

# Age Well. Be Well.

THE CENTER FOR LIFELONG HEALTH

## OCTOBER, 2020 CALENDAR



## AGE WELL. **BE WELL.**

Membership club for adults 55 and older

If you would like to receive an emailed copy of our calendar, visit:  
[www.uhhospitals.org/agewell](http://www.uhhospitals.org/agewell) and register to become a member.

## WOMEN'S HEALTH

### October is Breast Cancer Awareness Month

**Bedford and Richmond Medical Centers** are two of the facilities that provide advanced 3-D mammography (Tomosynthesis) at no extra cost to the patient. Tomosynthesis is mammography, only better. That means that there is a 41 percent increase in invasive cancer detected with 3-D mammography, 15 percent decrease in unnecessary recalls for false alarms and 29 percent increase in the detection of all breast cancers. The American Cancer Society recommends the following timeline for mammograms:

Women between age 40 and 44 can start to have mammograms if they choose to.

Between the ages of 45 and 54 women should have a mammogram every year.

At age 55 or older, women can continue yearly mammograms or switch to every other year, as long as she is in good health.

Your doctor may also recommend a mammogram if you have an unusual finding or are at risk. Remember, early detection and treatment do matter.

Schedule your 3-D mammogram at **Bedford or Richmond Medical Centers** by calling 440-585-6222.

Or you can schedule at any of our facilities by clicking here: [Schedule your Mammogram Appointment here](#)

#### "Lunch and Learn" - Breast Cancer Awareness: Mammograms, misconceptions, myths and more

Presented by: Holly Marshall, MD; Niki Constantinou, MD

Thursday, October 15, 2020 | 12:00 p.m. – 1:00 p.m.

[Register Now](#)

#### UH Mobile Health Screenings Event

Friday, October 16, 2020 | 9:00 a.m. – 2:30 p.m.

City of Newton Falls

19 North Canal Street

Newton Falls, OH

University Hospitals is proud to offer onsite mammogram screening with our fully equipped, professionally staffed mobile unit, featuring 3-D mammograms (tomosynthesis). This is the most advanced screening mammogram available. Call 216-896-1768 for information and to schedule a screening time.

#### No-Cost Screening Mammograms

The Ashtabula and Eastern Lake County Rural Underserved Women's Project is an important initiative offering a variety of breast-health related services to women in the communities that **Geneva Medical Center** serves.

The program is funded from monies raised during UH Geneva's annual Walk for the Cure®.

Call Paula at 440-593-0374 to see if you qualify for a no-cost screening mammogram. New financial guidelines have been established. Time is needed to complete the paperwork.

## DIABETES

#### CINEMA now at UH

Diabetes increases the risk for heart, vascular and kidney complications. Patients with a diagnosis of diabetes can now schedule a consultation with our Center for Integrated and Novel Approaches in Vascular Metabolic Disease (CINEMA), one of a select few in the country and the only program in Ohio. This new program is comprised of UH cardiologists trained in diabetes, diabetes educators, and nurse coordinator and offers both virtual

and in person visits with our multidisciplinary team to develop a personalized treatment plan. CINEMA is not meant to replace diabetes care, but supplement existing care with a team-based approach to ensure every available measure is taken to support diabetic patients manage their wellness efforts. To schedule with CINEMA, or for questions, please call (216)844-1357 or email [CINEMA@uhhospitals.org](mailto:CINEMA@uhhospitals.org).

**Diabetes Support Group** Please call **Portage Medical Center** 330-297-2576 for information.

**Diabetes Education Program** at **Elyria Medical Center** and **Avon Health Center** provides information and support for anyone living with the disease. Whether diabetes is a new diagnosis or improved blood sugar is needed, we are here to help. A physician referral is required to participate. Many insurance plans cover diabetes education. Contact your insurance provider to verify coverage. This program is recognized by the American Diabetes Association. Offered Monday through Thursday. Late afternoon and evening hours are

available on Tuesdays and Wednesdays. *Individual and Group Sessions:*

**Elyria Medical Center**  
630 East River Street  
Elyria, OH 44035

**Avon Health Center**  
1997 Healthway Drive  
Avon, OH 44011  
*Individual Sessions only*  
For more information call Kim Horvath, MEd, RDN, LD, CDCES at 440-284-5709

**Diabetes Self-Management Education Classes from Portage Medical Center** UH offers tools, classes and support that you can use from the comfort of your home. Helpful strategies, one-on-one support services and virtual classes are ways we can help. To learn more, call 330-297-2575.

