



University Hospitals

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

AGE WELL. **BE WELL.** EVENTS JUNE 2026

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

UH Locations

AVON HEALTH CENTER

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

AHUJA MEDICAL CENTER

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

UH COMMUNITY WELLNESS CENTER AT BEDFORD

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

BRUNNER SANDEN DEITRICK WELLNESS CENTER UH FITNESS CENTER IN MENTOR

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

CONNEAUT MEDICAL CENTER

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

ELYRIA MEDICAL CENTER

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

GEAUGA MEDICAL CENTER

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

GENEVA MEDICAL CENTER

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

GLENVILLE COMMUNITY WELLNESS CENTER

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

LAKE WEST MEDICAL CENTER

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

PARMA MEDICAL CENTER

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

PORTAGE MEDICAL CENTER

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

RICHMOND MEDICAL OFFICE BUILDING

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

ST. JOHN MEDICAL CENTER,

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

SAMARITAN MEDICAL CENTER

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

TRIPOINT MEDICAL CENTER

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

COMMUNITY PROGRAMS

SHAKER HEIGHTS WALKING CLUB

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

Tuesday, June 2, 16, 30

10 -11 a.m.

Southerly Park

15401 S. Woodland Rd
Shaker Heights, OH 44118

CHAGRIN FALLS LIBRARY 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 Chagrin Falls Library encourage you to join our Walking Club at the Chagrin Falls Library to not only get your body moving but enjoy open discussion on a health and wellness topic.

Wednesday, June 16, 30

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

Chagrin Falls Library

100 East Orange Street
Chagrin Falls, OH 44022

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FREE blood pressure screenings.

Saturday, June 6

11 a.m.-2 p.m.

Bethany Baptist Church-Kingdom Korner Resource Fair

Bethany Baptist Church
1211 East 105th St
Cleveland, OH 44108

Thursday, June 19

4:-7 p.m.

Beachwood Juneteenth Beachwood High School

25100 Fairmount Blvd.,
Beachwood OH 44122

Saturday, June 20

10 a.m. - 1 p.m.

Northfield Village Fire Department

10721 Northfield Rd
Northfield, OH 44067

Thursday, June 25

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

Walton Hills Community Center

14660 Alexander Rd,
Walton Hills, OH 44146

HEALTH SCREENINGS

BIOMETRIC SCREENINGS

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

Tuesday, June 2

12-1 p.m.

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

Saturday, June 13

10 a.m-1p.m.

Cutler Center for Men- Faith and Health Movement

3999 Richmond Rd
Beachwood OH 44122

Saturday, June 27

8:a.m

Lyndhurst Municipal Complex

5301 Mayfield Road
Lyndhurst, OH 44124

NORTHFIELD VILLAGE FIRE DEPARTMENT OPEN HOUSE

The Northfield Fire Department will be hosting an Open House. This FREE community event will feature family-friendly activities, education, and fun! Ahuja Medical Center will be present to provide education, giveaways and blood pressure screenings!

Saturday, June 20

10 a.m. - 1 p.m.

Northfield Village Fire Department

10721 Northfield Rd
Northfield, OH 44067



Avon Health Center

1997 Healthway Drive

Avon, OH 44011

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

COMMUNITY PROGRAMS

THERAPEUTIC ART COMMUNITY GROUP

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

June 10

12 - 1p.m.

OUTDOOR DOG WALK

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

Friday, June 12

5:30 -6:15p.m.



EXERCISE & FITNESS

IRON YOGA (Renee)

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

Friday, June 5

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, June 8

10 - 10:55 a.m.

SEASONAL QIGONG (Mary)

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

No special equipment or experience

Saturdays: June 20

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

BENEFITS OF YOGA

The potential health benefits of yoga are numerous and include stress reduction, increased fitness, management of chronic health conditions and weight loss. While not a cure, yoga can help some health conditions when combined with standard treatment, or can be an enjoyable supplement to a regular fitness routine.

EXERCISE & FITNESS

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.

Tuesday, June 16

12-12:45p.m.

Saturday, June 27

8:15-9:00a.m.

HAVING 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.

Monday, June 13

10 -10:55a.m.



COMMUNITY PROGRAMS

WALKING CLUB

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

Thursdays, June 4, 11, 18, 25

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, June 17

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!

TECH TUESDAY

Tech Tuesday is a hands-on, beginner friendly meetup where you can explore everyday technology in a fun, approachable way. Whether you want to get more comfortable with iPhones, computers, or learn how to use a Cricut for creative projects, it's a great place to build confidence and pick up new skills. It's all about learning at your own pace with support along the way.

Tuesday, June 9, 30

1130 a.m.-12:30 p.m.



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.

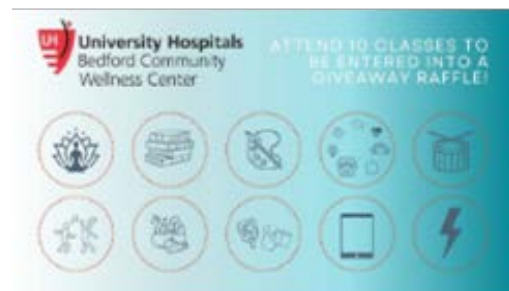
Wednesday: 9 a.m. - 7 p.m.

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



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

MONTHLY FINANCIAL WELLNESS CLASSES: SAVING WHEN MONEY IS TIGHT

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

Monday, June 22

10:30 - 11:30 a.m.

