



University Hospitals

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

AGE WELL. **BE WELL.** EVENTS MARCH 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, March 3, 17, 31

10 -11 a.m.

Cleveland Heights Community Ctr.

1 Monticello Blvd

Cleveland, OH 44118

BIOMETRIC SCREENINGS

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

Sunday, March 1

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

Communion of Saints- Saint Philomena's Church

13824 Euclid Ave

East Cleveland, Ohio 44112

screenings will be located in the rectory building

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FREE blood pressure screenings.

Wednesday, March 11

10:00 a.m. – 11:00 a.m.

Solon Senior Center

35000 Portz Parkway

Solon, Ohio 44139

Thursday, March 19

10- 11 a.m.

Warrensville Heights YMCA

4433 Northfield Road

Warrensville Heights, OH 44128

Thursday, March 19

11:45 a.m. - 12:15 p.m.

Beachwood Senior Center

2525325 Fairmount Blvd

Beachwood, OH 44122

Tuesday, March 24

12-1:00 p.m

Campbell Court Apartments

16650 Van Aken Blvd.

Shaker Heights, Ohio



REGISTER TO BECOME A MEMBER TODAY

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

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**

March 11, April 8

12 - 1p.m.



EXERCISE & FITNESS

IRON YOGA (Renee)

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

Friday, March 6

8 - 8:45 a.m. (Studio 2)

AQUA PILATES (Gloria)

This type of Pilates differs from the traditional version because the exercises are done in an upright position in the pool. This workout is easier on your joints while the water increases the resistance of the moves.

Monday, March 16

10 - 10:55 a.m.

SEASONAL QIGONG (Mary)

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

No special equipment or experience is needed—just bring comfortable clothing and an open mind.

Saturdays: March 14, April 11 and May 9

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

HAVIN' A BALL (Kathy)

Stability balls are a fun addition to any fitness program. Stability balls improve flexibility, strengthen the core (abdominal and lower back muscles), and improve balance. So come for a fun workout with this versatile piece of fitness equipment.

Saturday, March 21

11-11:45 a.m.

EXERCISE & FITNESS

BEGINNER CYCLING (Jackie)

Learn the proper way for bike set-up in this beginner level stationary cycling exercise class. Instructor will go through basic class formats, including hill and race training, and using watts to understand power generated from your cycling.

Saturday, March 21

10:30-11:15 a.m.

(1st Floor Cycling Room)

WATER WALKING 101 (Stori)

Water Walking 101, a beginner-friendly workshop designed to introduce new strategies for pool-based exercise and walking techniques. Perfect for those looking to stay active without stressing the joints, this class is ideal for anyone recovering from injury or surgery (with medical clearance), or simply seeking a gentler form of fitness. You'll learn to walk on your own in water depths starting at 4 feet, with options to progress to deeper areas at your own comfort level. Equipment such as water walking belts and hand weights will be introduced to enhance resistance, and overall effectiveness. No swimming experience is required, and all fitness levels are welcome.

Monday, March 30, April 27

(generally held the last Monday of each month)

10-10:55 a.m.



Avon Health Center

1997 Healthway Drive

Avon, OH 44011

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COMMUNITY PROGRAMS

BRAIN HEALTH

How can we slow cognitive decline? Research shows that participation in intellectually stimulating activities along with exercise can promote brain health. Learn how exercise not only keeps our bodies strong, but it can help with memory, attention and processing speed. Kelly Kacenjar, Certified Personal Trainer, Brain Health Trainer and Board-Certified Health Coach will lead you through some examples of these specific exercises. Space is limited so register **TODAY!**

Tuesday, March 10

11:30 a.m.-12:15p.m.

EXERCISE & FITNESS

EGG-CELLENT BOOTCAMP (Jennifer)

Join Jennifer for an EGG-CELLENT themed boot camp offered to burn a few extra calories before the upcoming holiday. Bootcamp workout includes a predominately body workout including strength training, cardio drills, core balance and flexibility. All activities will be offered modifications if needed, so join us for a few bunny hops and many more cardio burning challenges.

Saturday, March 28

10:30-11:25 a.m.

EXERCISE & FITNESS

HEALTHY HABITS

Ready to build sustainable, healthy habits that last? Join our Healthy Habits program, a 6-week journey designed to help you take charge of your wellness and support you every step of the way. We have two options for our next program:

Wednesdays from 5-6 p.m. March

4-April 8 OR Saturdays from

9-10a.m. March 7-April 11

Before starting, participants will meet one-on-one with a Fitness Specialist to complete a health inventory and set personalized wellness goals. From there, we'll gather weekly in small-group Zoom sessions for education, open discussion, accountability accessible from any location. For More Information Contact: Elissa Weisz, Fitness Specialist elissa.weisz@uhhospitals.org; 440-988-6801 6 Week Program Cost: \$200 Members; \$230 Non-Members

ST. PATRICK'S DAY CYCLING (Stori)

Get ready to ride green for St. Patrick's Day! This stationary cycling class features high-intensity intervals on a variety of challenging flats and hills. Music drives the ride while mind-body principles—breath, focus, and goal-setting—helping participants stay strong and connected from start to finish.

Tuesday, March 17

8 -8:45a.m.

Our Mission
To Heal. To Teach.
To Discover.

EXERCISE & FITNESS

BEGINNER PILATES (Sherry)

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

Saturday, March 7

10:45-11:30 a.m.



COMMUNITY PROGRAMS

WALKING CLUB

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

Thursdays, March 5, 12, 19, 26
9:30 - 10:30 a.m.

Weather permitting

Ellenwood Center Willard Pavilion

124 Ellenwood Avenue
Bedford, OH 44146

(Walking inside Ellenwood on specific dates) Call 440-735-2559 to register

COMMUNITY ART THERAPY GROUPS

Join UH Connor Whole Health Art Therapist Jessica (Jess) Grimm, ATR-P, for monthly art therapy groups open to the community. In these sessions, you will learn how to utilize art materials expressively to help increase your well-being as you navigate your day. Each session will feature a different art intervention.

Art interventions will help with: Self-expression, raising self-esteem, self-care, coping with change, self-awareness, relaxation, soothing anxiety, relieving stress, feelings/emotions, and empowerment. **For questions or additional information, contact:** Jessica Grimm, ATR-P, UH Connor Whole Health Registered Art Therapist **E-mail:** Jessica.Grimm@UHhospitals.org | **Phone:** 216-285-4041

Wednesday, March 18
2-4 p.m.

UH Wellness Center at Bedford

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

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

ENPOWERING WELLNESS, ONE REWARD AT A TIME INTRODUCING OUR NEW LOYALTY PROGRAM

How It Works:

Attend any 10 FREE classes over 4 months and be entered into a raffle to win a prize that will help support you on your health and wellness journey.