## **NUTRITION & WEIGHT LOSS**

**Virtual/Tele-Nutrition Counseling.** Outpatient Nutrition counseling, focusing on behavioral and lifestyle changes to positively affect eating habits and overall health to achieve long-term goals. Most major insurance accepted, including Medicare. A referral from your physician may be required by your insurance. Check with your insurance in advance regarding coverage. For more information, or to schedule a session with our registered dietician, call Jennifer Lattur at **Bedford Medical Center** 440-735-4700

**Virtual/Tele-Nutrition Counseling.** Outpatient Nutrition counseling, focusing on behavioral and lifestyle changes to positively affect eating habits and overall health to achieve long-term goals. Most major insurance accepted, including Medicare. A referral from your physician may be required by

your insurance. Check with your insurance in advance regarding coverage. For more information, call **Portage Medical Center** 330-297-2388. To schedule a session with our registered dietitian, call 844-208-9371.

**Healthy Lifestyle Medical Nutrition Therapy at Elyria Medical Center and Avon Health Center** For more information call *Kim Horvath, MEd, RDN, LD, CDCES* 440-284-5709

Offered Monday through Thursday. Late afternoon and evening hours are available on Tuesdays and Wednesdays. The Healthy Lifestyle program offers nutrition counseling with a registered dietitian/nutritionist. If you need to lose weight, gain weight, or have been diagnosed with high cholesterol, prediabetes, food intolerances or other conditions which may be better managed by diet, let us help to get you on track.

A physician referral is required to participate. Many insurance plans cover this service. Contact your Insurance provider to verify coverage.

## **SUPPORT GROUPS**

Please call **Portage Medical Center** 330-297-2576 for information about our support groups who are staying connected and providing support in virtual and alternative ways.

- Alzheimer's Association Caregiver Support Group
- Beyond Stroke Support Group
- Breast Cancer Support Group
- Ostomy Support Group
- Parkinson's Support Group

### **Hope and Healing Support Group for Grieving Adults**

Please call 330-241-6282 for information.

## **HEALTH SCREENS**

### **Chardon Health Fair**

**Geauga Medical Center** and Chardon Area Chamber of Commerce. Registration required Call 440-214-3330 - leave name and contact number

- Flu Vaccines
- Ask a doc/pharmacist
- Bone density tests
- Cholesterol screenings
- Glucose screenings
- Risk assessments

Saturday, October 17  
10 a.m. - 2 p.m.

Geauga Medical Center  
Conference Center & Parking Lot  
13207 Ravenna Road, Chardon

### **Free Drive thru Testing**

Blood Sugar and Total Cholesterol. Eight hour fasting is recommended but not necessary. Participants are required to wear a mask and must stay in their vehicle.

Monday, October 19  
8 – 10 a.m.

**Conneaut Medical Center**  
(Under the front entrance canopy)  
Call 440-593-0393 for more information.

## **WELLNESS**

**A Healthier You** A series of interviews of **Bedford and Richmond Medical Center** staff and physicians with Pastor Larry Macon, Jr. of the Mt. Zion Church Oakwood that airs on his radio show and Channel 3 TV.

### **Diabetic Foot Ulcers**

Podiatrist, Windy Cole, DPM  
To schedule an appointment with Dr. Cole, call 216-593-1308

[Diabetic Foot Ulcers](#)

### **Adult Vaccines**

Primary Care, Randy Jernejcic, MD

To schedule an appointment with Dr. Jernejcic, call 216-282-5050.

