



University Hospitals

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

AGE WELL. **BE WELL.** EVENTS MAY 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, May 5, 19

10 -11 a.m.

Southerly Park

15401 S. Woodland Rd
Shaker Heights, OH 44118

STROKE AWARENESS SCREENINGS AND EDUCATION EVENT

May is National Stroke Awareness Month and University Hospital Ahuja Medical Center is hosting a FREE Health Screening and Stroke Education event. Come and learn from the experts at University Hospitals Ahuja Medical Center and receive FREE health screenings!

Wednesday, May 13

10 a.m. – 1 p.m.

Beachwood Community Center

25325 Fairmount Blvd
Beachwood, OH 44122

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FREE blood pressure screenings.

Wednesday, May 6

11:30 a.m. – 12:30 p.m.

Glenwood Senior Apartments
3092 Kendall Lane
Twinsburg, OH

Saturday, May 16

9 a.m. – 12 p.m.

Pepper Pike Health Fair

28000 Shaker Heights Blvd
Pepper Pike, OH 44146

Thursday, May 21

10 a.m.- 11 a.m.

Warrensville Heights YMCA

4433 Northfield Road
Warrensville Heights, OH 44128

Thursday, May 21

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

Beachwood Senior Center

25325 Fairmount Blvd
Beachwood, OH 44122

HEALTH SCREENINGS

BIOMETRIC SCREENINGS

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

Wednesday, May 6

10 .-11 a.m.

Solon Senior Center

35000 Portz Parkway
Solon, OH 44112

Wednesday, May 13

10 a.m. – 1 p.m.

Beachwood Community Ctr.

25325 Fairmount Blvd.
Beachwood, OH 44122



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**

May 13, 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, May 15

5:30 -6:15p.m.



NURSES'S WEEK

We welcome nurses to visit for a workout, use of the sauna, steam room or whirlpool during the week of May 4th. Bring your badge or business card and complete a guest pass at the front desk for access.

MAY 4 TO 9

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, May 1

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, May 11

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: May 9, June 20

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

EXERCISE & FITNESS

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, May 18

(generally held the last Monday of each month)

10-10:55 a.m.



COMMUNITY PROGRAMS

WALKING CLUB

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

Thursdays, May 87, 14, 21, 28
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, May 20

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



MONTHLY FINANCIAL WELLNESS CLASSES: UNDERSTANDING CREDIT AND DEBT

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, May 26
10:30 - 11:30 a.m.

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 projects that encourage creativity and connection for all ages.

Wednesday, May 27
1 - 3 p.m.

FOOD WITH PURPOSE WORKSHOP: Eating for Hormones, Energy & Longevity

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, May 4
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, May 22
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."

HEALTH SCREENINGS BIOMETRIC SCREENINGS

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

Monday, May 4
9:30 - 11:30 a.m.

Thursday, May 28
1 - 2 p.m.

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

Tuesday, May 12
2:30 -4:30 p.m.
Maple Heights Library
5225 Library Lane
Maple Heights, OH 44137

BLOOD PRESSURE SCREENINGS

Wednesday, May 6, 20
10 a.m.-1 p.m.

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

Wednesday, May 13, 27
11 a.m. - 1 p.m.

Ellenwood Recreation Center
124 Ellenwood Avenue
Bedford, OH 44146

Thursday, May 14

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

Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (seek your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

heart.org/bplevels



Our Mission
To Heal. To Teach.
To Discover.

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, May 11

12 -1 p.m.

Wednesday, May 20

5:30-6:30 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, May 1, 15, 29

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.

Saturday, May 2

12 -1 p.m.

Messiah International Ministries

98 Center Rd
Bedford, OH 44146

To register or for more information, visit [Eventbrite](#) or call 440-735-4270, visit uhhospitals.org/bedford

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, May 12

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, May 8

12-1 p.m.

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, May 6

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.

MOBILITY, POSTURE, PAIN & MOVEMENT

Feel Better. Move Easier. Stay Strong. A class designed to help you move with greater ease, reduce everyday aches and pains, and build the strength and mobility needed for an active lifestyle. No experience is needed, and all movements can be adapted to meet your individual needs. Come as you are, and leave feeling better in your body.

Thursday, May 7

11 a.m.-12 p.m.