Current offerings include:

Exercise classes:

Charg'd Up, Zumba, Tai Chi, Yoga, & Line Dancing

Cooking Demonstrations and Nutrition Education

Biometric Screenings & Education (BP, Blood Sugar, Cholesterol, etc.)

Social Needs Screenings & Resource Connection

Art and Music Therapy

Wellness Dimensions Education Series
Master Classes and more!



THE NEW UH COMMUNITY WELLNESS CENTER

UH Wellness Center at Bedford

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

Our community-based wellness center, located in Bedford, will offer a wide range of programs and services that have been tailored to meet the specific needs of the community, including:

Preventive Services:

- Health education classes
- Health screenings
- Community programming

Enhanced Access to Care:

- Telehealth services
- Community health worker on site

Healthy Food:

- Teaching Kitchen

HOURS OF SERVICE:

Monday: 9 a.m. - 6 p.m.

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

Friday: 9 a.m. - 5 p.m.

Saturday (1st Saturday of each month):
9 a.m. - 1 p.m.

For more information or to schedule an appointment, call 440-735-4270, visit

UHhospitals.org/Bedford



MOCKTAILS AND CRAFTS

Enjoy a fun and relaxing time together with mocktails and crafts as part of a hands-on art experience the whole family can enjoy. We'll sip on refreshing, alcohol-free drinks while creating simple, colorful crafts that encourage creativity and connection for all ages.

Wednesday, March 25

1-3 p.m.

MONTHLY FINANCIAL

WELLNESS CLASSES: MONEY & RELATIONSHIPS

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, March 23

10:30 - 11:30 a.m.

PHYSICIAN HEALTH TALK: HEART HEALTH

Join University Hospitals physician Dr. Tamar for a discussion on heart health, cardiovascular risk assessment, and self-management. A webinar option is available for those unable to attend in person or who would like access to the recording.

Thursday, March 17

12p- 1p.m.

SOUND BATH

We invite you to join us for a special Sound Bowl experience to relax your body and mind. Yoga mats will be provided if you do not have your own; you may bring a pillow and a blanket as well. Sound baths utilize a variety of resonant, meditative instruments to create immersive, therapeutic soundscapes designed for relaxation.

Monday, March 23

2-3 p.m.

FOOD WITH PURPOSE: BUILDING BALANCED MEALS FOR LIFELONG HEALTH

Learn how to create simple, balanced meals that nourish your body and fit your lifestyle. Discover practical strategies to support long-term health, energy, and well-being —one meal at a time.

Monday, March 2

12-1 p.m.

LUNCH & LEARN: SMALL STEPS TO A HEALTHIER HEART

Transform your heart health with simple, actionable changes! This class explores easy tips for healthier eating, stress management, and active living. Start small and see big results for a stronger, healthier heart!

Monday, March 16

12- 1 p.m.

FOOD AS MEDICINE CHEF'S TABLE

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

Friday, March 27

12 -1 p.m.

UH Wellness Center at Bedford

88 Center Road
Medical Office Building
Bedford, OH 44146

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

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

HEALTH SCREENINGS

BIOMETRIC SCREENINGS

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

Thursday, March 5

12- 1:30 p.m.

Monday, March 9

2 - 3 p.m.

Monday, March 23

12 - 1:30 p.m.

UH Wellness Center at Bedford

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

BLOOD PRESSURE SCREENINGS

Wednesday, March 4, 18

10 a.m.-1 p.m.

Bedford Heights Community Ctr.

5615 Perkins Road
Bedford Heights, OH 44146

(Bedford Heights 60 community members only)

Wednesday, March 11, 25

11 a.m. - 1 p.m.

Ellenwood Recreation Center

124 Ellenwood Avenue
Bedford, OH 44146

Tuesday, March 10

2:30-5 p.m.

Maple Heights Library

5225 Library Lane
Maple Heights, OH 44137

Thursday, March 12

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

Maple Heights Senior Center

15901 Libby Road
Maple Heights, OH 44137

ADVANCED CARE DIRECTIVES: GETTING YOUR HOUSE IN ORDER

This session will cover Courageous Conversations about sharing our care wishes and the importance of advance care directives. We'll review key documents—Durable Power of Attorney for Healthcare, Living Will, and Organ Donation Designation—and explain their role in planning ahead. We'll also clarify the difference between hospice and palliative care and discuss what comes next, so individuals and families know what to expect.

Wednesday, March 18
10 - 11 a.m.

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, March 9
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.

Wednesday, March 11, 27
11 a.m.-12 p.m.

EXERCISE & FITNESS RESISTANCE TRAINING

Resistance training, or strength training, uses exercises targeting muscle groups to increase strength and muscle tone. Using weights, bands, or body weight, it shapes muscles, boosts performance, and improves endurance. Regular resistance training builds confidence and enhances overall health..

Tuesday, March 17
9 - 10 a.m.

ZUMBA

Join us for what some may call the most awesome workout ever! Dance to great music with great people and burn many calories without even realizing it. The class features merengue, salsa, and cumbia. Come and dance around the world!

Friday, March 13
12-1 p.m.

UH Wellness Center at Bedford

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

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.

Saturday, March 7
12 - 1 p.m.

Messiah International Ministries

98 Center Rd
Bedford, OH 44146

To register or for more information, visit [Eventbrite](https://www.eventbrite.com) or call 440-735-4270, visit [uhhospitals.org/bedford](https://www.uhhospitals.org/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, March 4
6 - 7:30 pm

UH Wellness Center at Bedford Suite B45

88 Center Road
Bedford, OH 44146
For more information or to register, call 440-735-4270.

NOURISH THE NEIGHBOR

Join us for the Nourish The Neighborhood Initiative, brought to you by University Hospitals Community Wellness Centers in partnership with local restaurants. Enjoy delicious and healthy recipes crafted by local chefs and University Hospitals nutritionists. Learn how nutritious food can enhance your well-being and connect with your community.

Current locations for UH healthy menu options

4eleven Lounge
411 Northfield Road
Bedford OH 44146
440-945-6002

Grille 55
4441 Mayfield Road
South Euclid, OH 44121
216- 862-1773

Sunset Kitchen & Lounge
11311 Euclid Ave
Cleveland, OH 44106
216 400-6590



COMMUNITY PROGRAMS

UH GENEVA MEDICAL CENTER OUTPATIENT PHARMACY

Monday - Friday
9 a.m. – 5:30 p.m.

Provides retail pharmacy services for outpatient prescriptions. *If you are interested in filling your prescription at this location, call 440-361-6111 for information.*

MEDICATION THERAPY MANAGEMENT CLINIC

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

Monday – Friday
8 a.m. – 4:30 p.m.

