University Hospitals

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

AGE WELL. BE WELL. EVENTS
NOVEMBER 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

UH Ahuja Medical Center

COMMUNITY PROGRAMS

BIOMETRIC SCREENINGS

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

Sunday, November 1
1-3 p.m.
Cutler Center for Men Browns Watch Party
3999 Richmond Rd.
Beachwood, OH 44124

Saturday, November 7
12.-2 p.m.
Saint Philomena Luncheon
13824 Euclid Ave.
East Cleveland, OH 44112

Saturday, November 14
9 – 11:30 a.m.
Solon Rec Center
35000 Portz Parkway
Solon, OH 44139



BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FREE blood pressure screenings.

Wednesday, November 18
10 – 11 a.m.
Solon Senior Center
35000 Portz Parkway
Solon, OH 44139

Wednesday, November 11
12.-1 p.m.
Glenwood Square Apartments
3092 Kendall Lane
Twinsburg, OH 44087

Thursday, November 12
11:15a.m. - 12:30 p.m.
Walton Hills Event Center
14660 Alexander Rd.
Walton Hills, OH 44146

Thursday, November 19
10.-11 a.m.
Warrensville Heights YMCA
4433 Northfield Road
Warrensville Heights, OH 44128

Thursday, November 19
11:45 a.m. - 12:15 p.m.
Beachwood Senior Center
25325 Fairmount Blvd
Beachwood, OH 44122



AHUJA MEDICAL CENTER: THE GREAT AMERICAN SMOKEOUT

For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November. The Great American Smokeout is an opportunity for people who smoke to commit to healthy, smoke -free lives – not just for a day, but year round. The Great American Smokeout provides an opportunity for individuals, community groups, businesses, health care providers, and others to encourage people to use the date to make a plan to quit, or plan in advance and initiate a smoking cessation plan on the day of the event.

Thursday, November 19
10 a.m.-12 p.m.
Ahuja Medical Center- Main Lobby
3999 Richmond Rd
Beachwood OH 44122

SUPPORT GROUP

BRAIN INJURY SUPPORT GROUP FOR CAREGIVERS

University Hospitals Rehabilitation offers a free support group for the families or caregivers of individuals who have suffered a brain injury. This group, facilitated by rehabilitation specialists, provides practical problem solving around caring for those with a brain injury as well as emotional support. Fourth Wednesday of each Month

Wednesday, November 24
12-1 p.m.
UH Beachwood Rehabilitation Hospital
23333 Harvard Road
Beachwood, OH 44122

Our Mission
To Heal. To Teach. To Discover.

UH Avon Health Center

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***
November 11
12 - 1p.m.

MUSIC THERAPY

Interactive class led by Eden Ballone, LPMT, MT-BC Board-Certified and Licensed Music Therapist with University Hospitals Connor Whole Health. Experience the benefits of rhythm, movement, and music in a fun, engaging environment. Music therapy can support physical, cognitive, and emotional wellness.
4th Tuesday of Each Month:
November 24 and December 22
12-1p.m.



EXERCISE & FITNESS

CARDIO KICKBOXING (Brandon)

This 45-minute class includes basic kickboxing techniques, including jabs, crosses, front kicks, side kicks, and roundhouse kicks. The session starts with a warm-up, followed by kickboxing footwork, light dumbbell punches, and shoulder stability exercises. After a core workout, we do cardio kickboxing routines and finish with a cool-down to lower the heart rate and improve flexibility. Designed by personal trainer who is also a black belt in Karate and Jujitsu, the class offers modifications for various fitness levels. Benefits may include increased energy, better body composition, and more.
Thursday, November 5 and 20
6:15-7:00 p.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, November 9
Monday, December 14
10 - 10:55 a.m.

QIGONG (Mary)

Discover the ancient art of Qigong, a gentle yet powerful practice that integrates movement, breath, and self-massage to cultivate energy (qi) and enhance overall well-being. Suitable for all levels, this class focuses on improving balance, flexibility, and inner calm. Join us to learn a sequence for Autumn to release stress and support your natural healing process. No special equipment or experience is needed, just bring comfortable clothing and an open mind.
Saturday, November 14
Saturday, December 12
11-11:55a.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, November 21
10:15-11:00 a.m.

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, November 6
Friday, December 4
8:45 a.m. (Studio 2)

ATHLETIC YOGA (Stori)

Mobility, Flexibility and Strength. Perfect for runners, pickle ballers, cyclists, walkers and more! If you are active, you'll love ATHLETIC YOGA!
Thursday, November 5 and 20
7- 7:55 a.m. (Studio 2)

BETTER BALANCE (Sherry)

BETTER BALANCE is a specialty class for a person of any age and ability. The class will focus on improving one's strength, flexibility, and sensory concentration. Exercises can be done seated or standing. Modifications will be provided. The overall goal of the class is to improve these life-long skills to enhance your longevity.
Sunday, November 22
9-9:45 a.m.
Saturday, December 5
8:30-9:15a.m.

WATER WALKING 101 (Stori)

Water Walking 101 is a beginner-friendly workshop introducing safe, effective pool-based walking techniques. Ideal for those seeking low-impact exercise, including individuals recovering from injury or surgery (with medical clearance). Participants will learn water walking in depths starting at 4 feet, with options to progress deeper. Equipment such as water walking belts and hand weights may be used to add resistance. No swimming experience required; all fitness levels welcome.
Monday, November 30
Monday, December 28
10 -10:55a.m.

UH Bedford Campus

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***





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.
Thurdays, November 5, 12, 19
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, November 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***



COOKING DEMONSTRATION

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

- **Friday, Nov. 13:** Chefs Table
12 - 1p.m.