[Adult Vaccines](#)

**Prostate Cancer** Urologist, Kim Fitzgerald, MD

To schedule an appointment with Dr. Fitzgerald, call 440-232-8955. [Prostate Cancer](#)

**One-on-One Telephone Health Talk with a [Portage Medical Center](#) Community Outreach Nurse**

- Blood pressure check in
- Diabetes or pre-diabetes screening
- Mindful, healthy eating
- Mental health wellness
- Recommended general screenings by age

Call 330-297-2576 to make a 30 minute appointment. Depending on your topic, you may be referred to a UH specialist.

**Stress Management**

Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier and more productive. The ultimate goal is a balanced life, please consider joining us for a short discussion on stress reduction and management techniques.

Tuesday, October 13  
Ashtabula County YMCA  
263 Prospect Road, Ashtabula  
11:15 a.m. – 12:15 p.m.  
Call 440-593-0373 for information.

**Wellness Wednesday New Program – Completely Online**

The Community Outreach Department of [Conneaut Medical Center](#) and [Geneva Medical Center](#) is launching “Wellness Wednesday”. Every Wednesday, we will focus on a different aspect of health and wellness. These topics will be presented via email in the form of an attached PDF document or pre-recorded Zoom session that you may read or watch at your leisure. In addition to our weekly topic, we will

include links to other UH offerings.

If you would like to be included on our “Wellness Wednesday” email blast, please call 440-593-0373 or email

[Lori.Slimmer@UHhospitals.org](mailto:Lori.Slimmer@UHhospitals.org)

**Virtual Smoking Cessation Classes** For information, call [Portage Medical Center](#) 330-297-2576

**“Daily Dose of Dawn” on Facebook Live.** Join Dawn Dale, LPN daily for a 10 minute or less daily segment on different health topics. To watch the recorded segment, see [Conneaut Medical Center Facebook](#) and [Geneva Medical Center Facebook](#). To view the segment live, friend request Dawn Dale on Facebook. If you have any questions please call **440-593-0372**.

**“Dining with Dawn” on Facebook Live** Join Dawn Dale, LPN, on Thursday afternoons between 2 and 3 PM for a healthy food recipe prepared live. To watch the recorded segment, see [Conneaut Medical Center Facebook](#) and [Geneva Medical Center Facebook](#). To view the segment live, friend request Dawn Dale on Facebook. Email [dawn.dale@uhhospitals.org](mailto:dawn.dale@uhhospitals.org) for a copy of the recipe. If you have any questions please call 440-593-0372.

**Summer Walking Program**

Enjoy a relaxing morning walk with a nurse from [Geneva Medical Center](#).

Tuesdays  
October 6, 13, 20, 27  
7:00 – 8:00 a.m.

Conneaut Township Park  
480 Lake Rd Conneaut, Ohio  
Meet at lower pavilion  
Call 440-593-0372 for more information.

**Summer Walking Program**

Enjoy a relaxing morning walk with a nurse from [Geneva Medical Center](#).

Tuesdays  
October 6, 13, 27  
7:30 – 8:30 a.m.

Smith Field  
Carpenter Rd. and West Ave.  
Ashtabula, Ohio  
Call 440-593-0373 for more information.

**Virtual Wellness through Music**

Join [Bedford Medical Center](#) Music Therapist, Paul Ousley, MT-BC. for different live virtual wellness sessions with music and mindfulness techniques targeted to decrease stress, uplift mood, and increase wellness.

Thursday, October 15  
9 a.m. [Register here](#) to receive a link to the presentation on Zoom.

**PHYSICAL EXERCISE CLASSES**

**Walk Yourself Well Club** Put on your walking shoes and join the [Richmond Medical Center](#) club to walk outside around the hospital campus weather permitting.

Tuesdays  
October 6, 13, 20, 27  
9 - 9:30 a.m.

Richmond Medical Center Main Entrance 27100 Chardon Road  
Richmond Heights, OH  
Call 440-735-4739 to register

**Walk Yourself Well Club**

Put on your walking shoes and join the [Bedford Medical Center](#) club to walk outside around the hospital campus weather permitting.