UH Geneva Outpatient Pharmacy

870 West Main Street
Geneva, OH 44041
Call 440-415-9548 Rachel Norris,
Pharmacist, for more information.

DIABETES EDUCATION

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

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

SLEEP MEDICINE

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

University Hospitals - Center for Advanced Sleep Medicine

810-A West Main Street
Geneva, OH 44041
*Schedule a sleep consultation by
calling 440-415-015*

HEARING, BALANCE, & BEYOND: AUDIOLOGY CARE FOR ALL AGES

Provider Spotlight
Shayna Cole, AuD, CCC-A
Senior Vestibular Audiologist
(Balance & Dizziness Specialist)
Learn how audiology goes beyond hearing tests to support balance, communication and overall quality of life. This talk will introduce modern hearing technology and vestibular services for patients, families, and professionals alike.

Wednesday, March 18
5 – 7p.m.

Grand River Cellars

5750 South Madison Rd.
Madison, OH 44057
*Seating is limited. Please RSVP by
March 13th to Denise Brown at
440-593-0206.*

HEALTH SCREENINGS

FREE WALK-IN BLOOD PRESSURE SCREENINGS

Monday – Friday
9 a.m. - 9 p.m.

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

Urgent Care

UH Ashtabula Health Center
3315 N. Ridge Road, E
Suite 700A
Ashtabula, OH 44004
Call 440-992-0759 for information

FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)

*For more information, call Lori Ann
Vencill, RN, M.Ed., CDCES at
440-593-0373.*

SUPPORT GROUPS

BETTER BREATHERS CLUB

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

First Wednesday of every month
4 – 5:30 p.m.

UH Geneva Medical Center
1st Floor Pulmonary Rehab Dept.
870 West Main Street
Geneva, OH 44041
Call 440-415-0243 for information

CANCER SUPPORT GROUP

Wednesday, March 11
5 - 6 p.m.

Casa de Frida
3315 N. Ridge Road E.
Ashtabula, OH 44004
*For more information and to RSVP,
call 440-593-0206*

REGISTER TO BECOME A MEMBER TODAY

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

COMMUNITY PROGRAMS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at 440-827-5440. Closed on all holidays or in inclement weather.

BLOOD PRESSURE SCREENINGS

Thursday, March 19

9:30 – 11 a.m.

Avon Senior Center

36786 Detroit Rd

Avon OH 44011

Tuesday, March 17

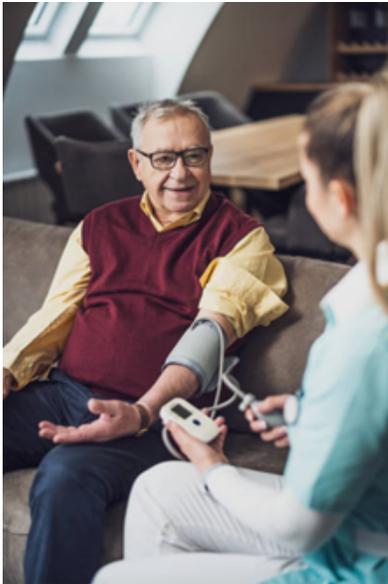
12:30-2 p.m.

Avon Lake Senior Center

Old Firehouse Community Center

100 Avon Belden Road

Avon Lake, OH 44012



DIABETES EDUCATION

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

SLEEP MEDICINE

Detailed adult sleep studies are conducted by an experienced team of UH board certified providers and registered sleep technologists to evaluate and treat: Obstructive Sleep Apnea, Narcolepsy, Parasomnia (Sleep walking/night terrors, excessive daytime sleepiness, Pulmonary related sleep issues, Snoring, and Insomnia. Nighttime, daytime, and home sleep studies available.

For a sleep provider consult, call **216-844-REST**

To schedule a sleep study at Elyria or Avon sleep lab, call **440-326-5464**

UH VIRTUAL TALKS

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

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



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

UH Geauga Medical Center (con't).

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, March 5

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chesterland, OH 44026

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, March 11

3-4 p.m.

UH Geauga Medical Center - Conference Center

13207 Ravenna Road

Chardon, OH 44024

PORTION DISTORTION - How Food Portions Haven Changed in 20 Years

This fun interactive presentation explores portion distortion and reveals how food portion sizes have changed over the past 20 years. Test your knowledge with eye-opening comparisons and enjoy healthy snacks while you play and learn!

Thursday, March 12

11 a.m.

Middlefield Senior Center

15820 Ridgewood Drive

Middlefield, OH 44062

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, March 2

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street

West Farmington OH 44491

Monday, March 9

10 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake Road Chardon,

OH 44024

SIMPLE COOKING WITH HEART

Join us for a healthy, hands-on cooking demonstration presented by our very own Executive Chef Joe.

Spotlight Speaker: Mindful Meals for One, Stefanie Jarrett RDL, CSG, cooking demo to follow

Wednesday, March 18

3 - 4:30 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)

Wednesdays | 3 p.m.

March 4

Bessie Benner Metzenbaum Park

7940 Cedar Road

Chesterland, OH 44026

March 11

Observatory Park

10610 Clay Street

Montville, OH 44064

March 18

Eldon Russell Park

16315 Rapids Road

Burton, OH 44021

Afterwards, Dinner at

Blazin Bills

17800 Great Lakes Pkwy.

Hiram, OH 44234

March 25

Girdled Road Reservation (South Entrance)

12926 Radcliffe Road

Concord, OH 44077



COMMUNITY PROGRAMS

Call 440-214-3180 to register

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, March 18

11 a.m.-12 p.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

CELEBRATE AMERICA 250 IN DAYTONE & COLUMBUS

Sunday, April 26 through

Monday, April 27

\$360 per person (Double Occupancy), \$434 (Single Occupancy). Final Balance due March 30th. This price includes round-trip transportation aboard a deluxe motor coach, one night of hotel accommodation, three meals: one breakfast, one lunch, and one dinner. All taxes and gratuities included with the meals and lodging. Please bring cash to tip the bus driver at the end of the trip. Checks made out to: Great Day Tours.

For full Itinerary and registration forms visit our Local Geauga County Senior Centers! For more information or questions please call Melissa Wheeler at 440-279-2167.

COMMUNITY PROGRAMS

GEAUGA HOME & GARDEN SHOW

Stop by the UH table during the Geauga Home & Garden show. We will be providing health screenings, education, resources, giveaways and more!.

Friday, March 27

9 a.m. - 8 p.m.

Saturday, March 28

8 a.m. - 3 p.m.

The Heritage Market Place

15848 Navvoo Road
Middlefield, OH 44062

MATTER OF BALANCE WORKSHOP

Are you concerned about falling? Interested in improving balance, flexibility, and strength? Falls are preventable, and this class can make a difference! Set realistic goals for staying active, learn how to stay safe at home, complete exercises to increase strength and balance, and learn how to identify and control your fear of falling. This class is free for all registered seniors. Space is limited. Sponsored by UH Geauga Medical Center. *To register, please call Melissa Wheeler at 440-279-2167.*

March 31 through April 24

Every Tuesday & Friday 1-3 p.m.