- **Tuesday, Nov. 17**: Dietitian's Table
12-1 p.m.

- **Tuesday, Nov. 24**: Dietitian's Table
12 - 1 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** "To register for the event, visit us on Eventbrite at "UH Community Wellness Center at Bedford."*

CRAFTS AND MOCKTAILS:

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.

Monday, November 23
1 - 3 p.m.

Our Mission
To Heal. To Teach. To Discover.

UH Bedford Campus (con't.)

MONTHLY FINANCIAL WELLNESS CLASSES: INTRODUCTION TO INVESTING

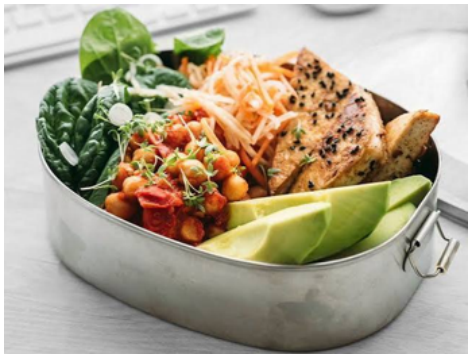
Join The Phe'be Foundation for a powerful financial wellness class focused on empowering individuals and families to take control of their finances.
Monday, November 23
10:30 - 11:30 a.m.

TECH TUESDAY

Tech Tuesday is a hands-on, beginner friendly meetup where you can explore everyday technology in a fun, approachable way. Whether you want to get more comfortable with iPhones, computers, or learn how to use a Cricut for creative projects, it's a great place to build confidence and pick up new skills. It's all about learning at your own pace with support along the way.
Wednesday, November 11
Tuesday, November 24
1130 a.m.-12:30 p.m.

PHYSICIAN HEALTH TALK

Join Dr. Tamar for an engaging discussion on health prevention, wellness promotion, and disease management. Gain practical tips and strategies to help you make informed health decisions and support your overall well-being. Registration required
Tuesday, November 10
12-1 p.m.
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."



EXERCISE & FITNESS

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, November 7
12 - 1p.m.
Multiplex Events & Sports Center at The Word Church
18909 South Miles Road,
Cleveland, OH 44128
To register or for more information, Visit Eventbrite, or call 440-735-4270, visit UHhospitals.org/Bedford

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!**Registration required**

Friday, November 13
12-1p.m.
Tuesday, November 17
5:30-6:30 p.m.
UH Wellness Center at Bedford 88 Center Road
Suite B45
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."*

MOBILITY TRAINING

Mobility Training Class to improve flexibility, balance, posture, and joint movement. Participants will practice guided stretches, mobility exercises, and functional movements that support daily activities, help reduce stiffness, and promote overall physical wellness. Exercises can be adapted for all fitness levels.
Thursday, November 5
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! Registration required.
Wednesday, November 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.***

SOUND BATH

Experience deep relaxation in a calming Sound Bath Session, where soothing tones from singing bowls, gongs, and chimes gently surround you. This immersive experience helps reduce stress, quiet the mind, and restore balance—leaving you feeling refreshed, centered, and renewed. **Registration required**
Monday, November 9
2-3 p.m.

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

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. Registration required
Friday, November 6, 20
11 a.m.-12 p.m.

UH Bedford Campus (con't.)

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 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, November 11, 30
11 a.m.-12 p.m.

HEALTH SCREENINGS
BLOOD PRESSURE SCREENINGS

Wednesday, November 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, November 11, 25
11 a.m. - 1 p.m.
Ellenwood Recreation Center
124 Ellenwood Avenue
Bedford, OH 44146

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

HEALTH SCREENINGS
BIOMETRIC SCREENINGS

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

Thursday, November 5
12-1 p.m.

Monday, November 16
9 - 11 a.m.

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

Tuesday, November 10
2 -4 p.m.
Maple Heights Library
5225 Library Lane
Maple Heights, OH 44137

THE SCIENCE OF HEALTH PODCASTS

The Science of Health Podcasts from University Hospitals brings health and wellness topics to life through engaging conversations with medical experts and healthcare professionals. Tune in to learn about the latest advances in medicine, practical health tips, and insights to help you and your family live healthier lives.
https://www.uhhospitals.org/blog/categories/podcasts

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

NOURISH The NEIGHBORHOOD

Manage Your Care With UH MyChart

Schedule appointments, access your health record, pay your bill and more 24/7 with UH MyChart.

UH Conneaut and Geneva Medical Centers

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**

FREE MAMMOGRAM PROGRAM

(UNINSURED & UNDERINSURED)
For more information, call Lori Ann Vencill, RN, M.Ed., CDCES at ***440-593-0373.***

CHEST PAIN & STROKE

Provider Spotlight:
Jodi Calaway, Senior Improvement RN Chest Pain / Stroke Coordinator

When heart attack or stroke strikes, fast action can make all the difference. Join us for an evening presentation on recognizing the warning signs, knowing when to call 911, and understanding what happens once care begins. You'll leave with practical knowledge to help protect yourself and the people you love. Seating is limited. *Please RSVP by* ***November 13*** *to Denise Brown at* ***440-593-0206.***

Wednesday, November 18
5 – 7 p.m.
Grand River Cellars
5750 South Madison Rd.
Madison, OH 44057

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 Urgent Care
3315 N. Ridge Road, E
Suite 700A
Ashtabula, OH 44004
Call ***440-992-0759*** *for information*

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.
For more information, call 440-415-0243.
4 – 5:30 p.m.
UH Geneva Medical Center
1st Floor Pulmonary Rehab Dept.
870 West Main Street
Geneva, OH 44041

CANCER SUPPORT GROUP

Wednesday, November 11
5 - 6 p.m.
The Crow's Nest
1257 Harmon Road
Ashtabula, OH 44004
For more information and to RSVP, call ***440-593-0206***

AGE WELL. BE WELL.