NOURISH THE NEIGHBOR

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

Current locations for UH healthy menu options

4eleven Lounge

411 Northfield Road
Bedford OH 44146
440-945-6002

Grille 55

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

Sunset Kitchen & Lounge

11311 Euclid Ave
Cleveland, OH 44106
216 400-6590



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

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, May 20

5 - 6 p.m.

Crow's Nest

1257 Harmon Road
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, May 11

10 a.m.-12 p.m.

**Ashtabula County District
Library / Youth Opportunities**

4335 Park Ave.

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

FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED

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



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, May 21

9:30 – 11 a.m.

Avon Senior Center

36786 Detroit Rd
Avon OH 44011

Tuesday, May 19

12:30-2 p.m.

Avon Lake Senior Center

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

STROKE SCREENINGS

May is Stroke Month! Join us for free cholesterol, glucose and blood pressure screenings. Stroke Risk Assessments will also be provided. No fasting or registration is required.

Thursday, May 7

7:30 - 10 a.m.

UH Elyria Medical Center Lobby

630 E. River Street
Elyria, OH 44039

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>

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

Stroke.org



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, May 14

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, May 13

3-4 p.m.

**UH Geauga Medical Center -
Conference Center**

13207 Ravenna Road
Chardon, OH 44024

LIVE LONG, LIVE WELL: BLUE ZONE SECRETS

Discover the powerful lifestyle habits behind longevity in Live Long, Live Well: Blue Zone Secrets, inspired by the research of Dan Buettner and the world's longest-living communities. Afterwards, enjoy some delicious, healthy foods that reflect the traditions of these vibrant regions.

Thursday, May 28

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, May 20

11 a.m.-12 p.m.

Middlefield Senior Center

15820 Ridgewood Drive
Middlefield, OH 44062

STROKE EDUCATION DAY

Please join us in the lobby for free health screenings, stroke risk assessments along with stroke education and resources.

Tuesday, May 5

11 a.m.-1 p.m.

**UH Geauga Medical Center -
Main Lobby**

13207 Ravenna Road
Chardon, OH 44024

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, May 4

8:30 -10 a.m.

West Farmington Senior Center

150 College Street
West Farmington, OH 44491

Monday, May 11

10 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

Tuesday, May 19

12 - 1 p.m.

Chardon Senior Center

470 Center Street Bldg. 8
Chardon, OH 44024

PEACE OF MIND FOR YOU AND THEM

Join Mindy Kosmin, LISW-S, ACSW, Palliative Care Social Worker, to learn how planning ahead can protect your independence, honor your values, and support your loved ones. By clearly expressing your wishes and setting up the right arrangements, you can reduce uncertainty, prevent family conflicts, and ensure your decisions reflect what matters most to you. *Call 440-214-3180 to register.*

Thursday, May 28

1-2:30 p.m.

UH Geauga Medical 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.

May 7

Penitentiary Glen

8668 Kirtland-Chardon Rd.
Kirtland, OH 44094

May 14

UH Geauga Wellness Trail

Park in the northeast parking lot at trailhead

13207 Ravenna Road
Chardon, OH 44024

May 21

The Rookery

10110 Cedar Road
Munson, OH 44024

May 28

Frohring Meadows

16780 Savage Road
Bainbridge, OH 44023

UH Geauga Medical Center, (con't).

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, May 4, 11, 18
Wednesdays, May 6, 13, 20, 27
Fridays, May 1, 8, 15, 22, 29

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

PEDALING FOR PARKINSON'S

Pedaling for Parkinson's is where participants ride Pelton bikes indoors. Pedaling for Parkinson's provides an opportunity for people with Parkinson's to make positive improvements in their quality of life.

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, May 4
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 Health Screenings & Protein's Role Beyond Muscle

Health screenings will be provided at 12 p.m. with the presentation to follow at 1:00pm. The health screenings will include glucose, cholesterol, blood pressure and hemoglobin A1C. Join Dietitian, Stefanie Jarrett, RDL, CSG, Clinical Nutrition Manager at UH Geauga Medical Center, and explore protein's powerful role beyond building muscle. Discover how adequate, high-quality protein supports steady energy, sharp brain function, a resilient immune system, metabolic health, and healthy aging. *There are limited health screenings available, you must RSVP to hold your spot.*

Tuesday, May 19
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*

UH Geauga Medical Center, (con't).