Mondays  
October 5, 12, 19, 26  
9 - 9:30 a.m.

Bedford Medical Center  
Medical Office Building Entrance  
88 Center Street  
Bedford, OH  
Call 440-735-4739 to register

## Physically Distanced Group Exercise Classes

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

All specialty group exercise classes are free and open to non-members 15 years of age and older. Pre-registration is required. Please call 440-988-6801 for information and to sign up. Contact Renee Barrett for full schedule.

[renee.barrett@uhhospitals.org](mailto:renee.barrett@uhhospitals.org)

### Iron Yoga

Invigorating yoga practice with weights. This class is intended for participants with some yoga experience.

Friday, October 16  
8:15 a.m.

**Beginning Yoga** Designed for those new to yoga and for those who have learned the basic poses and breathing techniques.

Thursday, October 22  
5:15 p.m.

**Beginning Spinning** Learn the proper way for bike set-up in this beginner level Spinning (Group Cycling) exercise class. Instructor will go through basic class formats, including hill and race training, and train teaching watts (power generated from your cycling).

Saturday, October 24  
10:00 a.m.

## STAY HEALTHY WITH UH HEALTH TALKS ONLINE

**Guidance for Diabetic Foot Ulcers Management** Join Windy Cole, DPM of the Podiatry Department at **Richmond Medical Center** Wound Care Clinic for a presentation on foot care.

[Foot Ulcers Management](#)

Call 440-585-6101 to schedule an appointment with Windy Cole, DPM

**Seniors Stay Strong** Join our certified exercise expert for aging adults, JoAnn Lavrisha PT, CEEAA of **Richmond Medical Center** to learn some strength training exercises. Wear comfortable clothes and shoes. [Seniors Stay Strong!](#)

To schedule an appointment with any of our physical therapists at **Richmond Medical Center**, call 440-585-4151. Physician referral needed for some insurances.

### "There's a Bulge" pelvic organ prolapse

Join Joseph Henderson, MD, FACOG, from the Female Pelvic Medicine and Reconstructive Surgery area of **Bedford and Richmond Medical Centers** for a presentation on pelvic organ prolapse. [Learn more about pelvic organ prolapse](#)

To schedule an appointment with Joseph Henderson, MD, at **Bedford Medical Center** call 440-232-8955 or **Richmond Medical Center** 440-516-8700

**"Oh my Aching Back"** a presentation by Christopher Tangen, MD of **Richmond Medical Center Sports Medicine Clinic** [Learn more about some of the remedies for back issues.](#)

To schedule an appointment with Dr. Tangen, please call 440-585-7146. He has offices at **Richmond Medical Center** and in Warrensville Heights

**Cooking Heart Healthy.** Join Joe Horvath, **Bedford and Richmond Medical Centers** Executive Chef and Clinical Dietitian Jennifer Lattur as they prepare a healthy take on Salmon Burgers with Chipotle Salad and Breakfast Frittatas. Jen and Joe will share tips on how to prepare a healthy meal and what you should look for when selecting items from the grocery store.

[Learn more about Salmon Burgers with Chipotle Salad](#)

[Recipe for Salmon Burgers with Chipotle Salad](#)

[Learn more about Breakfast Frittata](#)

[Recipe for Breakfast Frittata](#)

### GERD-Gastroesophageal Reflux Disease – Myths and Facts

Join Dany Raad, MD of **Parma Medical Center** for a discussion of different facts and myths around GERD including symptoms, diagnostic tests and treatment options. [Gerd-gastroesophageal-reflux-disease-myths-and-facts](#)

### Abdominal Pain – Is it just gas or something serious?

Presented by: Daanish Kazi, DO who will explain the warning signs, symptoms and treatment for a variety of commonly diagnosed conditions associated with abdominal pain. [Abdominal pain](#)

### Low Back Pain: Cause, Non-surgical and Surgical

**Treatments** Join Christina Cheng, MD, Orthopedic Spine Surgeon at **UH Spine Institute**, to learn more about back pain in adults, causes, and nonsurgical and surgical treatment options to get you back to doing the things you enjoy in life.