COOKING DEMONSTRATION

Join Registered Dietitian Nicole Kopan for an engaging cooking demonstration. You will explore a variety of fresh, nutritious ingredients. Learn how to prepare delicious and healthy meals that are perfect for nourishing you and your family while gaining valuable cooking tips and techniques. Registration required

Tuesday, June 2, 9, 16, 23, 30

2-3 p.m.

FOOD WITH PURPOSE WORKSHOP: MEN'S HEALTH THROUGH NUTRITION

A practical workshop on eating for hormonal balance, steady energy, and long-term vitality. Learn how nutrients like iron and calcium, anti-inflammatory foods, and simple self-care habits can support women through every life stage.

Registration required

Monday, June 1

12-1 p.m.

UH Wellness Center at Bedford

88 Center Road
Medical Office Building
Bedford, OH 44146



FOOD AS MEDICINE: 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. *Registration required*

Friday, June 5

12-1 p.m.

FOOD STRONG WORKSHOP

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

Wednesday, June 3, 10, 17, 24

12 - 1 p.m.

PHYSICIAN HEALTH TALKS: ARTHRITIS

Join Dr. Tamar for a conversation on arthritis prevention and management, with practical tips to support joint health and proactive care assessment, and self-management. A webinar option is available for those unable to attend in person or who would like access to the recording.

Tuesday, June 23

12 - 1 p.m.

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

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

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

BLOOD PRESSURE SCREENINGS

Wednesday, June 3, 17

10 a.m.-1 p.m.

Bedford Heights Community Ctr.

5615 Perkins Road
Bedford Heights, OH 44146
(Bedford Heights 60 community members only)

Wednesday, June 10, 24

11 a.m. - 1 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, OH 44146

Thursday, June 11

10:45 a.m.-12:30 p.m.

Maple Heights Senior Center

15901 Libby Road
Maple Heights, OH 44137

HEALTH SCREENINGS BIOMETRIC SCREENINGS

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

Monday, June 8

2 - 3 p.m.

Monday, June 22

9:30 - 11:30 a.m.

UH Wellness Center at Bedford

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

Tuesday, June 9

2:30 -4:30 p.m.

Maple Heights Library

5225 Library Lane
Maple Heights, OH 44137



EXERCISE & FITNESS

TAI CHI

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

Monday, June 8
12 -1 p.m.

CHAIR YOGA

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

Friday, June 12, 26
11 a.m.-12 p.m.

THE VOLT FITNESS CHARG'D UP CLASS

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

Friday, June 5
8 - 9 p.m.

**UH Drusinsky Sports Medicine
Institute at Ahuja Medical Center**
3999 Richmond Rd
Beachwood OH 44122
Registration required



EXERCISE & FITNESS

SOUND BATH

Experience deep relaxation in a calming Sound Bath Session, where soothing tones from singing bowls, gongs, and chimes gently surround you. This immersive experience helps reduce stress, quiet the mind, and restore balance—leaving you feeling refreshed, centered, and renewed. *Registration required*

Monday, June 1
5:30-6:30 p.m.
Egbert Picnic area,
Bedford Reservation 44146

YOGA IN THE PARK

Yoga class focus on foundational poses and proper alignment, helping students build strength, flexibility, and confidence as they progress in their practice. *Registration required*

Wednesday, June 10, 24
5:30-6:30 p.m.

Egbert Picnic area,
Bedford Reservation 44146
*To register for the event, visit us on
Eventbrite at "UH Community
Wellness Center at Bedford."*

LINE DANCING

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

Wednesday, June 3
6 -7:30 pm

**UH Wellness Center at Bedford
Suite B45**
88 Center Road
Bedford, OH 44146
*For more information or to register,
call 440-735-4270.*

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, June 12
12-1 p.m.

Tuesday, June 30
5:30 - 6:30 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

NOURISH
The NEIGHBORHOOD

COMMUNITY PROGRAMS

UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY

Monday - Friday

9 a.m. – 5:30 p.m.

The UH Geneva Medical Center Outpatient Pharmacy provides retail pharmacy services for outpatient prescriptions. *If you are interested in filling your prescription at this location, call 440-361-6111 for information.*

MEDICATION THERAPY MANAGEMENT CLINIC

This pharmacist-led clinic offers medication education and management for the following diseases: Diabetes, Hypertension, Heart Failure, Dyslipidemia, Asthma, COPD, Tobacco Cessation, and Anticoagulation. If you are interested in taking better control of your health and would like to participate in this service, a physician referral is required.

Monday – Friday

8 a.m. – 4:30 p.m.

UH Geneva Outpatient Pharmacy

870 West Main Street

Geneva, OH 44041

Call 440-415-9548 Rachel Norris, Pharmacist, for more information.

DIABETES EDUCATION

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

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

SLEEP MEDICINE

Detailed sleep studies are conducted by an experienced team of UH sleep medicine specialists and technicians to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (sleep walking/night terrors, Pediatric and Adult Sleep Studies, Pulmonary related sleep issues, Excessive Snoring, and Insomnia.

University Hospitals - Center for Advanced Sleep Medicine

810-A West Main Street

Geneva, OH 44041

Schedule a sleep consultation by calling 440-415-015

SUMMER WALKING SERIES

Join us this summer for a unique program that moves both your body and your mind! Each session begins with a brief educational health talk on new weekly topics, followed by a guided group walk. Whether you want to learn something new or just get moving with neighbors, we invite you to take a step toward a healthier summer.

Mondays, June 8, 22 | 8 – 9 a.m.

Smith Field

1900 West Ave.

Ashtabula, OH 44004

Mondays, June 1, 15, 29 | 9 – 10 a.m.