SPRING GALA: AN EVENING OF ARTS, ENTERTAINMENT & FINE DINING

A fabulous dinner meal, provided by UH Geauga Medical Center, will be served at 5:00pm by the students in the Elementary and Middle School Gym. of the high school. You can enjoy an art show with live music by the Berkshire students, dancing, and much more! Students will be sharing their gifts and talents all evening long. Cost is \$15.00 per person - Payable to Berkshire Local Schools. All donations will go to support the Music and Art Departments. Don't miss this intergenerational event and an opportunity to support this evening of arts and entertainment! *To register call Melissa Wheeler 440-279-2167*

Thursday, May 7
Berkshire Huigh School
14155 Claridon-Troy Road
Burton, OH 44021

SAVE THE DATE: FAMILY HEALTH & SAFETY DAY

Join us for this family-friendly, community event to celebrate wellness with free health screenings, educational activities and demonstration. Walk-up Screenings; Balance & Grip, Blood Pressure, Bone Density, Carpal Tunnel, Depression, Non-fasting Cholesterol / Glucose and Wellness.

Saturday, June 27

9 a.m. - 12 p.m.
UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH

For more information call 440-214-3180



SAVE THE DATE: 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 MATTER OF BALANCE CLASS

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 Magaly Rios at 440-279-2137.*

May 5 thru May 29 - Every Tuesday & Friday 1:00-3:00pm.

Geauga County Office Building –

Room B167: First Floor
12611 Ravenwood Drive
Chardon, OH 44024

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.

May 5 - Meet at Claridon Woodlands

11383 Claridon Troy Road
Chardon, OH 44024

May 12 - Meet at Headwaters Park

13365 Old State Road
Huntsburg, OH 44046

May 19 - Meet at Chardon Bike Trailhead

312 Park Avenue
Chardon, OH 44024

May 26- 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

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 May

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 May

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

Every Thursday in May

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 May

11 a.m. – 12 p.m.

Every Thursday in May

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 May

5 - 7 p.m.

Beginner / Intermediate / Advanced

Every Friday in April

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 May

5 – 6 p.m.



COMMUNITY PROGRAMS

CINCO DE MAYO FIESTA

Come celebrate, enjoy live music, great food, folkloric dance and more! University Hospitals Community Outreach will be offering blood pressure checks, cholesterol and glucose screenings at HOLA Ohio's 4th Annual Cinco de Mayo Fiesta!. Manage your health by knowing your numbers, and learn new health information!

Saturday, May 2nd
12 - 5 p.m.
Veteran's Park at Painesville Square
56 S. Park Place
Painesville, OH 44077

ST MARY MAGDALENE FESTIVAL

Join us for free cholesterol, glucose, and blood pressure screenings! There will be family rides, games, great food, auction baskets and more!

Thursday, May 28
6 - 10 p.m.
Friday, May 29
6 - 10 p.m.
Saturday, May 30
2 - 10 p.m.
Sunday, May 31
12 - 9 p.m.
St. Mary Magdalene Catholic Community
32114 Vine Street
Willowick, OH44095

STROKE AWARENESS DAY

According to the American Heart Association's 2026 Heart Disease and Stroke Statistics Update stroke has moved up to the 4th leading cause of death in the United States and remains a leading cause of disability. We will offer stroke educational materials, blood pressure, cholesterol, glucose screenings and more at this event. There will be an opportunity to win a membership to the UH Brunner Sanden Dietrick Fitness Center along with other fun prizes!

Thursday, May 21
9 a.m. - 1 p.m.
UH Brunner Sanden Dietrick Fitness Center
8655 Market Street
Mentor, OH 44060

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING EVENTS

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

Saturday, May 2
9 a.m. - 12 p.m.

Tripoint Medical Center
7590 Auburn Road
Painesville, OH 44077

Saturday, May 16
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, May 12
10 a.m. - 12 p.m.

Willowick Senior Center
321 E 314th Street
Willowick, OH 44095



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>

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.

Thursday, May 18 | 6 p.m.

Topic: "Inflammation Under the Radar: Tracking Silent Causes of Chronic Discomfort"

Shawn Cooper, RD
Clinical Dietitian Coach
Office: 440-701-7519



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.-5:00 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!**



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***

NORTH ROYALTON SAFETY DAY

Annual Safety Fair & Open House Free blood pressure screening and family activities.