[Low Back Pain](#)

**Orthopedic Injury- Where Should I Go For Care?** Sprained ankle, broken bone or sports injury? You need medical attention, but the injury probably doesn't warrant a trip to the ER. Please join Benjamin Boswell, DO and Sean McNeeley, MD, to learn where to go for care and treatment if you are experiencing an orthopedic injury. Knowing where to go care save you time and money. [Orthopedic Injury](#)

**Resolve Your Sleep Issues** Join experts from **UH Sleep Medicine** to learn more about symptoms of sleep disorders, when to consider seeking help from a specialist, UH

sleep services including what to expect during a sleep study, and an overview of behavioral sleep medicine, an alternative approach to management of sleep disorders without medication.

[Resolve Your Sleep Issues](#)

**Updates to Colorectal Cancer Screenings** presented by Caroline Soyka, DO Learn about new updates in Colorectal Cancer Screenings from Caroline Soyka, DO, Gastroenterologist, at **Geauga Medical Center**. [Updates to Colorectal Cancer Screenings](#)

**Early Warning Signs of Cancer** Some cancers have few warning signs, but there are signs that shouldn't be ignored. Dr. Jordan Winter, Chief of Surgical Oncology, **UH Cleveland Medical Center** and Director of Surgical Services, **Seidman Cancer Center**. [Early Warning Signs](#)

**Managing Heart and Vascular Health during COVID-19** Join a panel of experts from **Harrington Heart & Vascular Institute** for a presentation on symptoms of heart and vascular disease, signs that your condition may be worsening, lifestyle adjustments you can make at home, and the importance of not delaying care, including when to seek help from a health care provider. [Managing Heart & Vascular Health during COVID-19](#)

**Managing Vascular Conditions during COVID-19.** Join a panel of vascular experts from **Harrington Heart & Vascular Institute** to learn more about maintaining your vascular health at home, warning signs that should not be ignored, and how to get help for any health concerns. [Managing Vascular Conditions during COVID-19](#)

**Atrial Fibrillation - Update on Treatment Options.** Join a panel of experts from **Harrington Heart & Vascular Institute** to learn more

about atrial fibrillation, how to reduce your risk of stroke, the importance of lifestyle modifications and the latest treatment options for afib patients. [A-Fib Updates](#)

**Treatment of Venous Disease Including Care during COVID-19.** Venous disease refers to disorders of the veins and can include deep vein thrombosis (DVT, or "blood clots"), varicose or spider veins, chronic venous insufficiency and leg ulcers. Join a panel of experts from **Harrington Heart & Vascular Institute** to learn more about treatment of these conditions. [Treatments of Venous Disease](#)

**What Everyone Should Know about Peripheral Artery Disease PAD.** Join a panel of experts from **Harrington Heart & Vascular Institute** to learn more about PAD, from managing risk factors to the latest diagnosis and treatment options. [PAD, What to Know](#)

**Health & Wellness: The Power of YOU.** Join Peter Pronovost, MD for this motivational webinar about practical ways to make health and wellness a priority in your daily life. Learn about steps you can take in 5 key focus areas. [The Power of You](#)

**Innovative Hernia Repair and Treatment Options.** Join Christopher Bohac, MD, a surgeon at the **Comprehensive Hernia Center** at UH a nationally recognized expert in the treatment of hernias. Learn about advanced treatment options that reduce the chance of hernia recurrence and improve overall patient outcomes. [Hernia Repair & Treatments](#)

**UH Virtual Town Hall.** Join Congresswoman Marcia L. Fudge and UH Chief Diversity Officer Margaret Larkins-Pettigrew, MD, for a virtual town hall discussion

about the disproportionate impact of COVID-19 on African Americans. [Virtual Town Hall](#)

**Weight Loss Management Options.** Presented by Amani Munshi, MD, Jacob Petrosky, MD and Daanish Kazi, DO. Learn from the UH weight loss and bariatric experts about obesity and its effects as well as non-surgical and surgical options for weight loss. [Weight Loss Management](#)