UH Elyria Medical Center

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

Tuesday,November 17
12:30- 2 p.m.
Avon Lake Senior Center
Old Firehouse Community Center
100 Avon Belden Road
Avon Lake, OH 44012

Thursday, November 19
10 a.m. – 12 p.m.
Avon Senior Center
36786 Detroit Rd
Avon OH 44011

STROKE 101 TALK

Join nurses from University Hospitals for a talk on stroke, risk factors and treatments. Free Blood Pressure screenings are also provided.

Tuesday, November 10
12 p.m.
Avon Senior Center
36786 Detroit Road
Avon, OH 44011

DIABETES EDUCATION

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

SLEEP MEDICINE

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





UH Geauga Medical Center

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, November 5
12 - 2:30 p.m.

West Geauga Senior Center
8090 Cedar Road
Chardon, OH 44024

FIRST RESPONDERS & HEALTHCARE PROFESSIONALS: YOUR PARTNERS IN SAFETY

Join our first responders, nurses, and clinical staff for an engaging discussion on staying safe, prepared, and healthy. Learn practical tips on fire and home safety, emergency preparedness, recognizing when to call 911, and what healthcare professionals and first responders need to know when an emergency occurs. Come with your questions and learn how these community partners work together to keep you safe! Refreshments provided. *Call **440-214-3180** to register.*

Wednesday, November 18
1 p.m.
UH Geauga Medical Center Conference Center
13207 Ravenna Road Road
Chardon, OH 44024

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, November 18
11 a.m.-12 p.m.
Middlefield Senior Center
15820 Ridgewood Drive
Middlefield, OH 44062

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, November 2
8:30 -10 a.m.
West Farmington Senior Center
150 College Street
West Farmington, OH 44491

Monday, November 9
10 a.m.-12 p.m.
Geauga YMCA
12460 Bass Lake Road
Chardon, OH 44024

Tuesday, November 17
11:30 a.m. - 12:30 p.m.
Chardon Senior Center
470 Center Street Bldg. 8
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 | 10 a.m.
November 5
Punderson State Park (Park at the Manor Lodge)
11755 Kinsman Road
Newbury OH 44065

November 12
Walter C. Best (Meet at Sunset Shelter)
11620 Ravenna Road
Chardon, OH 44024 *(Afterwards lunch at Spiners Diner 602 South Street Chardon, OH 44024)*

November 19
The West Woods (Meet at the Nature Center)
9465 Kinsman Road
Novelty, OH 44072

UH HEALTH TALKS: SUPPLEMENT SELECTION-MAKING INFORMED CHOICES FOR YOUR HEALTH

Learn how to make confident, informed decisions about dietary supplements. Click here



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, Nov. 2, 9, 16, 23, 20

Wednesdays, Nov. 4, 11, 18, 25
Fridays, Nov. 6, 13, 20, 27

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

PEDALINGNG FOR PARKINSON'S

Pedaling for Parkinson's is where participants ride Pelton bikes indoors. Pedaling for Parkinson's provides an opportunity for people with Parkinson's to make positive improvements in their quality of life.
M / W / F Class
1:30-2:30 p.m.
Ohman Family Living at Holly
Call ***440-338-8220*** *for Information*

STROKE SUPPORT GROUP

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



SUPPORT GROUPS

COMBINED PARKINSONS & DIABETES SUPPORT GROUP THIS MONTH

Topic: Brain Health Awareness
Tuesday, November 17
1-2 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
UH Geauga (Conference Center)
13207 Ravenna Road
Chardon, OH 44024
Call ***440-285-6824*** *for information*

CAREGIVER SUPPORT GROUP

Maplewood at Chardon offers an ongoing support group for families and friends of those living with Alzheimer's and dementia.
Maplewood at Chardon
12350 Bass Lake Road
Chardon, OH 44024
Call ***440-285-3300*** *or*
chardonrsvp@maplewoodsl.com for more information

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*

SMOKING CESSATION

Call ***440-285-6355*** *for more 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



UH Geauga Medical Center, (con't).

HARVESTING HEALTHY HABITS

Join us for an educational series designed to support older adults, caregivers, families, and healthcare professionals navigating the journey of aging and senior care. Each session will provide valuable resources, expert guidance, and practical tools to help families feel more informed, confident and supported. Topics include Navigating Difficult Conversations around Retirement Living, "Know Before You Go" – a simple guide to understanding senior living options and what to expect during the process, Caregiver Support & Burnout Prevention, and Aging in Place: Resources & Support Services. In collaboration with Care Patrol of NE Ohio, UH Geauga Medical Center and the Geauga County Department on Aging.

Refreshments will be provided.

3rd Monday of Every Month Beginning in August through November.

November 16 | 5 - 6:30 p.m.

Topic: *Aging in Place: Resources & Support Services - Discover the local resources and support services that help older adults remain safe, independent and comfortable at home*

UH Geauga - Conference Center
13207 Ravenna Road
Chardon, OH 44024

*For more information or to register call **440-214-3180.***

SEASONAL AFFECTIVE DIORDER

As the days grow shorter, some people experience changes in mood, energy, sleep, and motivation. Learn how to recognize the signs of Seasonal Affective Disorder and discover simple strategies to support your mental well-being during the darker months.

Thursday, November 19
11 a.m.