Grand Valley Local Schools

111 Grand Valley Ave. West

Orwell, OH 44076

Mondays, June 8, 22 | 9 – 10 a.m.

Pymatuning Valley Local Schools

5445 US Route 6 West

Andover, OH 44076

SAFE SITTER

Designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. The instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue! **Registration is FREE !!!**

Contact 440-593-0372 to register your child or grandchild

Monday, June 25 | 8 a.m. - 2:30 p.m.

UH Geneva Medical Center

870 West Main Street

Geneva, OH 44041

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

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, June 17

5 - 6 p.m.

La Casa de Frida

3315 N. Ridge Rd. E.

Ashtabula, OH 44004

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

HEALTH SCREENINGS

POPPING UP IN YOUR NEIGHBORHOOD SHARING COMMUNITY RESOURCES FOR YOU AND YOUR FAMILY GLUCOSE/CHOLESTEROL/ BLOOD PRESSURE

Monday, June 23

10 a.m.-12 p.m.

Ashtabula Dream Center

5028 Benefit Avenue

Ashtabula, OH 44004

Call 440-593-0206 for more information.

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

Urgent Care

3315 N. Ridge Road, E

Suite 700A

Ashtabula, OH 44004

Call 440-992-0759 for information

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, June 18

10 a.m. – 12 p.m.

Avon Senior Center

36786 Detroit Rd
Avon OH 44011

Tuesday, June 16

12:30-2 p.m.

Avon Lake Senior Center

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

HEALTH SCREENINGS

Join us for free cholesterol, glucose and blood pressure screenings. No fasting or registration is required.

Thursday, June 18

10 a.m. - 12 p.m.

Avon Senior Center

36786 Detroit Rd
Avon OH 44011

DIABETES EDUCATION

Comprehensive individualized education on nutrition, blood glucose monitoring, and preventing complications of diabetes. A physician referral is required. Check your insurance to verify coverage. **Office Hours Monday, Wednesday and Fridays.** Call Susan Campbell RD, LD at **440-284-5709** for information

SLEEP MEDICINE

Detailed adult sleep studies are conducted by an experienced team of UH board certified providers and registered sleep technologists to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (Sleep walking/night terrors, excessive daytime sleepiness, Pulmonary related sleep issues, Snoring, and Insomnia. Nighttime, daytime, and home sleep studies available. For a sleep provider consult, call **216-844-REST** To schedule a sleep study at Elyria or Avon sleep lab, call **440-326-5464**

UH VIRTUAL TALKS

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

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



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, June 4

12 - 2:30 p.m.

**Gauga County Office Building
- 3rd Floor**

8090 Cedar Road
Chardon, OH 44024

GARDENING FOR LIFELONG HEALTH

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

Wednesday, June 10

3-4 p.m.

**UH Geauga Medical Center -
Conference Center**

13207 Ravenna Road
Chardon, OH 44024

LEARN HOW TO READ A FOOD LABEL

Food labels can be confusing, but understanding them is a powerful step toward making healthier choices for you and your family. From serving sizes and calories to added sugars and sodium, knowing what to look for can help you better understand what's really in the foods you eat. Join Stefanie Jarrett, RDLD, CSG Clinical Nutrition Manager from UH Geauga Medical Center, to learn how to confidently read and interpret a food label.

Thursday, June 11

11 a.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

HEALTHY LIVING BINGO

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

Wednesday, June 17

11 a.m.-12 p.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

SIMPLE COOKING WITH HEART

Please join us for a healthy, hands-on cooking demonstration presented by our very own registered dietitian, Stephanie and Executive Chef Joe. Enjoy a free healthy and appetizing meal. *Space is limited; please call 440-214-3180*

Wednesday, June 17

3 p.m.

**UH Geauga Medical Center -
Conference Center**

13207 Ravenna Road
Chardon, OH 44024

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, June 1

8:30 -10 a.m.

West Farmington Senior Center

150 College Street
West Farmington, OH 44491

Monday, June 8

10 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake Road Chardon,
OH 44024

Tuesday, June 16

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

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024

GUT HEALTH

Join Lily Sitisa, DO, Internal Medicine from University Hospitals to learn more more about Gut Health. Gut health refers to the balance and function of microorganisms in your digestive system, which play a key role in digestion, immunity, and even mood. Foods rich in fiber, like fruits, vegetables, and whole grains, can support regular bowel movements, while highly processed foods may disrupt this balance. to you. *Call 440-214-3180 to register. Refreshments provided*

Thursday, June 11

1-2 p.m.

**UH Geauga Medical Center
Conference Center**

13207 Ravenna Road
Chardon, OH 44024

EXERCISE FITNESS

WALKING FOR WELLNESS

Walking has shown to help with weight management, reducing stress and increasing energy levels. Group walking programs can help you reach your personal wellness goals (In collaboration with Geauga Dept. on Aging)

Thursdays | 9 a.m.

June 4

**Punderson State Park (Park at the
Punderson Manor House)**

11755 Kinsman Road
Newbury, OH 44065

June 11

**Girdled Road Reservation (South
Entrance)**

12926 Radcliffe Road
Concord, OH 44077

*Afterwards
Breakfast at SUNny Street Cafe (7531
Crile Road, Painesville 44077)*

June 18

Chickagami Park

17957 Tavern Road
Burton, OH 44065

June 25

Veterans Legacy Woods

14085 Ravenna Road
Newbury, OH 44065

UH Geauga Medical Center, (con't).