**Wonder Foods of Wellness - Foods You Should Always Include in Your Supercharged Nutrition Plan.** UH Registered Dietitian Nutritionist, Amy Jamieson-Petonic will review which foods are your best choices and share the science behind it. [Wonder Foods](#)

**How to Treat Your Hip and Knee Pain and Get Active Again.** Learn about hip and knee pain in adults – causes, non-surgical and surgical treatment options from Benjamin Silver, MD, Orthopedic Surgeon, at **Geauga Medical Center**. [Treatment for Hip & Knee Pain](#)

**Knee and Hip Pain and How to Get Active Again.** Millions of people suffer from debilitating pain and stiffness in their hips and knees, limiting their mobility and affecting their quality of life. Join William Stanfield, MD to learn more about how we can help with your arthritis, hip and knee pain. [Get Active Again](#)

**Shoulder Pain** Join Robert Gillespie, MD, UH Orthopedic Shoulder Surgeon, for this free webinar to learn more about shoulder pain in adults, causes, non-surgical and surgical treatments to get you back to doing the things you enjoy in life. [Shoulder Pain](#)

**Getting Relief for Your Chronic Pain.** You no longer need to live

with chronic pain and your pain can be managed to get you back to doing the things you enjoy in life. Join us to learn more about chronic pain in adults, causes, non-surgical and surgical treatments from Lisa Brown, MD, Comprehensive Pain Management at [Geauga Medical Center](#). [Relief from Chronic Pain](#)

**How to Conquer Pain** You no longer need to live with chronic pain. Manage your pain and get back to doing the things you enjoy in life. Learn more about chronic pain in adults, its causes, and non-surgical and surgical treatments from Kutaiba Tabbaa, MD, Director of the Comprehensive Pain Management Center at [Parma Medical Center](#). [Conquer Pain](#)

**Ways to Manage a Chronic Cough, Throat Clearing and All That Mucous.** Dr. N. Scott Howard, MD and Speech Pathologist Lex Rakowski will discuss cough, throat clearing and everyone's favorite topic, MUCOUS. If you are plagued with nasal allergies, voice changes, a nagging cough or sticky mucous, you won't want to miss this talk. [Chronic Cough, Throating Clearing](#)

**COPD and Adult Asthma - An Update on Treatment Options** Chronic obstructive pulmonary disease (COPD) and adult asthma can range from mild to very severe. Whether you suffer from constant coughing and wheezing, difficulty breathing or chest tightness, it's critical to get an accurate diagnosis and begin treatment quickly. Join Dr. Rodney Folz and Dr. Charles Peng to learn more about these conditions, including when to see a specialist and the latest treatment options available to help manage lung health for improved quality of life. An audience question and answer

feature is included. [COPD & Adult Asthma](#)

**The A to Zzzs of Obstructive Sleep Apnea.** Sleep apnea is a serious condition affecting more than 22 million Americans. Typical symptoms include heavy snoring, excessive daytime sleepiness or fatigue, difficulty with concentration or memory, among many others. Left untreated, sleep apnea can lead to serious health consequences. UH sleep medicine specialist Michelle Adams, CNP and ENT sleep surgeon Dr. Amy Schell will outline the symptoms and treatment options available to resolving your sleep apnea, including CPAP troubleshooting and CPAP alternatives. [Sleep Apnea](#)

**UH LGBTQ and Gender Care** Dr. Shubham Gupta, Division Chief, Reconstructive Urology and Director, Surgical Gender Affirmation Program for the UH Urology Institute is joined by Dr. Tobias Long, Plastic Surgery, to introduce UH's LGBTQ Gender Care services. Topics will include gender affirmation services including hormones, mental health, and surgery. [LGBTQ & Gender Care](#)

**Benign Prostatic Hyperplasia (BPH) The Growing Prostate Problem** presented by Irina Jaeger, MD., a Board Certified Urologist, Division Chief Richmond Medical Center and leading expert in BPH. [Learn more about BPH.](#) To schedule an appointment with Irina Jaeger, MD, at [Richmond Medical Center](#) call 440-516-8700.