Bainbridge Senior Center

Located inside the Bainbridge United Church of Christ
17751 Chillicothe Road
Chagrin Falls 44023

EXERCISE FITNESS

HOLLYWOOD ON THE CUYAHOGA: Healthy Heritage 250 Series

Hollywood on the Cuyahoga is a remarkable journey through Northeast Ohio's movie history. The land that produced such well-known stars as Bob Hope, Paul Newman and Halle Berry, also produced legendary figures behind the camera and provided the backdrop for some of the most beloved movies of all time. This presentation explores Cleveland's impact on movies made, as well as how Clevelanders enjoyed those movies in historic theaters around the city. Popcorn, candy, and beverages provided with our entertainment, just like at the movie theater! UH will provide education and resources, along with 250 ways to stay healthy! In collaboration with Geauga County Department on Aging *Cost is \$5 per person. For more information or questions, call Melissa Wheeler at 440-279-2167.*

Thursday, March 26

1-2:30 p.m.

**Gauga County Office Building
Room A333**

12611 Ravenwood Drive
Chardon 44024



FIGHTING AGAINST PARKINSON'S

Non-contact Boxing & Fitness Class. Class is for seniors diagnosed with Parkinson's disease. Goal of this program is to delay the progression of Parkinson symptoms through a variety of exercises and core conditioning. *Cost \$45*

(A collaboration with the Geauga County Department on Aging

Mondays, March 2, 9, 16, 23, 30
Wednesdays, March 4, 11, 18, 25
Fridays, March 6, 13, 20, 27

Chardon Senior Center
470 Center Street Bldg. 8
Chardon, OH 44024
Call 440-279-2137 for Information

PEDALING FOR PARKINSON'S

Pedaling for Parkinson's is where participants ride Pelton bikes indoors. Pedaling for Parkinson's provides an opportunity for people with Parkinson's to make positive improvements in their quality of life. *(A collaboration with the Geauga County*

Department on Aging and Ohman Family Living)

M / W / F Class
1:30-2:30 p.m.

Ohman Family Living at Holly
10190 Fairmount Road
Newbury, OH 44065
Call 440-338-8220 for Information



SUPPORT GROUPS STROKE SUPPORT GROUP

Monday, March 2
6 p.m.
**UH Geauga Medical Center
(Conference Center)**
13207 Ravenna Road
Chardon, OH 44024
Call 440-214-3101 for information

PARKINSON'S SUPPORT GROUP

Tuesday, March 17
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 SUPPORT GROUP

We will be touring and sampling food throughout Heinen's with their Wellness Coordinator, Heather. She will share her expertise in Diabetic healthy food options and products.

Tuesday, March 10
2 p.m.
Heinen's Grocery Store Tour
402 Center Street
Chardon, OH 44024
Call 440-279-2167 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@uhhospitals.org or Patricia.schroeder@uhhospitals.org

SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?
UH Geauga Medical Center
Norma N. Chapman Senior Assessment Program
13207 Ravenna Road
Chardon, OH 44024
Call 440-285-6408 to schedule an Assessment

RISK ASSESSMENTS

Call Wellness Coordinator at 440-214-3330

SMOKING CESSATION

Call 440-285-6015 for more information

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 March

10-11 a.m.

Every Tuesday in March

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 March

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

Every Thursday in March

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 March

11 a.m. – 12 p.m.

Every Thursday in March

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 March

5 - 7 p.m.

Beginner / Intermediate / Advanced

Every Friday in March

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 March

5 – 6 p.m.



COMMUNITY PROGRAMS

GO FOR THE GREEN

Eating more fruits and vegetables as a part of a healthy diet can reduce the risk of chronic diseases. University Hospitals Community Outreach will be offering blood pressure checks, cholesterol and glucose screenings. Talk with a dietitian and spin to win great prizes including, but not limited to a free membership to University Hospitals Brunner Sanden Dietrick Fitness Center. Try a Shamrock Smoothie and join in the fun! See you there!

Tuesday, March 17

9 a.m. - 1 p.m.

UH Brunner Sanden Dietrick

Fitness Center

8655 Market Street
Mentor, Ohio 44060

GET READY TO SPRING INTO HEALTH

The first official day of spring is March 20th! Lets get ready for warmer weather and take charge of our health! The American Heart Association emphasizes that knowing key health metrics like blood pressure, cholesterol, blood sugar and BMI are important ways to prevent heart disease and stroke. University Hospitals Community Outreach will be offering blood pressure, cholesterol and glucose screenings in the main lobby. There will be educational information and prizes throughout the event.

Wednesday, March 18

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

UH Beachwood Medical Center

25501 Chagrin Blvd
Beachwood, Ohio 44122

COMMUNITY PROGRAMS

THE 27th ANNUAL KIDS SHOW

This is the area's top kids event! Bring your grandchildren for a full day of free fun, games, prizes and family friendly entertainment! Blood pressure checks will be available along with fun activities at our University Hospitals table. Check out more about the event at: <https://kidshowinfo.com/>

Saturday, March 21

11 a.m. - 6 p.m.

Great Lakes Mall

7850 Mentor Ave
Mentor, Ohio 44060

MARCH FOR MEALS

The Lake County Council on Aging helps deliver vital nutrition and warm smiles to Lake County seniors to not only provide nutrition, but also to combat isolation. University Hospitals Community Outreach will be offering blood pressure checks as well as give-aways during this exciting event. There are online raffle sales, a morning of movement in the mall with an indoor walking loop, and a festive atmosphere with goodie bags and more. To learn more or to register to walk go to: <https://www.march4meals.org/>

Saturday, March 28

8 - 10 a.m.

Great Lakes Mall

7850 Mentor Ave
Mentor, Ohio 44060



HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

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

Saturday, March 7

9 a.m.– 12 p.m.

Tripoint Medical Center

7590 Auburn Road
Painesville, OH 44077

Saturday, March 21

9 a.m.– 12 p.m.

UH Lake West Medical Center

36000 Euclid Avenue
Willoughby, OH 44094

WILLOWICK BLOOD PRESSURE EVENT

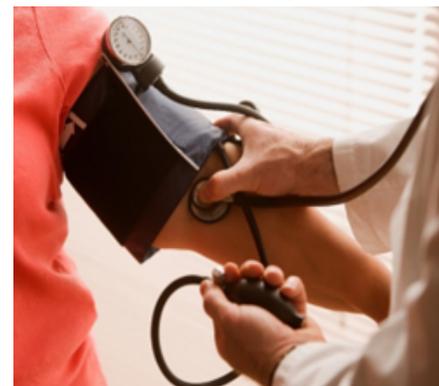
Join us for a free blood pressure screening event, no appointment is necessary!

Tuesday, March 10

10 a.m. – 12 p.m.

