **BLOOD PRESSURE**

Free Blood Pressure Screenings at these locations (walk in). Social distancing and masks required. Call 440-743-4932 for questions

**Wednesday, June 1**  
9 - 10:30 a.m.

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

**Tuesday, June 14**  
8:30 - 10 a.m.

**Broadview Heights Senior Center**  
9543 Broadview Road  
Broadview Heights, OH 44147

**Wednesday, June 8**  
10 - 11:30 a.m.

**Brooklyn Senior Center**  
7727 Memphis Ave.  
Brooklyn, OH 44144

**Wednesday, June 8**  
8 - 9:30 a.m.

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

**Friday, June 10**  
10 - 11:30 a.m.

**Parma Senior Center**  
Donna Smallwood Activity Center  
7001 W. Ridgewood Drive  
Parma, OH 44129

**Friday, June 10**  
10 - 11:30 a.m.

**Independence Senior Center**  
6363 Selig Drive  
Independence., OH 44131

**Thursday, June 16**  
9:30 - 11 a.m.

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

### **BLOOD PRESSURE AND GLUCOSE CHECK**

**Wednesday, June 1**  
11:30 a.m. – 12:30 p.m.

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

### **NON FASTING CHOLESTEROL SCREENING**

Includes total cholesterol, HDL and blood sugar.

**Wednesday, June 15**  
10 a.m. - 12 p.m.

**UH Parma Health Education Center**  
7300 State Road  
Parma, OH 44134  
*FREE - Appointment required*  
Call 440-743-4932

## SUPPORT GROUPS

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

*Call 440-743-4932 for information*  
*Masks and social distancing are required*

### **FOOD ADDICTS ANONYMOUS NEW DAY AND TIME**

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.

**Wednesdays, June 1, 8, 15, 22 and 29**  
5 - 6 p.m.

### **PARKINSON'S DISEASE**

For those diagnosed with Parkinson's and their support person or caregiver.

**Tuesday, June 14**  
1 - 2:30 p.m.

# UH Portage Medical Center

## COMMUNITY PROGRAMS

### **CARE CLOSE TO HOME RESOURCE TABLE**

Do you need help finding care close to home? Stop by our informational table to learn what care and services are available

**Wednesday, June 8**

11 a.m. - 1 p.m.

### **UH Portage Medical Center Cafeteria**

6847 North Chestnut Street  
Ravenna, OH 44266

### **HEALTH & SAFETY FAIR**

Hosted by UH Portage Medical Center and Sequoia Wellness

- UH Portage Medical Center: Balance and Grip, BMI, Prediabetes, Cholesterol, and Bone Density.
- Sequoia Wellness: Boot camp class, nutrition consults & more
- SOAR Clinic: Blood pressure screenings
- Portage Parks District
- Rootstown Fire Department: Home safety education and Touch-A-Fire Truck
- Portage County Sheriff's Office
- Portage Health District: Car seat safety inspections, bike safety & more

**Saturday, June 11**

9 a.m. - 12 p.m.

### **Rootstown Community Park at the Swinehart Pavilion**

4104 Case Avenue  
Rootstown, OH 44272

## **RED CROSS BLOOD DRIVE**

**Monday, June 27**

11 a.m. - 5 p.m.

### **UH Portage Medical Arts Building Atrium**

6847 North Chestnut Street  
Ravenna, OH 44266

To register, go to [Red Cross](#) and enter sponsor code: UH or call **1-800-733-2767**

## HEALTH EDUCATION

### **SMOKING CESSATION CLASSES**

Call **330-297-2576** for information

### **AMPUTEE WALKING CLINIC**

**Thursday, June 2**

3 - 5 p.m.

### **Portage Medical Center**

Medical Arts Building, Room 150  
6847 North Chestnut Street  
Ravenna, OH 44266

Call **330-297-2576** to register

## SUPPORT GROUPS

### **DIABETES SUPPORT**

**Tuesday, June 7**

4 - 5 p.m.

### **Portage Medical Center**

Medical Arts Building, Room 150  
6847 North Chestnut Street  
Ravenna, OH 44266

Call **330-297-2576** to register

### **BEYOND STROKE SUPPORT**

### **OSTOMY SUPPORT**

### **PARKINSON'S SUPPORT**

Call **330-297-2576** for info

### **HOPE AND HEALING FOR**

### **GRIEVING ADULTS SUPPORT**

Call **330-241-6282**

## WOMEN'S HEALTH

### **FREE MAMMOGRAMS**

For underinsured or uninsured women

### **UH Portage Medical Center**

6847 North Chestnut Street  
Ravenna, OH 44266

Call **330-297-2338** to find out if you qualify for this screening.



# UH Richmond Medical Center

## 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.

**Tuesdays, June 7, 14, 28**

9 - 10 a.m.

### **UH Richmond Medical Center**

27100 Chardon Road

Richmond Heights, OH 44143

Call **440-735-2559** to register

Meet at the entrance of the medical center

## HEALTH EDUCATION

### **DIABETES EDUCATION**

Individualized diabetes education, focusing on:

- self-monitoring of blood
- glucose
- medication management
- meal planning
- prevention of complications

For information, call *Crystal Seals,*

*RDN, LD, CDCES 440-585-6276*

## HEALTH SCREENINGS

### **BLOOD PRESSURE SCREENING**

**Monday, June 13**

11 a.m. - 12 p.m.