**The Myths, Misconceptions and Treatment of Urinary Incontinence in Women** presented by Urologist/GYN, Joseph Henderson, MD, FACOG. [Learn more about Urinary Incontinence in Women](#)

To schedule an appointment with Joseph Henderson, MD, at [Bedford Medical Center](#) call 440-232-8955 or Richmond Medical Center 440-516-8700

**His & Hers Urologic Health & Aging** Join the UH Urology experts for a conversation about topics that many of us are too embarrassed to talk about, including female incontinence, prostate health, sexual health and more. [His & Hers Urologic Health & Aging](#)

**Men's Sexual Health Playbook** Join UH urologists and men's health experts Nannan Thirumavalavan, MD and Aram Loeb, MD for a discussion on erectile dysfunction (ED) and low testosterone or Low T. [Men's Sexual Health Playbook](#)

**A Healthier You** A series of interviews of [Bedford and Richmond Medical Center](#) staff physicians hosted by Pastor Larry Macon, Jr. of Mt. Zion Church Oakwood. You can find the interviews on UH Bedford and Richmond Medical Center Facebook pages.

**What Is a Vascular Surgeon?** Vascular Surgeon, Cherie Phillips, MD  
To schedule an appointment with Dr. Phillips, call 216-844-3800. [Vascular Surgery](#)

**Breast Reconstruction** Plastic Surgeon, Donald Harvey MD  
To schedule an appointment with Dr. Harvey, call 440-446-8600. [Breast Reconstruction](#)

**Bariatric Surgery** General Surgeon, Stephen Masnyj, MD  
To schedule an appointment with Dr. Masnyj, call 216-844-7874. [Bariatric Surgery](#)

## Stroke Prevention

Neurologist, Robert Richardson, MD

To schedule an appointment with Dr. Richardson, call 440-735-4264. [Stroke Prevention](#)

## Hypertension and Diet

**Management** Join Dr. Jeremy Johnson from Harrington Heart and Vascular Institute and [UH Richmond and Bedford Medical Centers](#) to [Learn more about Hypertension and Diet Management](#)

To schedule an appointment with Dr. Johnson, please call 440-585-7006. His primary location is at [Richmond Medical Center](#)

## COVID 19 and Congenital Heart Disease

Presented by: Pradeepkumar Charla, MD, MS, James Strainic, MD, John Lozier, MD, Kathleen Clegg, MD. [COVID-19 & Congenital Heart Disease](#)

## Safe Cardiovascular Testing

**During COVID-19** Join a panel of experts from [UH Harrington Heart & Vascular Institute](#) to learn more about national published guidelines for safe cardiovascular testing during COVID 19. [Safe Cardiovascular Testing During COVID-19](#)

## Managing Heart Failure during

**COVID-19** Join a panel of heart failure experts from [UH Harrington Heart & Vascular Institute](#) to learn more about heart failure care management at home, warning signs that should not be ignored. [Managing Heart Failure during COVID-19](#)

## Signs and Symptoms of Stroke

Learn the facts about stroke - from Cathy Sila, MD from its sign and symptoms to lifestyle changes you can make to reduce your risk of having a stroke. [Signs & Symptoms of Stroke](#)

## Know Your Risk for Coronary & Peripheral Artery Disease.

Learn more about signs, symptoms, early detection and new treatment options for both CAD and PAD. Presented by James Cireddu, MD [Bedford Medical Center](#). [Learn more about PAD & CAD](#)

To schedule an appointment with Dr. Cireddu of the Harrington Heart and Vascular Institute, please call 216-250-9833. His office is located at [Bedford Medical Center](#) 44 Blaine Ave. Bedford, OH 44146

## VIRTUAL EXERCISE CLASSES

The Fitness Center at [Avon Health Center](#) is excited to offer a series of “virtual classes” taught by our certified instructors who will take you through various class formats so you can continue to build strength and endurance by joining one of our at-home classes.

