



University Hospitals

1-866-UH4-CARE (1-866-844-2273)

UHhospitals.org

AGE WELL. **BE WELL.** EVENTS OCTOBER, 2021

If you are not a member of the AGE WELL. **BE WELL.** and would like to join our free Club, please call **1-844-312-5433** or visit the website www.uhhospitals.org/agewell to register.

UH Locations

UH AVON HEALTH CENTER

1997 Healthway Drive
Avon, OH 44011
440-988-6800

UH ELYRIA MEDICAL CENTER

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

UH PORTAGE MEDICAL CENTER

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

UH AHUJA MEDICAL CENTER

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

UH GEAUGA MEDICAL CENTER

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

UH RICHMOND MEDICAL CENTER

27100 Chardon Road
Cleveland, OH 44143
440-585-6500

UH BEDFORD MEDICAL CENTER

44 Blaine Avenue
Bedford, OH 44146
440-735-3900

UH GENEVA MEDICAL CENTER

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

UH ST. JOHN MEDICAL CENTER, A CATHOLIC HOSPITAL

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

UH CONNEAUT MEDICAL CENTER

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

UH PARMA MEDICAL CENTER

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

UH SAMARITAN MEDICAL CENTER

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

If you no longer wish to receive the Age Well Be Well Calendar of Events, please call **1-844-312-5433**

UH Avon Health Center

EXERCISE CLASSES

BEGINNER YOGA

Class is designed for those new to yoga. It is ideal for beginning flexibility and breathing conditioning. The exercises are done on a mat (please bring your own). Standing and seated postures included.

Saturday, October 16

11 - 11:45 a.m.

RACE DAY

Advanced 90-minute Spinning class where the instructor leads you through a road racecourse on a spin bike; includes hill training.

Sunday, October 24

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

POUND®

Using Ripstix, (lightly weighted drumsticks engineered specifically for exercising), POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.

Wednesday, October 27

6 - 6:45 p.m.

Avon Health Center

1997 Healthway Drive

Avon, OH 44011

All 45-minute group exercise classes are free and open to non-members aged 15 and older. Pre-registration is required. Please call 440-988-6801 or email Renee.Barrett@uhhospitals.org for information and to sign up.

UH Bedford Medical Center

HEALTH EDUCATION

DIABETES SELF-MANAGEMENT CLASSES

Participants attend one Nutrition for Diabetes Class and one Diabetes Self-Management Class in any order then follow up with a diabetes educator.

NUTRITION FOR DIABETES

Tuesday, October 5

5 – 7 p.m.

DIABETES SELF-MANAGEMENT

Tuesday, October 19

5 – 7 p.m.

Bedford Medical Center

Medical Office Building

88 Center Road

Conference Room-Lower Level

Bedford, OH 44146

Doctor referral is required - check with your insurance for coverage.

*Call **440-735-4700** to register*

PULMONARY EDUCATION CLASSES

Topics of discussion:

- Asthma
- COPD
- Medications
- Nutrition
- Oxygen
- Pneumonia

Tuesday, October 12

6 – 7 p.m.

Bedford Medical Center

Medical Office Building

88 Center Road

Conference Room-Lower Level

Bedford, OH 44146

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Tuesday, October 26

12:30 - 2:30 p.m.

Warrensville Heights Civic and Senior Center

4567 Green Road

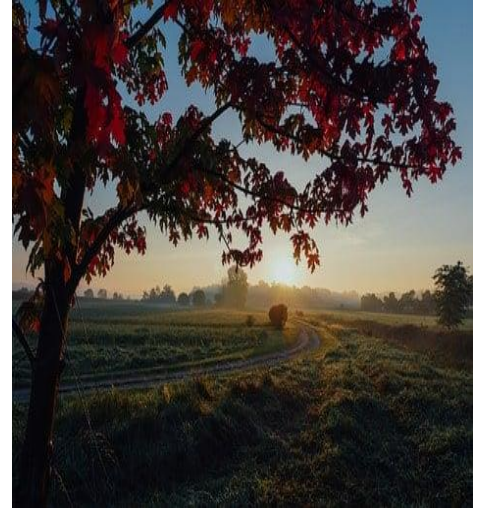
Warrensville Heights, OH 44128

UH Bedford Medical Center, *cont.*

HEALTH RISK ASSESSMENTS

Our team of health care providers ask a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Based on your answers, recommendations are made for scheduling the recommended testing.

To schedule a risk assessment with an RN Patient Navigator call **440-735-2559**.



UH Conneaut Medical Center and UH Geneva Medical Center

COMMUNITY EVENT

GENERATION RX

Monday, October 4

11 a.m. – 12 p.m.

Orwell Country Neighbor

39 South Main Street

Orwell, OH 44076

Call **440-593-0364**

EXERCISE & FITNESS

WALKING PROGRAM

Tuesday, October 5, 12, 19, 26

7:30 – 8:30 a.m.

Red Brook Metro Park

(Saybrook Township)

4388 Lake Road

Ashtabula, OH 44004

Call **440-593-0373**

HEALTH EDUCATION

GUT HEALTH-TAKING CARE OF YOUR MICROBIOME

Tuesday, October 19

11 a.m. - 12 p.m.

Madison Senior Center

2938 Hubbard Road

Madison, OH 44057

Call **440-428-6664**

HEALTH SCREENINGS

MAMMOGRAM PROGRAM

(Un-insured and Under-insured)

Call **440-593-0374**

SUPPORT GROUPS

CANCER SUPPORT GROUP

Wednesday, October 20

5 – 6 p.m.

UH Geneva Medical Center

Training Center

830 West Main Street

Geneva, OH 44041

Call **440-593-0364**

DIABETES SUPPORT GROUP

Monday, October 4

10 - 11 a.m.