### **Kiwanis Lodge Community Center**

27285 Highland Road

Richmond Heights, OH 44143

## HEALTH SCREENINGS

### **RISK ASSESSMENT AND SCREENING CLINIC**

UH Bedford Medical Center offers a no-cost risk assessment and screenings including glucose, pulse ox and blood pressure screening. You will be asked a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Based on your answers, recommendations are made for scheduling the recommended testing.

**Tuesdays, June 7, 14, 28**

10:30 – 11:30 a.m.

### **UH Richmond Medical Office Building**

27155 Chardon Road

Suite 106

Richmond Heights, OH 44143

Call **440-735-2559** to schedule an appointment

# UH Samaritan Medical Center

## EXERCISE & FITNESS

### **S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)**

Walking support group for COPD patients

**Tuesdays and Thursdays**

10 a.m.

### **The Keith Field House**

Ashland High School

Ashland, OH 44805

## HEALTH EDUCATION

### **UH Samaritan Medical Center**

663 East Main

Ashland, OH 44805

Call **419-207-7856** to register.

Class limited to 10

### **BASIC LIFE SUPPORT CPR TRAINING FOR THE COMMUNITY AND STROKE SCREENINGS**

**Wednesday, June 8**

4 – 6 p.m.

### **HEARTSAVER CPR TRAINING FOR THE COMMUNITY**

**Wednesday, June 22**

2 - 4 p.m.

## **SMOKING CESSATION**

One on one consultations available.

Call **Amanda at 419-207-2306** for information.

## HEALTH SCREENINGS

### **BIOMETRIC, BLOOD PRESSURE, BONE DENSITY AND STROKE SCREENINGS**

**Tuesday, June 14**

9 - 10:30 a.m.

### **Ashland YMCA**

207 Miller Street

Ashland, OH 44805

# UH St. John Medical Center, a Catholic Hospital

## COMMUNITY PROGRAMS

### **SENIOR SUPPER CLUB**

Seniors-60 years of age and older may apply for a Supper Club card from:

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

Present your card at **St. John Medical Center Cafeteria** to receive a 40 percent discount on all food except bottled beverages, specialty snacks and “Simply to Go” items. There is a \$10 limit per customer for the discount; after that, the items are full price. You must present your card to receive the discount.

Daily | 4 – 5:30 p.m.

## HEALTH EDUCATION

### **OUTPATIENT NUTRITION COUNSELING**

Marge Robinson, MPH, RDN, LD, offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. A physician referral is required prior to visit.

#### **St. John Health Center**

26908 Detroit Road, Suite 100  
Westlake, OH 44145

Call **440-835-4426** to schedule

### **DIABETES EDUCATION CLASSES**

This four-week series offers comprehensive diabetes self-management education provided by the diabetes team, including a diabetes nurse and registered dietician. Services are billable to your insurance provider. A physician referral is required (we can assist with this).

#### **St. John Health Center**

26908 Detroit Road, Suite 100  
Westlake, OH 44145

Call **440-827-5341** to schedule or questions regarding these classes

### **DIABETES EDUCATION**

Individualized education on blood glucose monitoring, medication management and preventing complications. A physician referral is required.

#### **St. John Health Center**

26908 Detroit Road, Suite 100  
Westlake, OH 44145

Call **216-844-1499** to schedule

### **AMERICAN HEART ASSOCIATION - 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](http://www.uhems.org).*

Call **216-849-5013**

## HEALTH SCREENINGS

For more information about our programs, contact the Outreach Department at **UH St. John Medical Center at 440-827-5440**. No screenings offered on holidays. Screenings may be canceled on days with inclement weather.

### **BALANCE SCREENINGS**

Call **440-414-6050** for an appointment. Space is limited.

### **AUDIOLOGY**

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

### **STROKE AWARENESS SCREENINGS**

Blood Pressure, Cholesterol, Glucose and Stroke Assessments (No fasting required)

**Wednesday, June 15**  
10 a.m. – 12 p.m.

### **Westlake Center for Community Services**

Community Meeting Room  
28975 Hilliard Boulevard  
Westlake, OH 44145

## **BLOOD PRESSURE SCREENINGS**

### **Wednesday, June 8**

9:30 - 11 a.m.

#### **Lakewood Senior Center**

16024 Madison Avenue  
Lakewood, OH 44107

### **Thursday, June 9**

11 a.m. – 12 p.m.

#### **North Olmsted Senior Center**

Community Meeting Room  
28114 Lorain Road  
North Olmsted, OH 44070

### **Sunday, June 12**

11 a.m. – 3 p.m.

#### **Crocker Park Block Party**

177 Market Street  
Westlake, OH 44145

### **Monday, June 13**

11 a.m. – 12 p.m.

#### **Fairview Park Senior Center**

20769 Lorain Road  
Fairview Park, OH 44126

### **Thursday, June 23**

11:30 a.m. – 1 p.m.

#### **Westlake Center for Community Services**

28975 Hilliard Boulevard  
Westlake, OH 44145

## SUPPORT GROUPS

### **HOPE GROUP**

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

#### **Wednesday, June 1**

5:30 – 7:30 p.m.

#### **UH St. John Medical Center**

Community Outreach Department  
Suite R

29160 Center Ridge Road  
Westlake, OH 44145

Call **440-827-5440** for information