Middlefield Senior Center
15820 Ridgewood Drive
Middlefield, OH 44062

MEDICATION MGMT. SAFETY

Remembering all the important information about your medications can be confusing. Health conditions are often difficult to understand. What is the best way to get the most out of taking your medications? UH Pharmacy wants to help answer any of your health and medication questions. Please join UH Pharmacy to learn more and ASK how to schedule a comprehensive medication review.

Monday, November 9
12 p.m.
Bainbridge Senior Center
17751 Chillicothe Road
Chagrin Falls, OH 44023

RUSSELL FIRE DEPARTMENT 75TH ANNIVERSARY OPEN HOUSE

Stop by the UH Tent for blood pressure screenings, health education, resources and giveaways.

Sunday, November 1
10 a.m. - 3 p.m.
Russell Fire Department
14810 Chillicothe Road
Novelty, OH 44024





AGE WELL. BE WELL.

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 welxcome 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 November
10-11 a..m.
Every Tuesday in November
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 November
11:15 a.m. -12 p.m.

Every Thursday in November
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 November

I 1 a.m. – 12 p.m.

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

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

AGE WELL. BE WELL.

UH Lake Medical Center

COMMUNITY PROGRAMS

FALLS PREVENTION DAY

Falls are a common cause of blunt and traumatic injury. Stop in to complete a balance screen, check your bone density, talk with an orthopedic coordinator, check your blood pressure, glucose, cholesterol, and more.

Wednesday, November 18
9 a.m. - 1 p.m.
University Hospitals Beachwood Medical Center
25501 Chagrin Blvd
Beachwood, OH 44122

3rd ANNUAL CARING FOR THE CAREGIVER EXPO

Caregivers need resources and care, too. From CPR demonstrations to health screenings, there will be both support and relaxation for any and all. This is a day for pampering, health and fitness, education, information, career and employment opportunities and so much more! To learn more go to: www.caringforthecaregiverexpo.com
Saturday, November 21
9 a.m. – 2 p.m.
The Landerhaven Event Center
6111 Landerhaven Drive
Mayfield Heights, Ohio 44124



UH HEALTH TALKS
THE GOOD THE BAD AND THE ROBOT - WHAT REALLY WORKS FOR KNEE ARTHRITIS

Learn more about proven treatments, which therapies don't work or have little to no benefit, and robotic-assisted knee replacements. Click here

OH MY ACHING FEET! FOOT ARTHRITIS AND CHOOSING THE PROPER FOOTWEAR

Learn about what type of shoes we recommend and how the right shoes can make a big difference in supporting your feet. Click here

STAYING HEALTHY WHILE LIVING WITH ARTHRITIS

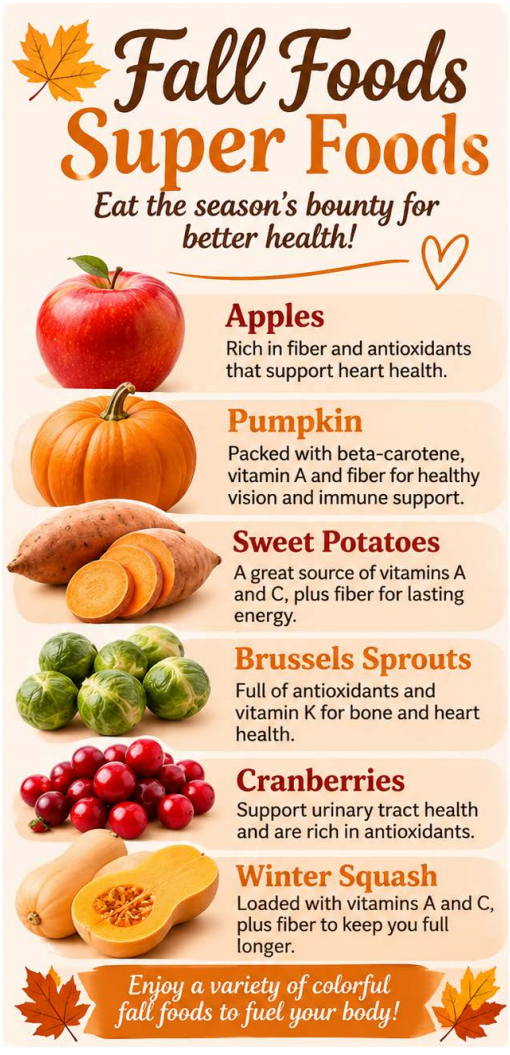
Learn more about arthritis, its various forms and symptoms, treatment options and current orthopedic surgical options. Click here.

BLOOD PRESSURE SCREENING EVENTS

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

Saturday, November 7
9 a.m. – 12 p.m.
UH Tripoint Medical Center
7590 Auburn Road
Painesville, OH 44077

Saturday, November 21
9 a.m. – 12 p.m.
UH Lake West Medical Center
36000 Euclid Ave
Willoughby, Ohio 44094





UH FITNESS CENTER IN MENTOR

BRUNNER SANDEN DEITRICK WELLNESS CENTER
UH Fitness Center in Mentor
8655 Market Street
Mentor, OH 44060

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

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

*Insurance coverage may apply. Call **440-710-7537** or email Shawn.Cooper@uhhospitals.org to learn more or schedule your first session.*

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

440-701-7537.