Willowick Senior Center

321 E 314th Street
Willowick, OH 44095



UH FITNESS CENTER IN MENTOR

BRUNNER SANDEN DEITRICK WELLNESS CENTER

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

COMMUNITY EVENT

MEDICALLY BASED FITNESS - UH MENTOR FITNESS CLASS

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

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

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

Insurance coverage may apply.

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

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

UNIVERSITY HOSPITALS WEIGH LOSS PROGRAM

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



NUFIT SERIES

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

Topic: "Check Engine Light: What Your Symptoms are Trying to Tell You" *Presented by, Shawn Cooper, RD, LD, Clinical Dietitian Coach.* We will explore how common symptoms are your body's way of asking for attention. You'll learn how to notice early warning signs and respond in simple, practical ways before small issues become bigger problems.

Monday, March 23 | 6 p.m.

To register, call 440-551-6253

REGISTER TO BECOME A MEMBER TODAY

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

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

COMMUNITY PROGRAMS

DIABETES AND NUTRITIONAL COUNSELING

We offer both virtual or in-person outpatient nutrition counseling, focusing on behavioral and lifestyle changes to promote healthier eating habits and overall well-being. This service is ideal for individuals seeking nutritional guidance, weight management support or those diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. *Counseling includes:*

- *Meal planning*
- *Carbohydrate management*
- *Portion control*
- *Reading food labels*
- *General nutrition education*

Most major insurance plans, including Medicare, are accepted. **A physician referral is required by University Hospitals and may also be required by your insurance provider.** Be sure to check with your insurance in advance regarding coverage.

For more information, call 866-844-2273

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 Mihás at marian.mihás@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

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



COMMUNITY PROGRAMS

ANOTHER ALLY FOR YOUR HEALTH: HOW SEEING A CLINICAL PHARMACIST CAN IMPROVE YOUR CARE

Presented by: James Elliott, PharmD, BCACP, Clinical Ambulatory Care Pharmacist, UH Meds.

Navigating medications can be challenging, especially when managing chronic conditions, side effects, or rising drug costs. Join us for a friendly, informative talk that introduces the role of the ambulatory care clinical pharmacist and how they work alongside your primary care provider to support your health. This session will cover how clinical pharmacists help optimize medications, identify more affordable options, and connect patients with additional resources. Attendees will gain a better understanding of when a referral to a clinical pharmacist may be helpful and how asking your doctor for this added support can lead to safer, more effective, and more personal care. To register call 440-526-1102 or click the link <https://attend.cuyahogalibrary.org/event/15396312>.

Friday, April 10

11 a.m.

Brecksville Library

9089 Brecksville Road – Event will be held in the meeting room

UH PARMA RETAIL PHARMACY

Monday-Friday - 8:30 a.m.-5:00 p.m.

Have UH Parma Retail meet your pharmacy needs- fill/transfer prescriptions today.

Use the QR code or call **440-743-1140**. Choose UH Parma Retail as your preferred pharmacy. **Free home delivery!**



MARCH IS SLEEP AWARENESS MONTH

Quality Sleep is Essential to Good Health

Although often overlooked, quality sleep is essential to our overall health and well-being. A good night's sleep can improve your memory, boost your immune system, strengthen your heart and even help you maintain a healthy weight. Conversely, conditions that prevent us from getting enough quality sleep can lead to morning headaches, irritability, memory problems, daytime sleepiness and a host of very serious health issues. To read more about obstructive sleep apnea click here. To listen to a health talk on "All About Sleep: Myths and Facts click here <https://www.uhhospitals.org/services/pulmonary-and-sleep-services/conditions-and-treatments/sleep-disorders>

UH Parma Medical Center Sleep Lab - 440-743-8177

SHOULD YOU GO TO AN URGENT CARE OR THE ER?

Visiting an urgent care facility - in the right situation - is a convenient and accessible option for many medical conditions. Using an urgent care also leaves emergency medical professionals free to handle more serious medical conditions. [Click here](#) to learn more about when to use an ER and when urgent care is the better option. See the attached with locations of UH Urgent Care Facilities

UH VIRTUAL TALKS

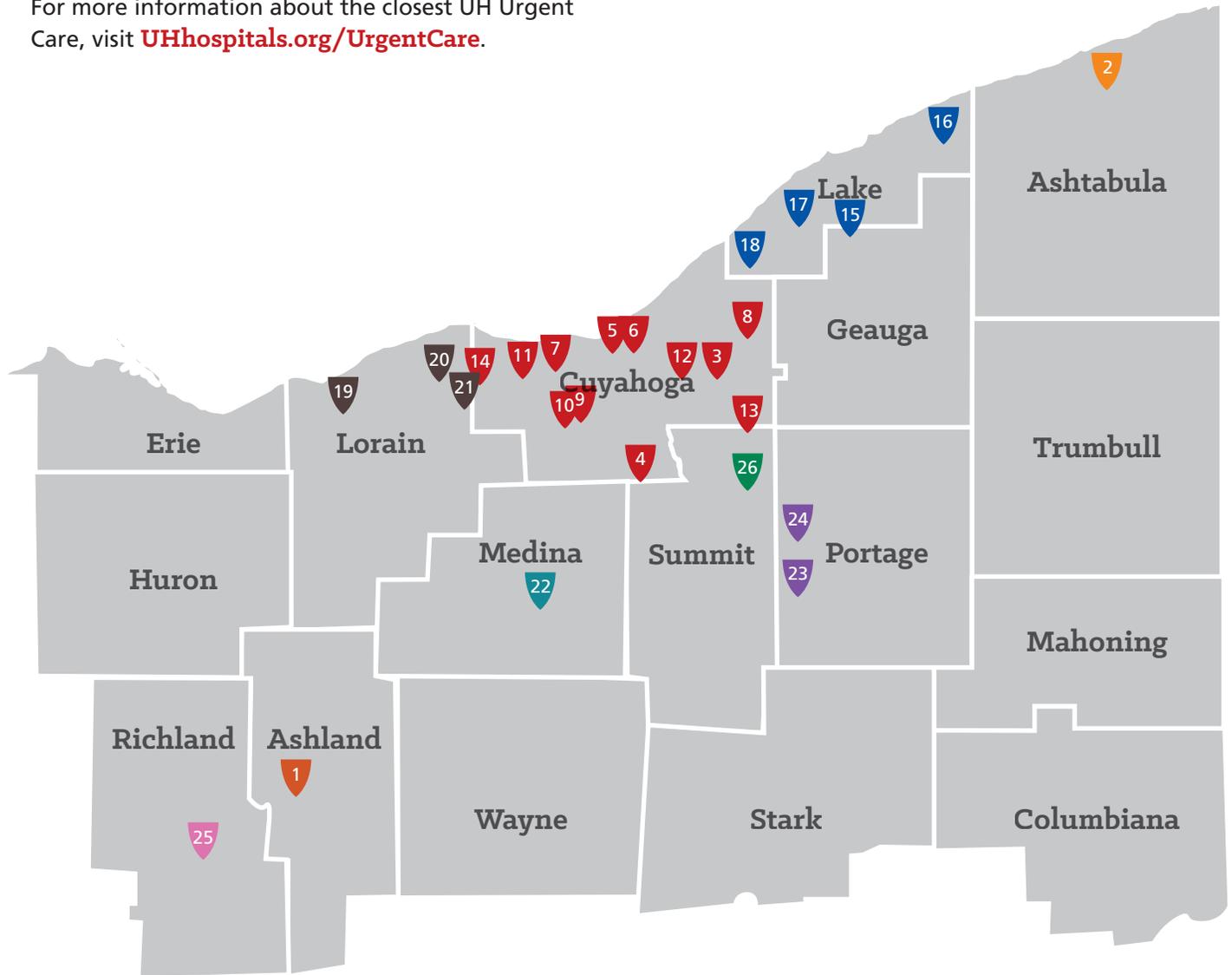
University Hospitals provides live webinars focused on the prevention, diagnosis and treatment of a wide range of health conditions. Each session includes a presentation from experts followed by an audience Q&A session. These events are free and registration is required. Missed a live session? Don't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