BRAIN HEALTH- EXERCISE FOR THE MIND

Brain health isn't just about avoiding decline, it's about actively strengthening how you think, focus, and adapt. Just like muscles, the brain thrives on regular challenges. Activities such as puzzles, reading, learning a new language, or even engaging in meaningful conversations can stimulate neural pathways and promote cognitive resilience.

Tuesday, June 23

11 a.m.
Middlefield Senior Center
15820 Ridgewood Drive
Middlefield, OH 44062

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, June 1, 8, 15, 22, 29

Wednesdays, June 3, 10, 17, 24

Fridays, June 5, 12, 19, 26

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.

M / W / F Class

1:30-2:30 p.m.

Ohman Family Living at Holly

Call 440-338-8220 for Information

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, June 1

6 p.m.

**UH Geauga Medical Center
(Conference Center)**

13207 Ravenna Road
Chardon, OH 44024

Call 440-214-3101 for information

PARKINSON'S AND DIABETES SUPPORT GROUP - Combined this Month

Know Your Health Numbers. Our health numbers are key indicators of one's risk for cardiovascular health problems. Maintaining your numbers in a healthy range, decreases your risk of heart disease, stroke and other health conditions. Join us for an informational session with UH Geauga. Diabetes Educator, Valerie Hanks, RN, BSN.

Tuesday, June 16

12 - 2 p.m.

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024

Call 440-279-2167 to register

CARDIAC SUPPORT GROUP

Meetings held quarterly

12 -1:30 p.m.

Lunch Provided

UH Geauga (Conference Center)

13207 Ravenna Road
Chardon, OH 44024

Call 440-285-6824 for information

DIABETES SELF-MANAGEMENT CLINIC

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



OSTOMY SUPPORT GROUP

(Meetings held every other month)

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024

Call 440-285-6210 for information

BETTER BREATHERS CLUB

If you or someone you know is living with chronic lung disease like COPD, ASTHMA, Pulmonary Fibrosis or lung cancer, please consider joining us at this welcoming support group. **Second Tuesday of the month**

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024

Call 440-285-6355 for information

LYMPHEDEMA SUPPORT GROUP

Topic and location to be determined

Call 440-214-3101 for information or

Email:

Cathy.Jewell@uhs hospitals.org or

Patricia.schroeder@uhs hospitals.org

SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?

UH Geauga Medical Center

Norma N. Chapman Senior

Assessment Program

13207 Ravenna Road

Chardon, OH 44024

Call 440-285-6408 to schedule an Assessment

RISK ASSESSMENTS

Call Wellness Coordinator at

440-214-3330

SMOKING CESSATION

Join the American Lung Association's

7 week quit smoking program. First

session begins April 15th . *Call*

440-285-6355 for more information

COMMUNITY HEALTH SEMINARS

Stay Healthy & Safe This Summer!
Join us for **FREE** Community Health Seminars, where we'll cover important seasonal health and safety topics to help you and your family enjoy a safe, healthy summer.

5-6:30 p.m.

June 3: "All Things Sun"

Learn about:

- Dehydration & electrolyte imbalances
- Heat stroke vs. heat exhaustion
- Sunburn prevention & skin cancer risk factors

July 1: "Don't Get Sick: Ticks, Toxins, & Prevention Tips"

Topics include:

- Tick, mosquito, & spider bite prevention
- Infectious diseases & summer illnesses
- Cruise and camping-related viruses
- Food safety tips for summer picnics

August 5: "Summer Safety"

We'll discuss:

- Seatbelt & helmet safety
- Preventing overuse injuries
- The importance of stretching & mobility

September 2: "Preventative Care"

Focus on:

- Health screenings
- Preventative medicine & wellness strategies

Stay informed, stay prepared, and stay well all summer long!

Refreshments provided. Registration required, please call 440-214-3180

UH Geauga Medical Center

13207 Ravenna Road
Chardon, OH 44024

SAVE THE DATE: BREAKFAST WITH HEART - WOMEN'S HEART HEALTH EVENT

Join your neighborhood experts to celebrate and inspire your health. Event includes physician lectures and panel discussion addressing Overall Women's Health.

Topics Include - Heart Disease Burden in Women, Vascular Disease Women Should Know about and Hidden Risk Factors Women Ignore

Free Blood pressure screenings, Hands-only CPR demonstration. Enjoy a complimentary breakfast.

Space is limited - registration required 440-214-3180

Saturday, July 25 | 9 a.m.- 12 p.m.

Doors open at 8:15 a.m.

UH Geauga Medical Center - Conference Center

MIDDLEFIELD SWISS CHEESE FESTIVAL

Get ready for a full weekend of fun at the Middlefield Swiss Cheese Festival. From Live entertainment and family activities to parades, delicious food, and so much more, there's truly something for everyone to enjoy all weekend long.

Stop by the UH tent for education, resources and giveaways.

Friday, June 12

11 a.m. - 7 p.m.

Saturday, June 13

10 a.m. - 9 p.m.

Sunday, June 14

8 a.m. - 3 p.m.

Cardinal High School Grounds

14785 N. Thompson Avenue
Middlefield, OH 44062

A FAMILY HEALTH & SAFETY DAY

Join us for this family-friendly, community event to celebrate wellness with free health screenings, educational activities and demonstrations. *Pre-registered screenings Include:* Carotid Artery Ultrasound, Hernia, Memory, Prostate Specific Antigen (PSA), Pulmonary Function Test, and Skin Cancer

Saturday, June 27 | 9 a.m.- 1 p.m.