NUFIT SERIES
Our Nutrition & Fitness Education Series brings together fitness and nutrition experts to cover new topics each month. All seminars are held at the UH Brunner Sanden Deitrick Wellness Center - 8655 Market Street - Mentor, OH 44060. Light refreshments are provided. All attendees are entered into a drawing to win a free one-month membership! Registration is recommended. *Call **440-701-7507 for upcoming program dates and topics.*** Open to the public and UH Fitness Center members. **Friday, November 13 | 12 p.m.**
Topic: *Don't let winter slow you down: beat the seasonal slump*



AGE WELL. **BE WELL.**

UH Parma Medical Center

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 NOW OPEN

Monday-Friday - 8:30 a.m.-5 p.m.
Medical Arts Building 1
6681Ridge Rd. Suite 100
Parma OH 44134
UH Parma Retail Pharmacy can meet all your prescription needs- To transfer prescriptions, use the QR code or call 440-743-1140 for assistance. Choose UH Parma Retail as your preferred pharmacy. Walk in prescription pick up now available or free home delivery!

SERVICES AVAILABLE AT UH PARMA MEDICAL CENTER

The expert team of clinicians at University Hospitals Parma Medical Center delivers comprehensive care across the whole spectrum of medical and surgical specialties. From family medicine to emergency care and everything in between, our highly trained staff can diagnose and treat a full range of conditions using state-of-the-art technology and advanced procedures. Our team comprises physicians with expertise in more than 30 specialties, including heart and vascular care, orthopedics and sports medicine, neurology and neurosurgery, bariatric surgery and pain management. We also provide state-of-the-art radiology, physical therapy and laboratory capabilities. All services are offered at our main campus in Parma with many also available at several convenient outpatient locations, bringing the care you and your family need closer to home.

To make an appointment with a medical professional at UH Parma Medical Center call ***216-487-1002***

HOW TO TELL IF YOU HAVE A SINUS INFECTION

Stuffy nose, facial tenderness and headache are symptoms that people commonly experience during cold and allergy season. They can also be signs of a sinus infection, says Sanjeet Rangarajan, MD, a rhinologist at University Hospitals. "Most sinus infections start with a viral upper respiratory infection, essentially a cold," he says. Click this Science of Health blog to learn more about the difference between a cold and sinus infection.



UH Parma Medical Center, (*con't*).

WANT TO MANAGE WEIGHT? PACK IN THE PROTEIN

If it seems like everyone is talking about their daily protein intake, there's good reason for it. When trying to maintain a healthy weight, protein intake is as important as monitoring the number on the scale. Click on the link to read the article https://www.uhhospitals.org/blog/articles/2025/05/want-to-manage-weight-pack-in-the-protein

THE SCIENCE OF HEALTH E-NEWSLETTER

You can get health news and information from The Science of Health blog delivered right to your inbox every month. For a free subscription, visit our Sign-Up page by clicking the link: https://www.uhhospitals.org/health-information/sign-up

HELPING YOU LIVE YOUR BEST LIFE

Taking care of your health now helps prevent small issues from becoming bigger problems later. With regular checkups and screenings, you're investing in a healthier version of your future self. Are you searching for a caring primary care provider? You're in the right place. At UH we believe staying healthy begins with a trusted doctor by your side.
To schedule an appointment with a Primary Care Provider near you: Visit: uhhospitals.org/PCPreferral or *Call:* ***216-223-9564***

NORTH ROYATON COMMUNITY HEALTH FAIR & FAMILY EXPO

All are welcome! Visit the UH Parma tables for resources and education information. UH Parma will be performing health screenings. Blood pressures; non-fasting cholesterol; Glucose; and stroke assessments. complimentary pancake breakfast, raffles and so much more.
Saturday, November 7
8 a.m. – 12 p.m.
North Royalton High School
14713 Ridge Road
North Royalton OH 44133

BROADVIEW HEIGHTS COMMUMNITY HEALTH & WELLNESS DAY WITH UH PARMA

All are welcomed to UH Parma Health & Wellness Day! Come visit the UH Parma tables for resources and education information. Free screenings include blood pressure; non-fasting cholesterol; glucose; stroke assessment; hearing screening, and balance & grip strength. *For more information call* ***440-743-4932***
Tuesday, November 10
12 – 2 p.m.
Broadview Hts. Senior & Community Center
9543 Broadview Road.
Broadview Hts., OH 44147



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

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

Wednesday, November 4
10:30 a.m. - 12 p.m.
UH Parma Health Education Ctr.
7300 State Road
Parma, OH 44134
(Glucose screening included)

Wednesday, November 4
9 - 10:30 a.m.
North Royalton Office on Aging
13220 Ridge Road
North Royalton, OH 44133
440-582-6333

Thursday, November 12
9:30 - 11 a.m.
Brooklyn Senior Center
7727 Memphis Avenue
Brooklyn, OH 44144
216-635--4262

Friday, November 13
10 - 11:30 a.m.
Independence Senior Center
6363 Selig Drive
Independence, OH 44131
216-524-7373

Tuesday, November 10
12-2 p.m.
Broadiew Hts., Senior Center
9543 Broadview Road
Broadview Hts., OH 44147
440-526-4685

Wednesday,November 11
8 - 10 a.m.
Seven Hills Recreation Center
7777 Summit View Drive
Seven Hills, OH 44131
216-524-6262

UH Parma Medical Center, (*con't*).

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS (con't).