Saturday, May 16

10 a.m. - 2 p.m.

North Royalton Fire Department

7000 Royalton Rd.

North Royalton, OH 44133



COMMUNITY PROGRAMS

PARTY OF THREE: You, Your Provider and Your Pharmacist.

Presented by Sean Owens, PharmD, MBA, Supervisor, UH Parma Retail Pharmacy. Understand the importance of working with a health care system pharmacy regarding your care. Learn more about UH pharmacy interventions that help promote positive outcomes for UH patients. Hear from a retail pharmacist how collaboration with your physician results in better overall patient satisfaction. To register call 440-885-5362 or click on this link <https://attend.cuyahogalibrary.org/event/15285323>

Tuesday, May 12
9:30 – 10:30 a.m.

**Cuyahoga County Public Library
Parma-Powers Branch**
6996 Powers Blvd
Parma, OH 44129

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, May 6, 13, 20, 27
12:30 – 2 p.m.

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

*For more information, call
440-743-4932*

SLEEP APNEA AS A STROKE RISK FACTOR

Join us at the Cuyahoga County Library - Parma-Powers branch for a special event in recognition of Stroke Awareness Month! Dr. John Andrefsky, Neurologist at UH Parma Medical Center, will discuss sleep apnea, treatment options, and its role in increasing stroke risk. Following the presentation, free health screenings will be offered, including carotid artery, sleep apnea, balance, blood pressure, glucose, non-fasting cholesterol, and stroke risk assessment. In addition to the presentation, explore valuable information on stroke recovery, diabetes education, balance and exercise, nutrition, smoking cessation, and more. Registration opens April 14. Space is limited.

- To register for the carotid screening, call 440-743-4027 and press option #2.
- To register for the event, call Parma-Powers Library at 440-885-5362 or click the link <https://attend.cuyahogalibrary.org/event/15285092>

Don't miss this opportunity to learn, engage, and take steps toward better health!

Thursday, May 14
1 - 3 p.m.

**Cuyahoga County Public Library
Parma-Powers Branch**
6996 Powers Blvd
Parma, OH 44129

HEALTH SCREENINGS

BLOOD PRESSURE

FREE Walk-in Blood Pressure Screenings at the locations below Call 440-743-4932 for questions

Wednesday, May 6

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

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

Wednesday, May 6

9 - 10:30 a.m.

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

Thursday, May 7

9:30 - 11 a.m.

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

Friday, May 8

10 - 11:30 a.m.

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

Friday, May 8

10 - 11:30 a.m.

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

Monday, May 12

8:30 - 10 a.m.

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

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>

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS (con't).

Wednesday, May 13

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

216-524-6262

Tuesday, May 26

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road

North Royalton, OH 44133

440-230-9339

Tuesday, May 26

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, May 20

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, May 13

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, May 12

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, May 1, 8, 15, 22, 29
4:30 p.m.



Our Mission
To Heal. To Teach.
To Discover.

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, May 11

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

DIABETES WELLNESS RETREAT

Friday, May 15

8:30 a.m. – 3 p.m.

Individuals with pre-diabetes, diabetes, obesity, or other metabolic conditions are invited to register for a free, one-day event to learn healthy living habits in Portage County. The following is included at NO COST to retreat participants:

- Food and nutrition demos
- Physical activity and exercise classes
- Mindfulness and yoga activities
- Diabetes education
- Healthy meals and snacks
- Wellness tools and resources
- Access to free health monitoring devices. Dress in comfortable clothing and shoes

Register via one of the following options:

Text: “Portage” to 216-777-4700

Visit: UHhospitals.org/BeWell

Email:

WellnessTeam@UHhospitals.org

Space is limited.

Streetsboro Community Center

8970 Kirby Lane

Streetsboro, OH

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, May 7

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, May 21

3 pm – 5 pm

Yanke Bionics

303 W. Exchange Street
Akron, OH 44302

*For information call **330-762-6411***

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, May 20

3:30 – 4:30 p.m.

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

6847 North Chestnut Street
Ravenna, OH 44266

VIRTUAL SMOKING CESSATION CLASSES

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

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:

Tuesday, May 12

11 a.m. – 1 p.m.

Renaissance Family Center, Lobby

9005 Wil Verne Drive

Windham, OH 44288

Monday, May 18

11 a.m.- 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street

Ravenna, OH 44266

Thursday, May 28

11 a.m. – 1 p.m.