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



University Hospitals Urgent Care Locations

For more information about the closest UH Urgent Care, visit UHhospitals.org/UrgentCare.



Flip this over for a list of locations and hours.

Ashland County

ASHLAND

- 1) UH Samaritan Urgent Care
663 E. Main Street
Hours: Weekdays 9 a.m. – 6:30 p.m.;
Saturday 8 a.m. – 4 p.m.

Ashtabula County

ASHTABULA

- 2) UH Urgent Care Ashtabula*
3315 N. Ridge Road E, Suite 700A
Hours: Daily 8 a.m. – 8 p.m.

Cuyahoga County

BEACHWOOD

- 3) UH Urgent Care Orange Village*
27520 Chagrin Boulevard
Hours: Daily 8 a.m. – 8 p.m.

BROADVIEW HEIGHTS

- 4) UH Urgent Care Broadview Heights*
9000 Treeworth Boulevard, Suite A
Hours: Daily 8 a.m. – 8 p.m.

CLEVELAND

- 5) UH Urgent Care
Cleveland Edgewater*
1407 W. 117th Street
Hours: Daily 8 a.m. – 8 p.m.

CLEVELAND HEIGHTS

- 6) UH Urgent Care Cleveland Heights*
12301 Cedar Road
Hours: Daily 8 a.m. – 8 p.m.

LAKESWOOD

- 7) UH Urgent Care Lakewood West*
14800 Madison Avenue
Hours: Daily 8 a.m. – 8 p.m.

MAYFIELD HEIGHTS

- 8) UH Urgent Care Mayfield Heights*
1300 Som Center Road
Hours: Daily 8 a.m. – 8 p.m.

PARMA

- 9) UH Urgent Care Parma*
1634 Snow Road
Hours: Daily 8 a.m. – 8 p.m.

- 10) UH Urgent Care Parma Ridge Road*
6836 Ridge Road
Hours: Daily 8 a.m. – 8 p.m.

ROCKY RIVER

- 11) UH Urgent Care Rocky River*
20914 Center Ridge Road
Opening Summer 2026

SHAKER HEIGHTS

- 12) UH Urgent Care Shaker Heights*
16601 Chagrin Boulevard
Hours: Daily 8 a.m. – 8 p.m.

SOLOON

- 13) UH Urgent Care Solon*
6140 Som Center Road
Hours: Daily 8 a.m. – 8 p.m.

WESTLAKE

- 14) UH Urgent Care Westlake*
2209 Crocker Road
Hours: Daily 8 a.m. – 8 p.m.

Lake County

CONCORD

- 15) UH Urgent Care Concord*
7500 Auburn Road, Suite 1200
Hours: Daily 8 a.m. – 8 p.m.

MADISON

- 16) UH Urgent Care Madison*
6270 N. Ridge Road
Hours: Daily 8 a.m. – 8 p.m.

MENTOR

- 17) UH Urgent Care Mentor*
6900 Center Street
Hours: Daily 8 a.m. – 8 p.m.

WILLOUGHBY

- 18) UH Urgent Care Willoughby*
36001 Euclid Avenue
Hours: Daily 8 a.m. – 8 p.m.

Lorain County

AMHERST

- 19) UH Urgent Care Amherst*
900 N. Leavitt Road
Hours: Daily 8 a.m. – 8 p.m.

AVON

- 20) UH Urgent Care Avon*
36320 Detroit Road
Hours: Daily 8 a.m. – 8 p.m.

NORTH RIDGEVILLE

- 21) UH Urgent Care North Ridgeville*
34548 Center Ridge Road
Hours: Daily 8 a.m. – 8 p.m.

Medina County

MEDINA

- 22) UH Urgent Care Medina*
716 N. Court Street
Hours: Daily 8 a.m. – 8 p.m.

Portage County

KENT

- 23) UH Urgent Care Kent*
1005 E. Main Street
Hours: Daily 8 a.m. – 8 p.m.

STREETSBORO

- 24) UH Urgent Care Streetsboro*
9449 State Route 14
Hours: Daily 8 a.m. – 8 p.m.

Richland County

MANSFIELD

- 25) UH Samaritan Richland Urgent Care
1033 Ashland Road
Hours: Weekdays 9 a.m. – 6:30
p.m.; Saturday 8 a.m. – 4 p.m.

Summit County

TWINSBURG

- 26) UH Urgent Care Twinsburg*
2700 E. Aurora Road
Hours: Daily 8 a.m. – 8 p.m.

EXERCISE PROGRAMS

PARKINSON'S DISEASE EXERCISE CLASS - DELAY THE DISEASE

For those diagnosed with Parkinson's with their spouse, support person or caregiver. Learn simple exercises that can help make daily life easier and improve balance and build strength. Classes are taught by professionals trained in the Delay the Disease Program. No registration required. Join anytime. . *When Parma City Schools are closed due to inclement weather – there will be no class* For more information, call **440-743-4932**

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

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

HEALTH SCREENINGS

FASTING or NON-FASTING CHOLESTEROL SCREENING

FREE- Non-fasting - Includes total cholesterol, HDL, and blood sugar.
\$30 - Fasting – includes total cholesterol, HDL, LDL, Triglycerides and blood sugar (credit card only – paid on day of screening)

Wednesday, March 18
9 – 11 a.m.

*Appointment required, call
440-743-4932*

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS

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

Wednesday, March 4

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

(Glucose Screening Included)

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

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

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

Wednesday, March 4

9-10:30 a.m.

North Royalton Office on Aging

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

Tuesday, March 10

8:30 - 10 a.m.

Broadview Hts. Senior Center

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

Wednesday, March 11

8 - 10 a.m.

Seven Hills Recreation Center

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

COMMUNITY BLOOD PRESSURE SCREENINGS (con't).