Friday, November 20
10 - 11:30 a.m.
Donna Smallwood Activities Center
7010 Powers Blvd.
Parma, OH 44129
440-888-8820

Tuesday, November 24
9:30 - 11:30 a.m.
North Royalton Y.M.C.A.
11409 State Road
North Royalton, OH 44133
440-230-9339

Tuesday, November 24
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, November 18
9 a.m. – 11 a.m.
Appointment required
Call 440-743-4932
FREE- Non-fasting - Includes total cholesterol, HDL, and blood sugar.
UH Parma Health Education Ctr.
7300 State Road
Parma, OH 44134

FASTING CHOLESTEROL SCREENING

Wednesday, December 16
9 – 11 a.m.
$30 (credit card only)
Appointment required
*Call **440-743-4932***
12- hour fasting recommended. includes total cholesterol, HDL, LDL, Triglycerides and blood sugar
UH Parma Health Education Ctr.
7300 State Road
Parma OH 44134

EXERCISE

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
Wednesday, November 4, 11, 18, 25
12:30 – 2 p.m.
UH Parma Health Education Ctr.
7300 State Road
Parma, OH 44134
*For more information, call **440-743-4932***

SUPPORT GROUPS

*Held at UH Parma Health Education Center 7300 State Road, Parma, OH 44134 unless otherwise noted. Call **440-743-4932** for information.*

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. Second Tuesday of each month.
Topic: Benefits of Massage Therapy.
*For more information and/or questions call **440-743-4932***
Tuesday, November 10
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: faacanhelp.org
Fridays, November 6, 13, 20, 27*
(zoom meeting only)*
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 ev 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, November 9
6:45 – 8:45 p.m.
North Royalton Library
5071 Wallings Road
North Royalton
Room 123

Our Mission
To Heal. To Teach. To Discover.

STAY HEALTHY THIS SEASON:

Vaccines Available at UH Meds Pharmacy Locations

UH Meds promotes health and wellness by providing vaccination services and encouraging healthy living. Walk-ins welcome or call ahead for availability.

Vaccines Available:

ADULT

- COVID-19
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Influenza
- Measles, Mump, Rubella (MMR)
- Pneumococcal
- Respiratory Syncytial Virus (RSV)
- Tetanus, Diptheria, Pertussis (Tdap)
- Tdap during Pregnancy
- Zoster

PEDIATRICS*

- COVID-19
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Influenza
- Measles, Mumps, Rubella (MMR)
- Tetanus, Diptheria, Pertussis (Tdap)

**Pharmacists can immunize as young as 5 years old.*



Ask the UH Meds Pharmacist which vaccines are right for you.

Scan the QR code or visit **UHhospitals.org/vaccination** for additional education regarding recommended vaccines.

Scan the QR code for **UH Retail Pharmacy locations**.

University Hospitals
UH Meds

Get Your Vaccination at a UH Meds Pharmacy Location and receive a complimentary **Hot/Cold Pack and a Cold Season Pocket Pack.***

*While Supplies Last.

Choose the Pharmacy Location Near You



UH Health System Retail Pharmacy Locations:

UH Amherst Retail Pharmacy
917 North Lake Street, Suite 150
Amherst, OH 44001
440-798-6050
M-F 8:30 a.m. – 5 p.m.

UH CMC Bolwell Retail Pharmacy
11100 Euclid Avenue
Cleveland, OH 44106
216-844-7270
M-F 8 a.m. – 6 p.m.
Sat 8 a.m. – 4 p.m.
Sun 9 a.m. – 1 p.m.

UH Elyria Gates Retail Pharmacy
Drive Through Available
125 E Broad Street
Elyria, OH 44035
440-329-7300
M-F 9 a.m. – 5:30 p.m.
Sat* 9 a.m. – 1 p.m.
*Drive Through Only

UH Geauga Retail Pharmacy
13207 Ravenna Road
Chardon, OH 44024
440-285-6015
M-F 9 a.m. – 5 p.m.

UH Geneva Retail Pharmacy
870 West Main Street
Geneva, OH 44041
440-361-6111
M-F 9 a.m. – 5:30 p.m.

UH Lake West Medical Center Pharmacy
36000 Euclid Avenue
Willoughby, OH 44094
440-602-6701
M-F 8:30 a.m. – 5 p.m.
Sat 9 a.m. – 1 p.m.

UH Mentor Retail Pharmacy
9000 Mentor Avenue, Suite 114
Mentor, OH 44060
440-205-4535
M-F 8:30 a.m. – 5 p.m.

UH Minoff Retail Pharmacy
3909 Orange Place, Suite 2250
Orange Village, OH 44122
216-896-1712
M-F 8 a.m. – 6 p.m.
Sat 9 a.m. – 1 p.m.

UH Parma Retail Pharmacy
6681 Ridge Road, Suite 100
Parma, OH 44129
440-743-1140
M-F 8:30 a.m. – 5 p.m.

UH Portage Retail Pharmacy
6847 N Chestnut Street
Ravenna, OH 44266
330-297-2788
M-F 8 a.m. – 6 p.m.
Sat 8 a.m. – 4 p.m.
Sun 8 a.m. – 4 p.m.

UH RBC Midtown Retail Pharmacy
5805 Euclid Avenue, 2nd floor
Cleveland, OH 44103
216-675-6640
M-F 8:30 a.m. – 5 p.m.

UH Samaritan Retail Pharmacy
1025 Center Street
Ashland, OH 44805
419-289-9636
M-F 8 a.m. – 5:30 p.m.
Sat/Sun 8 a.m. – 4 p.m.

UH St. John Medical Center Retail Pharmacy
*Home Delivery Only
440-827-5122
M-F 8:30 a.m. – 5 p.m.
Sat 9 a.m. – 1 p.m.

UH Tripoint Medical Center Pharmacy
7580 Auburn Road
Concord Township, OH 44077
440-375-8790
M-F 9 a.m. – 6 p.m.
Sat 9 a.m. – 1 p.m.

UH Westlake Retail Pharmacy
960 Clague Road
Westlake, OH 44145
440-250-2433
M-F 8:30 a.m. – 5 p.m.
Sat 9 a.m. – 1 p.m.