UH Geauga Medical Center

13207 Ravenna Road
Chardon, OH 44024 Call
440-848-8653 for pre-registered screenings

GEAUGA CYCLISTS

Cycling is one of the best exercises for aging bodies, it helps you work your cardiovascular system and keep your heart healthy. Cycling is a low-impact sport that reduces strain on joints. Join us as we start this program for a weekly ride. We ride between 10-15 miles on different parts of the Maple Highlands Trail. You must have your own bike and transportation to the park. Please wear helmets for safety, bring water and you must follow the park etiquette. (Program in collaboration with Geauga County Department on Aging and Geauga Park District)

Tuesdays | 9 a.m.

Locations vary each week.

June 2 - Meet at Claridon Woodlands

11383 Claridon Troy Road
Chardon, OH 44024

June 9 | 10 a.m. - Special Bike Trip (Registration required) Meet at

Western Reserve Greenway Trail
2773 State Route 307
Austinburg, OH 44041

June 16 - Meet at Eagles Park - Maple Highlands Trail
312 Park Avenue
Chardon, OH 44024

June 23- Meet at Dollar General

15894 W. high St,
Middlefield. OH 44062

Park at Dollar General, Maple Highland Trail Breakfast beforehand at 8 a.m. at C's Cafe 15916 W. High Street Middlefield, OH 44062

June 30 - Meet at Headwaters Park
13365 Old State Road
Huntsburg, OH 44046

For more information and to register call 440-214-3180.

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 May

10-11 a.m.

Every Tuesday in June

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 June

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

Every Thursday in June

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 June

11 a.m. – 12 p.m.

Every Thursday in

June 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 June

5 - 7 p.m.

Beginner / Intermediate / Advanced

Every Friday in June

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 is you want to reserve steps or bring your own that you are comfortable with using already.

Every Thursday in June

5 – 6 p.m.



COMMUNITY PROGRAMS

FAMILY HEALTH & SAFETY DAY

Family Health and Safety Day is our annual, free community event held this year at University Hospitals Tripoint Medical Center. Free health screenings, safety and health education, as well as family-friendly carnival themed activities will be available. Screenings requiring pre-registration include: mammogram, prostate-specific antigen (PSA), and hernia screenings. Walk up screenings include balance, blood glucose, cholesterol, blood pressure, bone density, carotid ultrasound, and carpal tunnel. Carnival themed games will be available for young and the young at heart! A new addition to this enjoyable event will be a craft show, featuring many of University Hospital's talented staff members, showcasing their creativity, so plan to shop in our newly renovated conference space. Activities, including many health screenings will take place near the physician's pavillion area, so take a right and follow the signs upon your entrance to UH Tripoint. Also available will be a self-guided wellness walk that encircles the wooded campus of U.H. Tripoint Medical Center, designed and developed from evidence-based research, which has shown that integrating nature can help maximize wellness.

There will be numerous community partners on hand with resources, and even a healthy cooking demonstration from 11 am - 12 pm. as well as a produce give-away. So join us for a day to learn about proactive health management, take part in health screenings, and fun activities. For questions or to sign up for pre-registered health screenings call: 440-313-2030.

Saturday, June 20

9 a.m. – 1 p.m.

UH Tripoint Medical Center

7590 Auburn Road
Painesville, Ohio 44077

LEROY TOWNSHIP AMERICA 250 CELEBRATION

Celebrate our Nation's 250th Anniversary with a parade at 3 pm, live music at 6 pm, basket raffles, fun activities, a car cruise and more! University Hospitals will be joining in the celebration with health and safety information and blood pressure screenings.

For event information contact Brandy Hanusosky at Bhanusosky@leroyohio.com

Saturday, June 27

3 – 9 p.m.

LeRoy Community Center

13028 Leroy Center Road
LeRoy Township, Ohio 44060



BEACHWOOD MEDICAL CENTER HEALTH SCREENING SERIES

Stop in to see us in the Beachwood Medical Center lobby, to check your cholesterol, glucose and blood pressure! Screenings are crucial, to help identify risks early. High blood pressure or hypertension often has no symptoms, yet can cause damage to blood vessels, the brain, heart, and kidneys.

Wednesday, June 10

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

UH Beachwood Medical Center

25501 Chagrin Blvd
Beachwood, Ohio 44122

BLOOD PRESSURE SCREENING EVENTS

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

Saturday, June 6

9 a.m.– 12 p.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

Saturday, June 20

9 a.m.– 12 p.m.

UH Lake West Medical Center

36000 Euclid Avenue
Willoughby, OH 44094

UH FITNESS CENTER IN MENTOR

BRUNNER SANDEN DEITRICK WELLNESS CENTER

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

COMMUNITY EVENT

MEDICALLY BASED FITNESS - UH MENTOR FITNESS CLASS

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

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

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

Insurance coverage may apply.

Call **440-710-7537** or email

Shawn.Cooper@uhhospitals.org to learn more or schedule your first session.

UNIVERSITY HOSPITALS WEIGH LOSS PROGRAM

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



NUFIT SERIES

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

Monday, June 22 | 12 p.m.

Topic: "Memory in Motion: How to Bulletproof Your Brain"

This seminar explores the cutting-edge link between physical activity and cognitive longevity. You will learn how specific movements trigger the release of "hope molecules" (myokines) and BDNF—a protein that acts like fertilizer for your brain cells to sharpen memory and focus. This session provides a clinical roadmap for using "neuro-fitness" to build a resilient mind and shield the aging brain against decline.

Presenter: Abigail Wagner, MS, CPT, Exercise Specialist

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

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.