Thursday, March 12

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue
Brooklyn, OH
216-635-4262

Friday, March 13

10 - 11:30 a.m.

Independence Senior Center

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

Friday, March 13

10 - 11:30 a.m.

Donna Smallwood Activities

Ctr. 7010 Powers Blvd.
Parma, OH 44119
440-888-8820

Tuesday, March 24

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

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

Tuesday, March 31

9:30 - 11:30 a.m.

Cuyahoga County Library

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

AGE WELL. BE WELL.

SUPPORT GROUPS

Held at UH Parma Health

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

Call 440-743-4932 for information

FOOD ADDICTS ANONYMOUS

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

No registration required, walk-in meeting. For information call Charlotte at 330-607-2144. Every meeting has an option to join via zoom. Join the meetings online:

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

UH Parma Health Center, Room 2

Fridays, March 6, 13, 20, 27

4:30 p.m.

EHLERS-DANLOS SYNDROME (EDS) SUPPORT GROUP

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

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

therapists, and pain specialists may be invited to provide expert perspectives. Whether newly diagnosed or living with EDS for years, participants find encouragement, understanding, and practical tools to enhance their quality of life. The group is open to all EDS subtypes and strives to foster a sense of empowerment and resilience within the EDS community. There is no cost to attend. *For more information or to register, please contact Lauren Napoli, senior PTA at 440-877-9120 or via email at*

lauren.napoli@uhhospitals.org.

Monday, March 9

6:45 – 8:45 p.m.

North Royalton Library

5071 Wallings Road

North Royalton, OH

Room 123

STROKE & ARTHRITIS SUPPORT GROUP

This group is on pause until further notice

PARKINSON'S DISEASE

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

440-743-4932

Tuesday, March 10

1 - 2:30 p.m.

BEREAVEMENT SUPPORT GROUP

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

Thursday, March 12

1 – 2 p.m.

UH Parma Medical Center

7007 Powers Boulevard

Parma, OH 44134

Conference Room E (third floor)



Our Mission
To Heal. To Teach.
To Discover.



COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, March 16

11 a.m.-5 p.m.

UH Portage Medical Arts Building,
Atrium

Ravenna, Ohio 44266

To make an appointment, visit

RedCrossBlood.org or scan QR code:



SAIL FALLS PREVENTION CLASS

SAIL – Stay Active & Independent for Life

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

Streetsboro Senior Center

9307 State Route 43

Streetsboro, OH 44241

INFO/RSVP: 330-626-2398

Portage County Senior Center

705 Oakwood Street,

Ravenna, OH 44266

INFO/RSVP: 330-297-345

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.

VIRUAL SMOKING CESSATION CLASSES

Call 330-297-2576 for information

UH PORTAGE WOUND CARE & HYPERBARIC MEDICINE CENTER

The University Hospitals Portage Wound Care Center offers

comprehensive wound care close to home. Our goal is same day or next day appointments and the Portage Wound Care Center has specialists to treat many non-healing wound issues. Call today to get scheduled for an appointment! Call 330-422-7755 to schedule

UH Streetsboro Health Center

9318 State Route 14,

Streetsboro, OH 44241

SENIOR ASSESSMENT PROGRAM

The Senior Assessment Program is designed to help family, friends, and primary care physicians identify the special needs of older adults. A comprehensive team evaluation includes:

- Medical Evaluation
- Medication Review
- Psychological Evaluation
- Memory Testing
- Occupational therapy home safety assessment
- Physical therapy evaluation
- Social Service Assessment

UH Portage Medical Center Specialty Clinic, Suite 125

6847 N. Chestnut Street

Ravenna, OH 44266

For more information call

330-297-8295

SUPPORT FOR GRIEVING ADULTS

The Grief Place

INFO: www.thegriefcareplace.org

330-686-1750

Kelly's Grief Center

INFO: ww.kellysgriefcenter.com Call

330-593-5959 for Information

AMPUTEE WALKING CLINIC

Thursday, March 5

3-5 p.m.

UH Portage Medical Arts Building, Room #150

6847 North Chestnut Street

Ravenna, OH 44266

STROKE SUPPORT GROUP

Many stroke survivors and their loved ones/caregivers experience a range of emotions and challenges after a stroke. Our team is here to help. This support group is free to the public. January's meeting will cover nutrition and offer a cooking demonstration. Call 330-297-2576 to RSVP.

Wednesday, March 18

3:30 – 4:30 p.m.

UH Portage Medical Arts Building Room #150

6847 North Chestnut Street

Ravenna, OH 44266



Our Mission
To Heal. To Teach.
To Discover.

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:

Wednesday, March 4

11 a.m.- 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street
Ravenna, OH 44266

Tuesday, March 10

11 a.m. – 1 p.m.

Renaissance Family Center, Lobby

9005 Wil Verne Drive
Windham, OH 44288

Thursday, March 26

11 a.m. – 1 p.m.

UH Portage Professional Center Lobby

6847 N. Chestnut Street
Ravenna, OH 44266

COLORECTAL CANCER INFORMATION TABLE

Stop by to gather resources and education about colorectal cancer.

Wednesday March 11 –

Cafeteria

Thursday, March 12 – PERKS

Cafe

11 a.m. – 1 p.m.

UH Portage Medical Center

6847 N. Chestnut Street
Ravenna, OH 44266

COLON CANCER AWARENESS – LUNCH AND LEARN

Join Kimberly Kuvalla, CNP and Stephanie Indorf, PA-C for this free educational event to learn more about the prevention of, and treatments for colon cancer. Reservations are required. Please call 330-297-2576 to reserve your spot.

Friday, March 20

11:30 a.m. – 1 p.m.

UH Portage Medical Arts Building, Room #150

6847 N Chestnut Street
Ravenna, OH 44266

HAYMAKER FARMER'S MARKET

Join us at the Farmer's Market where we will be providing colon cancer resources & education.

Saturday, March 14

10 a.m. – 1 p.m.

Unitarian Universalist Church of Kent, Hobbs Hall

217 N. Mantua Street
Kent, Ohio 44240

DANCE FITNESS CLASS

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

Wednesday, March 11, 25

9:15– 10 a.m.

UH Portage Medical Center - Mangin Fitness Room

6847 North Chestnut Street
Ravenna, OH 44266

SAIL FALLS PREVENTION CLASS

Join us for these fun and free, introductory classes. No experience is needed! *Please call 330-297-2576 to RSVP.*

Thursday, March 12, 26

10– 10:45 a.m.

UH Portage Medical Center - Margin Fitness Room

6847 North Chestnut Street
Ravenna, OH 44266



AGE WELL. BE WELL.

COMMUNITY PROGRAMS

WALKING CLUB

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

Tuesday, March 17, 24, 31
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, March 21

12 - 1 p.m.

Richmond Heights Elementary

447 Richmond Rd
Richmond Heights, OH 44143

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

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

Richmond Heights Community Center

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, March 6

11 a.m. - 5 p.m.