University Hospitals
UH Meds

Scan the QR code for the most up-to-date hours at our **UH Pharmacy locations.**



Broadview Heights Health & Wellness Day

SPONSORED BY UH PARMA MEDICAL CENTER

Join us for a community event to celebrate wellness with FREE health screenings and educational materials provided by University Hospitals Parma Medical Center experts.
Light refreshments and giveaways!

Tuesday, November 10, 2026 | 12 – 2 p.m.

Broadview Heights Senior & Community Center
9543 Broadview Road
Broadview Heights, OH 44147

Free screenings include:

- Blood pressure
- Non-fasting cholesterol
- Glucose
- Hearing screening
- Balance and grip strength

UH presentations during the event include:

- Hearing Well, Living Well
- MyChart Made Simple: Your Health at Your Fingertips
- UH Retail Pharmacy: Services Available and Benefits to Using the Health System's Pharmacy

Health & Wellness Day will feature:

- Therapy Services
- Nutritional Services
- UH Meds
- Connor Whole Health
- Audiology
- Stroke Education
- Chest Pain Education
- Geriatric Medicine
- Wound Center
- Trauma
- Speech Therapy
- Spiritual Care
- Rehab Services
- Seidman Cancer Center
- Community Outreach
- Cuyahoga County Board of Health
- Reserve Care
- Life Banc
- Digital Health (UHMyChart)
- Diabetes & Metabolic Care Center

University Hospitals
Parma Medical Center

Registration is NOT required.
For more information about the screenings, call 440-743-4932.

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UH Portage Medical Center

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, November 16
11 a.m.-5 p.m.
UH Portage Medical Arts Building,
Ravenna, OH 44266
To make appointment, please visit redcrossblood.org, call 1-800-RED-CROSS 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

DIABETES WELLNESS RETREAT

Friday, October 16
8:30 a.m. – 3 p.m.
Streetsboro Community Center
8970 Kirby Lane Streetsboro, OH
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.

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 6847N. Chestnut Street Ravenna, OH 44266
For more information call ***330-297-8295***

TOBACCO TREATMENT COUNSELING PROGRAM

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

Our Mission
To Heal. To Teach.
To Discover.

LUNG CANCER AWARENESS EDUCATION TABLE

Join us for free information on lung cancer awareness and prevention.
Monday, November 9
12 – 2 p.m.
UH Portage Medical Center – Perks Cafe
6847 North Chestnut Street
Ravenna, OH 44266

AMPUTEE WALKING CLINICS

Thursday, November 5
3-5 p.m.
UH Portage Medical Arts Building
Room #150
6847 North Chestnut Street
Ravenna, OH 44266
Thursday, October 15
3-5 p.m.
Yanke Bionics
303 W. Exchange Street
Akron, OH 44302
For information call ***330-297-2576***

STROKE SUPPORT GROUP

The support group meets the third Wednesday of each month.
Call ***330-297-2846*** *or email amanda.palmer@uhhospitals.org*
When registering, please leave your name, phone number, and number of people attending.
Wednesday, November 18
3:30 - 4:30 p.m.
UH Portage Medical Arts Building, Room #150
6847 North Chestnut Street
Ravenna OH 44266



UH Portage Medical Center, *(con't).*

FITNESS CLASSES

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

WALKING GROUP

Thursday, November 5
8:30 - 9:15 a.m.

SAIL FALLS PREVENTION CLASS

Wednesday, November 12
Wednesday, November 19
10– 11 a.m.
Join us for these fun and free, introductory classes. No experience is needed! *RSVP by calling* ***330-297-2576***

HAYMAKER FARMER'S MARKET

Join UH at the Farmer's Market to learn more about Healthy Habits for the Holidays.

Saturday, November 7
9 a.m. – 1 p.m.
Franklin Avenue in Downtown Kent (Outdoor market under the Haymaker overpass between Main St. & Summit St.)

FREE SPIROMETRY SCREENING – CHECK YOUR LUNG HEALTH!

Join us for a quick and non-invasive lung function test. Spirometry is a simple breathing test that measures how well your lungs are working and can help identify potential breathing concerns. Learn more about your lung health and when further evaluation may be recommended. *Reservations are required. Please call* ***330-297-2576*** *to make your appointment.*

Thursday, November 19
9 a.m. – 12 p.m.
UH Portage Medical Center, Pulmonary Clinic
6847 N. Chestnut Street
Ravenna, OH 44266

HEALTH SCREENINGS

FREE BLOOD PRESSURE SCREENINGS

Free screenings and information regarding blood pressure management will be offered at various locations in the month of November. Please join us on any of the following dates:

Tuesday, November 10
11 a.m. – 1 p.m.
Renaissance Family Center, Lobby
9005 Wil Verne Drive
Windham, OH 44288

Thursday, November 12
11 a.m.- 1 p.m.
UH Portage Medical Arts Building, Atrium
6847 N. Chestnut Street
Ravenna, OH 44266

Tuesday, November 17
11 a.m. – 1 p.m.
UH Portage Professional Center, Main Lobby
6847 N. Chestnut Street
Ravenna, OH 44266

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



UH Richmond Campus

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, November 3, 10, 17
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, November 21
12 - 1 p.m.
Richmond Heights Elementary
447 Richmond Rd
Richmond Heights, OH 44143

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

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

Richmond Heights Community Center
27285 Highland Road
Richmond Heights, OH 44143

Our Mission
To Heal. To Teach. To Discover.