UH Portage Professional Center Lobby

6847 N. Chestnut Street

Ravenna, OH 44266

PORTAGE PARKS DISTRICT PRESENTS: HIKE WITH A UH EXPERT

Join UH Portage and the Portage Parks District and hike with an expert while learning about heart health for Women.

To reserve a spot, RSVP to 330-297-7728

Tuesday, May 19

5 – 6 p.m.

Morgan Park

8828 OH-44

Ravenna, OH 44266



STROKE SCREENING & EDUCATIONAL EVENT

Saturday, May 30

10 a.m. – 1 p.m.

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

Please join us at the market and receive FREE health screenings including: Stroke Assessment, Blood Pressure, BMI, Glucose/Cholesterol, Nutrition, and more.

FREE HEARING SCREENING

Register now for a free hearing screening in our Audiology department

Space is limited. RSVP to 330-297-2576.

Thursday, May 7

8:30 am – 12:00 am

UH Portage Medical Center, Audiology

6847 N. Chestnut Street

Ravenna, OH 44266

FREE PERIPHERAL ARTERY DISEASE (PAD) SCREENING

What is PAD? PAD is a common condition where narrowed arteries reduce blood flow, most often to your legs and feet. It's primarily caused by plaque buildup in your arteries.

Reservations are required. Please call 330-297-2576 to make your appointment.

Friday, May 8

10 a.m. – 12:30 p.m.

UH Portage Medical Center, Professional Center

HHVI/Cardiology Office –

Check in Professional Center

Lobby

6847 N. Chestnut Street

Ravenna, OH

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

COOKING DEMONSTRATION

Join us for a variety of "Spring Picnic" recipes and seasonal cooking creations. Free to the public.

Space is limited. Call 330-297-2576 to RSVP.

Tuesday, May 12

11:30 am – 1 pm

UH Portage Medical Arts Building, Room #150

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, May 14, 28

10– 10:45 a.m.

UH Portage Medical Center - Margin Fitness Room

6847 North Chestnut Street Ravenna, OH 44266

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, May 5, 12, 19, 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, May 16

12 - 1 p.m.

Richmond Heights Elementary

447 Richmond Rd
Richmond Heights, OH 44143

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, May 11
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

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, May 1

11 a.m. - 5 p.m.

Thursday, May 21

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*

LOUDONVILLE GOLDEN CENTER

**Wednesday May 20th | 10am-
11am**

**UH Samaritan Wound Care
Center / Brandon Collins
Loudonville Library**
122 East Main St.
Loudonville OH 44842

ASHLAND COUNTY COUNCIL ON AGING SENIOR HEALTH FAIR

**Thursday May 21st | 10am-
2pm**

**** Must have ticket to attend,
contact Ashland County
Council On Aging****

**Myers Convocation Center at
Ashland University**

638 James St.
Ashland OH 44805

RICHLAND COUNTY COUNCIL ON AGING 2026 SENIOR SPRING EXTRAVAGANZA

**** Contact Richland County
Council on aging to attend****

**Mid-Ohio conference Center 890
West 4th Street
Mansfield OH 44906**

AMERICAN HEART ASSOCIATION HEART SAVER CPR FOR THE COMMUNITY

Friday, May 8

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, May 28

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

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.*

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

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

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, May 7
11:30 a.m.-1 p.m.
Westlake Center for Community Services
Community Meeting Room
28975 Hilliard Blvd
Westlake, OH 44145

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

Wednesday, May 13
9:00 – 10:30 a.m.
Cove Community Center
12525 Lake Avenue (enter off Clifton)
Lakewood, OH 44107

Thursday, May 14
10:45 -11:45 am
North Olmsted Senior Center Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

STROKE SCREENINGS

May is Stroke Month! Join us for free cholesterol, glucose and blood pressure screenings. Stroke Risk Assessments will also be provided. No fasting or registration is required.

Tuesday, May 26
7:30 - 10 a.m.
UH St. John Medical Center - Lobby
29000 Center Ridge Rd.
Westlake, OH 44145

SUPPORT GROUPS

HOPE SUPPORT GROUP

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

Wednesday, May 6
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, May 28 | 2-5 p.m.

North Olmstead Fire Department

24291 Lorain Road
North Olmstead, 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!