**Slow Flow Yoga** - Slow down the body, slow down the mind, and deepen the breath. Create a practice full of intention and purpose as you flow through a series of lengthening and strengthening poses. 45 minutes: [Slow Flow Yoga](#)

**Senior Fitness** – Low impact exercises using common household items as light weights, focusing on the senior population. 12 minutes: [Senior Fitness](#)

**Alphabet Bootcamp** – 26 exercises/sets for a total body workout, focusing on form with some minimal weights. 30 minutes: [Alphabet Boot Camp](#)

**Core Blast** – Exercises focusing on your core – oblique’s, upper and lower abs, lower back. 25 minutes: [Core Blast](#)

**HIIT Cardio & Strength** – This high intensity interval training

class has a nice balance of cardio and strength exercises using minimal equipment or your bodyweight. 30 minutes: [HIT Cardio](#)

**Deep Stretch Yoga** - Slow dynamic stretching at the beginning and longer static and active stretching at the end, this class takes a well-rounded approach to total body stretching. 60 minutes: [Deep Stretch Yoga](#)

**All Legs** – Total leg workout utilizing household furniture and weighted items (or weights if you have some). Cardio burn at the end of workout if needed. 45 minutes: [All Legs](#)

**Pilates With Household Item Resistance** – Mat Pilate’s class designed to help with stabilizer muscles, form, and posture using household items to help strengthen the whole body. 45 minutes: [Pilates](#)

**HIIT Strength/Tabata Cardio Circuit** – This class feature high intensity interval training (HIIT) exercises for strength, and mixes in tabata-style cardio to keep your heart rate up for the duration of this class. 30 minutes: [HIT Tabata Cardio](#)

**Pilates** - Strengthen and lengthen you abs, oblique and back muscles by developing core stability. 60 minutes: [Pilates](#)

**Pilates/Barre Fusion** – This class fuses the exercises in Pilates that help with core stability and posture with Barre movements that focus on balance and lower body strength and endurance. 45 minutes: [Pilates/Barre Fusion](#)

**Stair Leg Workout** – A lower body workout utilizing the steps in your house, utilizing plyometric movements and some light weights. 25 minutes: [Stair Leg Workout](#)



**Chair Yoga** - Chair Yoga is an accessible form of yoga for all levels. All you need is yourself and a chair, preferably one without arms. This practice will elongate your muscles and calm your mind. 30 minutes: [Chair Yoga](#)

**Back & Glute Tabata** – A tabata style body weight workout for your back, glutes, and hips. 25 minutes: [Back & Glute Tabata](#)

**Power Yoga** – The class incorporates dynamic flow of movement, breath and meditation to foster strength, flexibility as well as relaxation. 45 minutes: [Power Yoga](#)

**HIIT Strength/Tabata Cardio Circuit** – This class feature high intensity interval training (HIIT) exercises for strength, and mixes in tabata-style cardio to keep your heart rate up for the duration of

this class. 30 minutes: [HIT Strength](#)

**Pilates** - Strengthen and lengthen you abs, oblique and back muscles by developing core stability. 60 minutes: [Pilates](#)

**Pilates/Barre Fusion** – This class fuses the exercises in Pilates that help with core stability and posture with Barre movements that focus on balance and lower body strength and endurance. 45 minutes: [Pilates/Barre Fusion](#)

**Stair Leg Workout** – A lower body workout utilizing the steps in your house, utilizing plyometric movements and some light weights. 25 minutes: [Stair Leg Workout](#)

**Chair Yoga** - Chair Yoga is an accessible form of yoga for all levels. All you need is yourself

and a chair, preferably one without arms. This practice will elongate your muscles and calm your mind. 30 minutes: [Chair Yoga](#)

*Disclaimer: You are responsible for exercising within your limits and assume all risk of injury to your person or property. To the extent permitted by law, University Hospitals, Fitness Center at University Hospitals Avon Health Center and their affiliates disclaim any and all liability in connection with the use of this platform. Always consult your physician before beginning any exercise program. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider*

To stay up to date on information and activities close to home, check us out on Facebook.

[Age Well. Be Well Facebook](#)

[UH Avon Health Center Facebook](#)

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