Thursday, March 19

9:30 a.m. - 3:30 p.m.

UH Samaritan Medical Center Auditorium

663 East Main Street

Ashland, OH 44805

BIOMETRIC SCREENINGS

First Wednesday in March, May, July, September, October, December

9- 10:30 a.m.

Ashland YMCA

207 Miller Street

Ashland, OH 44805

SMOKING CESSATION

One on one consultations available. *Call Amanda at 419-207-2306 for Information*

AMERICAN HEART ASSOCIATION HEART SAVER CPR FOR THE COMMUNITY

Thursday, March 12

2 - 4 p.m.

Samaritan Auditorium

663 East Main Street

Ashland, OH 44805

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

AMERICAN HEART BASIC LIFE SUPPORT CPR FOR THE COMMUNITY

Thursday, March 26

2-4 p.m.

Samaritan Auditorium

663 East Main Street

Ashland, OH 44805

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

PARKINSON'S DISEASE RESOURCES: Support Group

**1st Tuesday of the month
10 a.m.**

Ashland Wellness and Community Center

2130 Center Street

Ashland, OH 44805

EXERCISE & FITNESS

COPD & CARDIAC RESOURCES: S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)

Walking support group for COPD patients

Tuesdays and Thursdays

9 a.m.

The Keith Field House

Ashland High School

Ashland, OH 44805



MOBILITY AND BALANCE YOGA

Second, Third & Fourth Tuesday of the Month | 10 a.m.

Ashland Wellness and Community Center

2130 Center Street

Ashland, OH 44805

UH SAMARITAN RETAIL PHARMACY

**Monday-Friday 8 a.m.-5:30 p.m.
Weekends/Holidays 8 a.m.-4 p.m.**

Have UH Samaritan Retail meet your pharmacy needs-fill/transfer prescriptions today. Use the QR code or call 419-289-9636.

Choose UH Samaritan Retail as your preferred pharmacy. Free home delivery!



COMMUNITY PROGRAMS

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

No screenings offered on holidays. Screenings may be canceled on days with inclement weather

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for health care providers. A course completion card will be provided.

You must register at www.uhems.org. Call 440-735-3513 for information and location.

SENIOR SUPPER CLUB

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

EVERYDAY 4 – 5:30 p.m.

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

HEARING TESTING

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

DIABETES EDUCATION CLASSES

The Diabetes Education Program at UH St. John Medical Center Is committed to empowering the community to gain the knowledge, skills and confidence to thrive with diabetes.

Diabetes Self-Management Classes:

Day to day management of diabetes involves a lot of decision making: checking your blood sugar, knowing your diabetes numbers, taking medication, preventing complications, learning how to cope with chronic disease and staying motivated to make changes. We will also learn how to set goals to stay motivated. Participants can choose what they would like to learn during class.

Nutrition for Diabetes Class: We will discuss nutrition, reading labels, meal planning and exercise to help manage diabetes. Bring recipes, food labels and all of your questions.

Diabetes Educator Visit: Before or after attending the above classes, participants schedule a one on one appointment with their diabetes educator. This visit will include an assessment of participant’s unique life circumstances, needs and get assistance setting health goals that are important to them.

For scheduling or questions regarding these classes, call DeAna Lewis 440-827-5341

DIABETES EDUCATION CLASSES (con't.)

Individualized Diabetes Education

Visits: This is a great option for people needing more personalized guidance. Since everyone has their own unique situation related to eating habits, physical activity patterns, blood sugar patterns, medication plans and stress management, we partner with you to find a healthy yet realistic plan for living. **A physician referral is required.**

UH St John Health Center

26908 Detroit Road, Suite 100 Westlake, OH 44145

For scheduling or questions, call **216-844-1499 option 1**

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition counseling experience throughout each person’s life cycle, Matthew Bennett, RDN, LD, offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. Participants must obtain a physician’s referral prior to their visit.

UH St John Health Center 26908 Detroit Road, Suite 100 Westlake, OH 44145

For scheduling or questions, call 440-835-4426



EXERCISE & FITNESS

STROKE SURVIVORS EXERCISE PROGRAM

There are many benefits to continuing regular physical exercise after a stroke. However, stroke survivors often face many challenges when attempting to find a place to exercise. University Hospitals Outpatient Rehab has created a program at the Westlake Community Center Exercise Room to help guide participants through their exercise program and answer questions. This program is intended for people who had a stroke and have graduated to outpatient rehabilitation and those who are looking for support while creating a regular exercise routine. People must be able to get off and, on the machines, independently or with help from a caregiver. We are asking each participant to discuss this with their physician and have a medical clearance form filled out. **There is a \$50 initiation fee and then an ongoing \$25 monthly fee to participate.**

Tuesdays and Thursdays
3-4:30 p.m.

Westlake Center for Community Services
28975 Hilliard Blvd
Westlake OH 44145 *Please call UH SJMC Outpatient Rehab at 440-414-6050 with questions or to register for the program.*



HEALTH SCREENINGS

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

BLOOD PRESSURE SCREENINGS

Thursday, March 5
11:30 a.m.-1 p.m.
Westlake Center for Community Services
Community Meeting Room
28975 Hilliard Blvd
Westlake, OH 44145

Monday, March 9
10:45-11:45 am
Fairview Park Senior Center
20769 Lorain Road
Fairview Park OH 44126

Wednesday, March 11
9:00 – 10:30 a.m.
Cove Community Center
12525 Lake Avenue (enter off Clifton)
Lakewood, OH 44107

Thursday, March 12
10:45 -11:45 am
North Olmsted Senior Center
Community Meeting Room
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, March 4
5:30 – 7:30 p.m.

UH St. John Medical Center
Community Outreach
Department Suite R
29160 Center Ridge Road
Westlake, OH 44145
For information call
440-827-5440

LEARN, LATCH, LOVE ~ BREASTFEEDING SUPPORT GROUP

Come and meet with other moms who are breastfeeding and have all your questions answered. This group is facilitated by Faye Wurstner-Reagan, Lactation Consultant.

Wednesdays
11 a.m.-1 p.m.

UH St John Medical Center
Community Outreach
Department SUITE R
29160 Center Ridge Road
Westlake OH 44145
For more information, call
440-827-5093

Wednesdays
5:30-7:30 p.m.

UH St John Medical Center
(Auditorium B)
29000 Center Ridge Road
Westlake OH 44145
For more information, call
440-827-5093

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**

CAR SEAT INSTALLATIONS

Thursday, March 26 | 2-5 p.m.

North Olmsted Fire Department

24291 Lorain Road
North Olmsted, OH 44070

Please call 440-827-5440 to register. Please have the name of the car seat, model number, child's age and type of car/year that the car seat will be installed in. We cannot take walk ins, so the appointment must be scheduled. Thanks!