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

UH PARMA RETAIL PHARMACY Monday-Friday - 8:30 a.m.-5 p.m. Medical Arts Building 1 6681Ridge Rd. Suite 100 Parma OH 44134

UH Parma Retail Pharmacy can meet all your prescription needs- To transfer prescriptions, use the QR code or call 440-743-1140 for assistance. Choose UH Parma Retail as your preferred pharmacy. Walk in prescription pick up now available or free home delivery!



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***

UH PARMA RETAIL PHARMACY COMMUNITY OPEN HOUSE

Walk in pharmacy now open, come meet the team! Free Blood Pressure, Non-Fasting Glucose, Balance & Grip screenings offered. Giveaways and Refreshments available. *If you have questions you can call **440-743-4932***

Thursday, June 18
10 a.m. - 1 p.m.

Medical Arts Building 1
6681Ridge Rd. Suite 100
Parma OH 44134



COMMUNITY PROGRAMS

BLOOD DRIVE

Please consider donating... there is a national blood shortage. Save a life today! The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime.

Thank you for supporting the American Red Cross blood program! Click [here](#) to register.

Thursday, June 18

11 a.m.– 5 p.m..

UH Parma Medical Center

7007 Powers Blvd
Parma, OH 44129

DISCOVER UH DIGITAL HEALTH SERVICES

Presented by Tayana Williams, Sr. Project Coordinator, Digital Health Care Connections Access and Kristen Gillespie, Sales and Customer Service Representative, UH Meds Pharmacy.

This presentation will help you understand what MyChart is, how to sign up and use the services available to stay informed while maximizing the benefits of collaborating with your health care team. After gaining a better understanding of MyChart, learn how you can easily and conveniently refill your prescriptions with UH Retail and UH Specialty Pharmacy via MyChart. Click [link](https://attend.cuyahogalibrary.org/event/16009544) to register <https://attend.cuyahogalibrary.org/event/16009544> or call library directly at 440-885-5362.

Thursday, July 9

6-7 p.m.

CORE SPIRITUAL FITNESS PRACTICES: INSIGHTS ON DAILY HABITS THAT FOSTER RESILIENCE, PURPOSE AND PEACE

Rev. Marian Mihás, ThM, MA, PBCC, Chaplain, University Hospitals Parma Medical Center will explore insights on the topic of spiritual fitness and introduce core practices that can foster resilience, purpose and peace.

The chaplain will discuss various habits that can build a capacity for being spiritually fit. Special emphasis will be on daily practices, key relationships, emotional wellbeing, gratitude and service to others. Attendees will gain practical insights, resources and a deeper understanding of spiritual fitness that will equip them to better care for themselves and others, while maintaining and improving their quality of life. Click [link](https://attend.cuyahogalibrary.org/event/16011931) to register <https://attend.cuyahogalibrary.org/event/16011931> or call the library directly at 440-885-5362.

Tuesday, June 23 | 1 p.m.

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

6996 Powers Blvd
Parma, OH 44129

GUARD THE GLOW. BLOCK THE SUN. PROTECT YOUR SKIN.

Please join us for this informative talk that highlights how simple, everyday habits can make a lasting difference in skin health. The session underscores the importance of applying a broad-spectrum SPF daily—rain or shine—and reapplying during extended time outdoors. It also brings attention to commonly used medications that may increase sun sensitivity, leaving skin more vulnerable to burns and damage. By pairing sunscreen with protective clothing, staying informed about medication-related risks, and turning to your pharmacist as a trusted resource, individuals can take smart, practical steps to stay sun-safe all year long.

Presented by: Nina Protsyk, PharmD, Clinical Pharmacy Specialist – Dermatology University Hospitals Specialty Pharmacy. To register for this free talk, call 440-526-1102 or click the link

<https://attend.cuyahogalibrary.org/event/16477198>

Friday, June 26 | 1 p.m.

**Cuyahoga County Public Library
Brecksville Branch**

9089 Brecksville Road

This event will be held in the meeting room.

HEALTH SCREENINGS

BLOOD PRESSURE

FREE Walk-in Blood Pressure

Screenings at the locations below Call 440-743-4932 for questions

Wednesday, June 3

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

UH Parma Health Education Center
7300 State Road Parma, OH 44134
(Glucose screening included)

Wednesday, June 3

9 - 10:30 a.m.

North Royalton Office on Aging

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

Thursday, June 11

9:30 - 11 a.m.

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

Friday, June 12

10 - 11:30 a.m.

Independence Senior Center
6363 Selig Dr.
Independence, OH 44131

216-524-7373

Friday, June 12

10 - 11:30 a.m.

Donna Smallwood Activities Ctr.
7010 Powers Blvd.
Parma, OH 44129
440-888-8820

Monday, June 9

8:30 - 10 a.m.

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



HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

(con't).

Wednesday, June 10

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

216-524-6262

Tuesday, June 23

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road

North Royalton, OH 44133

440-230-9339

Tuesday, June 30

9:30 - 11:30 a.m.

Cuyahoga County Library

Parma-Powers Branch

6996 Power Boulevard

Parma, OH 44129

440-885-5362

NON-FASTING CHOLESTEROL SCREENING

Wednesday, July 15

9 a.m. - 11 a.m.

Appointment required

Call **440-743-4932**

FREE- Non-fasting - Includes total cholesterol, HDL, and blood sugar.

FASTING CHOLESTEROL SCREENING

Wednesday, June 17

9 a.m. - 11 a.m.

\$30 (credit card only)

Appointment required

Call **440-743-4932** - payment

is due at the time of registration

12-hour fasting recommended.