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

NOURISH The NEIGHBORHOOD

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



UH Samaritan Medical Center

COMMUNITY PROGRAMS

BIOMETRIC SCREENINGS

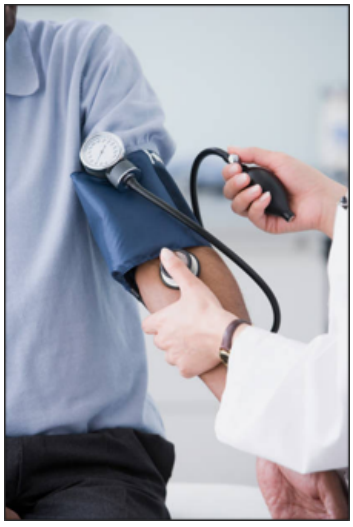
Second Wednesday in March, May, July, September, October, December
9- 10:30 a.m.
Ashland YMCA
207 Miller Street
Ashland, OH 44805

BIOMETRIC SCREENINGS

First Tuesday in March, May, July, September, October, December | 9am – 1030 a.m.
Cinnamon Lake Community Center
366 County Rd. 620
West Salem, OH 44287

PARKINSON'S DISEASE RESOURCES:

Support Group
1st Tuesday of the month
10 a.m.
Ashland Wellness and Community Center
2130 Center Street
Ashland, OH 44805



AMERICAN HEART ASSOCIATION HEART SAVER CPR FOR THE COMMUNITY

Friday, November 13
10 a.m. - 12 p.m.
Samaritan Auditorium
663 East Main Street
Ashland, OH 44805
*Call **419-207-7856** for more information or to register*



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!**

HEALTHY@UH PODCASTS

Medical information on the internet can be complex, difficult to understand and sometimes based on misinformation. UH is helping to change that by posting Healthy@UHpodcasts, representing a source of truth and establishing our institution as a leading provider of medical information online.
You can also go to https://www.uhhospitals.org/healthy-at-UH and have the opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox. On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser. https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging

HOW SUDDEN TEMPERATURE CHANGES AFFECT YOUR HEART

Unpredictable weather in many parts of the U.S. often brings big swings in temperature, especially when the seasons change. But for some people, including older adults and people with heart disease, these sudden changes in temperature can be dangerous. Click here to read article

Manage Your Care With UH MyChart

Schedule appointments, access your health record, pay your bill and more 24/7 with UH MyChart.

COMMUNITY PROGRAMS

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

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

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

SENIOR SUPPER CLUB

Men and women over the age 60 may apply for a Supper Club card. Seniors can pick up their card up from the Westlake Center for Community Services or the North Olmsted Senior Center. Once they have the card, they may come to the cafeteria at UH St. John Medical Center and receive a 40 percent discount on all food except bottled beverages, specialty snacks and "Simply to Go" items. There is a $10 limit per customer for the discount: after that, the items are full price.
EVERYDAY 4 – 5:30 p.m.

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

HEARING TESTING

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

Our Mission
To Heal. To Teach.
To Discover.

DIABETES EDUCATION CLASSES

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

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

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

Diabetes Educator Visit: Before or **a**fter 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***

WESTLAKE PORTER LIBRARY HEALTH FAIR

Join us for health-related topics, vendors & free screenings, including cholesterol, glucose and blood pressure. No fasting or reservation required!
Saturday, November 14
1-4 p.m.
Westlake Porter Library
27333 Center Ridge
Westlake OH 44145

UH St. John Medical Center, a Catholic Hospital, (con't)

EXERCISE & FITNESS

STROKE SURVIVORS EXERCISE PROGRAM

There are many benefits to continuing regular physical exercise after a stroke. However, stroke survivors often face many challenges when attempting to find a place to exercise. University Hospitals Outpatient Rehab has created a program at the Westlake Community Center Exercise Room to help guide participants through their exercise program and answer questions. This program is intended for people who had a stroke and have graduated to outpatient rehabilitation and those who are looking for support while creating a regular exercise routine. People must be able to get off and, on the machines, independently or with help from a caregiver. We are asking each participant to discuss this with their physician and have a medical clearance form filled out. **There is a $60 initiation fee and then an ongoing $30 monthly fee to participate**.

Tuesdays and Thursdays

3-4:30 p.m.

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



HEALTH SCREENINGS

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

BLOOD PRESSURE SCREENINGS

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

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

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

Thursday, November 12
10:45 -11:45 am
North Olmsted Senior Center Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

WESTSIDE HEALTH ORGANIZATION (WHO) SENIOR RESOURCE FAIR

Explore valuable senior resources including home care, medical services and more!
Thursday, November 5
11 a.m. - 1p.m.

UH St John Medical Center (Auditorium A & B)
29101 Health Campus Dr.
Westlake OH 44145

SUPPORT GROUPS

HOPE SUPPORT GROUP

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

Wednesday, November 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

Our Mission
To Heal. To Teach. To Discover.

Car Seat Installations for Caregivers and Grandparents

For all caregivers who need help with car seat installations or have questions about the safest way to transport their children or grandchildren in motor vehicles, getting expert advice and assistance just got a little easier. University Hospitals Rainbow Babies and Children's along with UH St. John and Parma Medical Centers will partner with the following west side fire stations to provide car seat checking stations, by Nationally Certified Child Passenger Safety (CPS) Technicians. UH Rainbow's Injury Prevention Center has had a car seat fitting station at the hospital's main campus in University Circle for more than 10 years. To schedule at: North Ridgeville Fire Station located at 7000 Ranger Way, North Ridgeville, OH 44039
Register: https://www.nridgeville.org/ChildSafetySeat.aspx or call 440-327-5311.
****Installation for North Ridgeville residents only**