Includes total cholesterol, HDL,

LDL, Triglycerides and blood

sugar

SUPPORT GROUPS

Held at UH Parma Health Education Ctr.

7300 State Road Parma, OH

44134 unless otherwise noted.

Call **440-743-4932** for information

EHLERS-DANLOS SYNDROME (EDS) SUPPORT GROUP

The University Hospitals Ehlers-Danlos Syndrome (EDS) Support Group provides a welcoming and compassionate environment for individuals living with EDS, their families, and caregivers. Facilitated by knowledgeable healthcare professionals and peer leaders, this group offers a safe space to share experiences, ask questions, and gain valuable insight into managing life with EDS. Meetings focus on education, emotional support, and community-building. We meet the second Monday of every month.

Topics often include symptom management, navigating healthcare systems, coping strategies, and the latest research and treatments. Guest speakers such as geneticists, physical

therapists, and pain specialists may be invited to provide expert perspectives. Whether newly diagnosed or living with EDS for years, participants find

encouragement, understanding, and practical tools to enhance their quality of life. The group is open to all EDS subtypes and strives to foster a sense of empowerment and resilience within the EDS

community. There is no cost to attend. For more information or to register, please contact Lauren Napoli, senior PTA at **440-877-9120** or via email at

lauren.napoli@uhhospitals.org.

Monday, June 8

6:45 - 8:45 p.m.

North Royalton Library

5071 Wallings Road

North Royalton

Room 123

PARKINSON'S DISEASE

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

Second Tuesday of each month. For more information and/or questions call 440-743-4932

Tuesday, June 9

1-2:30 p.m.

FOOD ADDICTS ANONYMOUS

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

No registration required, walk-in meeting. For more information call Charlotte at 330-607-2144. Every meeting has an option to join via zoom. Join the meetings online: <https://join.freeconferencecall.com/edataintegration> Pin code: 741776 or call 518-263-8271 pin: 741776# or in person at the UH Parma Health Education Center - Room 2. Visit the website at: faacanhelpp.org

Fridays, June 5, 12, 19, 26

4:30 p.m.

PARKINSON'S DISEASE EXERCISE CLASS - DELAY THE DISEASE

For those diagnosed with Parkinson's with their spouse, support person or caregiver. Learn simple exercises that can help make daily life easier and improve balance and build strength. Classes are taught by professionals trained in the Delay the Disease Program.

No registration required. Join anytime

Wednesdays, June 3, 10, 17, 24

12:30 - 2 p.m.

UH Parma Health Education Center

7300 State Road

Parma, OH 44134

For more information, call

440-743-4932



COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, June 22

11 a.m.-5 p.m.

UH Portage Medical Arts Building,
Ravenna, Ohio 44266

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



SAIL FALLS PREVENTION CLASS

SAIL – Stay Active & Independent for Life

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

Streetsboro Senior Center

9307 State Route 43

Streetsboro, OH 44241

INFO/RSVP: 330-626-2398

Portage County Senior Center

705 Oakwood Street,

Ravenna, OH 44266

INFO/RSVP: 330-297-345

UH PORTAGE MEDICAL CENTER OUTPATIENT RETAIL PHARMACY

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

Monday – Friday: 8 a.m. to 6 p.m.

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

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

331-

SUPPORT FOR GRIEVING ADULTS

The Grief Place

INFO: www.thegriefcareplace.org
330-686-1750

Kelly's Grief Center

INFO: ww.kellysgriefcenter.com Call
330-593-5959 for Information

AMPUTEE WALKING CLINICS

Thursday, June 4

3-5 p.m.

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

6847 North Chestnut Street,
Ravenna, OH 44266

For information call 330-297-2576

Thursday, June 18

3 pm – 5 pm

Yanke Bionics

303 W. Exchange Street
Akron, OH 44302

For information call 330-762-6411

FAMILY HEALTH & SAFETY DAY

Saturday, June 6

9 a.m. – 12 p.m.

UH Portage Medical Arts Building

6847 North Chestnut Street
Ravenna, OH 44266

Join UH Portage Medical Center and our community partners for this free family-friendly event to celebrate wellness with free health screenings, educational activities, demonstrations, a chance to meet CHOMPS from the Cleveland Browns, and so much more!

Walk-up Screenings include:

- *A1C * Blood Glucose * Total Cholesterol * Body Mass Index * Pre-Diabetes * Grip Strength * Blood Pressure * Stroke Risk Assessment * Bone Density

Pre-Registered Screenings by

Appointment - Call 330- 297-2576 to Schedule

- * Hearing
- * Pulmonary Function Testing
- * Carotid Artery

Health Education & Resources

- * Blood Clot Awareness & Venous Disease education * American Heart Association CPR training
- * Pharmacy Education * Wound Care * Sexual assault prevention & awareness * Neurology & Stroke Support
- * Women's Health & OBGYN * Wags for Wellness Therapy Dogs
- * UH Diabetes & Metabolic Center



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, June 4

1 – 3 p.m.

Portage County Health District - Pop Up Pantry

999 E. Main Street
Ravenna, OH 44288

Saturday, June 6

9 a.m.- 12 p.m.

UH Portage Medical Arts Building

6847 N. Chestnut Street
Ravenna, OH 44266

Tuesday, June 9

11 a.m. – 1 p.m.

Renaissance Family Center, Lobby

9005 Wil Verne Drive
Windham, OH 44288

Thursday, June 25

11 a.m. – 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street
Ravenna, OH 44266

FITNESS CLASSES

All Classes meet in the Mangin Fitness Room UH Portage Medical Center - Mangin Fitness Room 6847 North Chestnut Street, Ravenna, 44266

WALKING GROUP

Thursday, June 4

Thursday, June 18

8:30 – 9:30 a.m.

SAIL FALLS PREVENTION CLASS

Thursday, June 11

Thursday, June 25

10– 11:00 a.m.

Join us for these fun and free, introductory classes. No experience is needed!

HAYMAKER FARMER'S MARKET

Join us at the Farmer's Market where we will be providing Hands Only CPR demonstrations.

Saturday, June 27

10 a.m. – 1 p.m.

Franklin Avenue in Downtown Kent (Outdoor market under the Haymaker overpass between Main St. & Summit St.)

TOBACCO TREATMENT COUNSELING PROGRAM

Counseling starts with an initial consultation with a Certified Tobacco Treatment Specialist (CTTS) which includes a detailed assessment of your health and medical conditions, tobacco history, quit attempts, and other pertinent information that will aide in developing your treatment plan. Your CTTS will develop an individualized cessation plan with you. For more information or to schedule: Call 216-896-1810 or email Tobacco.Treatment@UHhospitals.org
UH Portage Harrington Heart & Vascular Institute
UH Portage Professional Center, Suite #125
6847 North Chestnut Street
Ravenna, OH 44266

Our Mission
To Heal. To Teach.
To Discover.



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, June 2, 9, 16, 23, 26
12 – 1 p.m.

Weather permitting

Richmond Heights City Hall

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

THE VOLT FITNESS CHARG'D UP CLASS

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

Saturday, June 20

12 - 1 p.m.

Richmond Heights Elementary

447 Richmond Rd
Richmond Heights, OH 44143



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, June 8
10 a.m. - 12:30 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

BIOMETRIC SCREENINGS

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

Wednesday, July 29

9 a.m. - 12 p.m.

Wednesday, September 30

9 a.m. - 12 p.m.

Euclid Hunger Center

291 E. 222nd Street
Euclid, OH 44123

RICHMOND HEIGHTS SUMMER CONCERT SERIES

Come out and enjoy an evening of live music and entertainment at Richmond Heights Community Park! Stop by the UH table for valuable health and wellness information, resources, and support to help you stay healthy and informed.

Wednesday, June 17

6:30 - 8 p.m.

Wednesday, June 24

6:30 - 8:30 p.m.

Richmond Heights Community Park

27285 Highland Road
Richmond Heights, OH 44143

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, June 5

11 a.m. - 5 p.m.

Thursday, June 18

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*

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

AMERICAN HEART ASSOCIATION HEART SAVER CPR FOR THE COMMUNITY

Friday, June 19

9 - 11 a.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, June 25

2-4 p.m.

Samaritan Auditorium

663 East Main Street
Ashland, OH 44805

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

UH SAMARITAN WOUND CENTER OPEN HOUSE

Monday June 22nd | 11am – 3pm

UH Samaritan Hospital 4th floor
1025 Center Street
Ashland, OH 44805

FARMER'S MARKET

**Every Wednesday June 3rd
through September 19 | 4pm-
6pm**

UH Samaritan On East Main St.

663 East Main 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

You must register at www.uhems.org. For further information and locations, please call 440-735-3513

SENIOR SUPPER CLUB

Men and women over the age 60 may apply for a Supper Club card. Seniors can pick up their card up from the Westlake Center for Community Services or the North Olmsted Senior Center. Once they have the card, they may come to the cafeteria at UH St. John Medical Center and receive a 40 percent discount on all food except bottled beverages, specialty snacks and “Simply to Go” items. There is a \$10 limit per customer for the discount: after that, the items are full price.

EVERYDAY 4 – 5:30 p.m.

For more information, call North Olmsted Senior Center 440-777-8100 or Westlake Center for Community Services 440-899-3544. You must present your card to receive the discount.

HEARING TESTING

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

Our Mission
To Heal. To Teach.
To Discover.

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

DIABETES WELLNESS RETREAT

Adults 18 or older with pre-diabetes, diabetes, obesity or other metabolic conditions are invited to register for a free full day event focused on learning healthy living habits and improving health management. Space is limited to 45 participants. Dress in comfortable clothes and shoes. *You must register by texting “Well” to 216-777-4700 or emailing*

WellnessTeam@UHhospitals.org
Friday, June 19 | 8:30 a.m.-3p.m.
St. John Medical Center
29101 Health Campus Drive
(Building 2 auditorium B
Westlake, OH 44145

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 \$60 initiation fee and then an ongoing \$30 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, June 4

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

Westlake Center for Community Services

Community Meeting Room
28975 Hillard Blvd
Westlake, OH 44145

Monday, June 8

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road
Fairview Park OH 44126

Wednesday, June 10

9:00 – 10:30 a.m.

Cove Community Center

12525 Lake Avenue (enter off Clifton)
Lakewood, OH 44107

Thursday, June 11

10:45 -11:45 am

North Olmsted Senior Center

Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

COMPRESSION ONLY CPR & AED DEMONSTRATION

Anyone can learn Hands-Only CPR and save a life. It has just two easy steps. Join UH Community Outreach RNs for a demonstration on Hands-Only CPR and learn how to use an AED

Tuesday, June 23

12:30 p.m.

North Olmsted Senior Center

28114 Lorain Road
North Olmsted, OH 44070

SUPPORT GROUPS

HOPE SUPPORT GROUP

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

Wednesday, June 3

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

Our Mission

To Heal. To Teach.

To Discover.

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**