Orwell Country Neighbor

39 South Main Street

Orwell, OH 44076

Call **440-593-0364** for information

VIRTUAL TALKS

Virtual / Online events are

Available on our website

UHhospitals.org/AgeWell

Under the Virtual Events tab

DIABETES AND NUTRITION

DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling. Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This is recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage.

For more information and to register, call Kim Horvath, MEd, RDN, LD, CDCES at 440-284-5709

Monday - Thursday

(Late afternoon and evening hours available on Tuesdays and Wednesdays)

Individual Sessions only

UH Avon Health Center
1997 Healthway Drive
Avon, OH 44011

Individual and Group Sessions:

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

DIABETES EDUCATION GROUP CLASSES

You must attend an individual session before attending group classes. Group classes are held based on registration of 4 or more people. Call **440-284-5709** to register or for more information.

HEALTH SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at **440-284-5709**. Closed on all holidays or in inclement weather.

BLOOD PRESSURE SCREENINGS

Wednesday, October 13
10 – 11:30 a.m.

Avon Senior Center
Community Meeting Room
36786 Detroit Road
Avon, OH 44011

Tuesday, October 19
12:30 – 2 p.m.

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

MOBILE MAMMOGRAM SCREENING

Monday, October 18
10 – 11:30 a.m.

The Cottages of Riverview
550 Sommer Way
Elyria, OH 44035
Call Nicole Edwards **216-896-1768**
for times and information.

HERNIA SCREENING

Do you experience swelling, a bulge or pain in your abdomen, pelvis or groin area? Find out if you have a hernia.

Saturday, October 23
9 - 12 p.m.

Elyria Medical Center
Gates Building
125 Broad Street, Suite 201
Elyria, OH 44035
Call 440-420.4261 or
[click here to register online](#)



COMMUNITY EVENTS

GARDENING FOR LIFELONG HEALTH

Topic: Canning with Walt
Wednesday, October 13
3 - 4 p.m.

UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH 44024
Call **440-214-3180** to register

ELDERBERRIES: SENIOR DAYS IN THE PARK

(In collaboration with Geauga Dept. on Aging and Geauga Park District)
Fall Wagon Rides, UH table & Blood Pressure Screenings
Thursday, October 14
11:30 a.m. - 2:30 p.m.
Lunch provided

Swine Creek Reservation

1 Woods Edge Shelter
16004 Hayes Road
Middlefield, OH 44062
Call **440-214-3180** to register

DINNER AND A MOVIE

Thursday, October 28
3 - 5 p.m.

West Geauga Senior Center

8090 Cedar Road
Chesterland, OH 44026
Accepting registrations October 14
Call **440-214-3180** to register

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, October 4
8:30 - 10 a.m.

West Farmington Senior Center

150 College Street
West Farmington, OH 44491

MOBILE HEALTH SCREENINGS PROGRAM

Wednesday, October 13

9 a.m. – 3 p.m.

Screenings available:
Mammograms - Blood Pressure
Blood Glucose - Body Mass Index
Bone density - Total Cholesterol

Middlefield Village Hall

14860 North State Avenue
Middlefield, OH 44062
Call **440-629-4207** for information
or to schedule your 3-D mammogram

HEALTH & WELLNESS SCREENING DAY

Monday, October 18

10 a.m. – 12 p.m.

Gauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

HEALTH EDUCATION

GETTING THE MOST OUT OF YOUR DOCTOR'S APPOINTMENT

Tuesday, October 12

2:30 - 3:30 p.m.

Gauga West Library

13455 Chillicothe Road
Chesterland, OH 44026
Call **440-729-4240 ext 2574**
to register

EXERCISE & FITNESS

GAUGA CYCLISTS

(In collaboration with Geauga Dept. on Aging and Geauga Park District)
Wednesdays,
October 6, 13, 20, 27
3 – 4:00 p.m.

Maple Highland Trail

East of Chardon Marc's plaza.
Park and meet at Chardon's Park Avenue Parking Lot. Must have your own bike and transportation to park. Helmets are required.
Call **440-279-2137** for information

FIGHTING AGAINST PARKINSON'S

(In collaboration with Geauga Dept. on Aging)

Non-contact boxing and fitness class for seniors diagnosed with Parkinson's disease.

Mondays, October 4, 11, 18, 25
Wednesdays, October 6, 13, 20, 27
Fridays, October 1, 8, 15, 22, 29

Everybody's Gym

357 Washington Street
Chardon, OH 44024
Call **440-279-2137** for information
Cost \$45

SUPPORT GROUPS

LIVING WITH LYMPHEDEMA

Wednesday, October 20
6 --8 p.m.

Concord Health Center

Community Room
7500 Auburn Road
Concord, OH 44077

PARKINSON'S DISEASE

Tuesday, October 19
12:30 - 1:30 p.m.

Chardon Senior Center Pavilion

12555 Ravenwood Drive
Chardon, OH 44024



UH Geauga Medical Center, *cont.*

PREVENTATIVE HEALTH

DIABETES SELF-MANAGEMENT EDUCATION

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**.

MEDICATION MANAGEMENT CLINIC

This clinic is staffed by pharmacists who are highly trained experts in the following areas:

Diabetes, high blood pressure, high cholesterol, heart failure and smoking cessation. Pharmacists will help you organize your medications, answer questions about your health condition or medications.

Call **440-285-3037** for information

RISK ASSESSMENTS

Call Wellness Coordinator at **440-904-0064**

SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?

UH Geauga Medical Center
Norma N. Chapman
Senior Assessment Program
13221 Ravenna Road,
Chardon, OH 44024

Call to schedule an assessment
440-285-6408

For the most up to date information and activities, check us out on

[facebook](#)

Age Well. Be Well

UH Avon Health Center

UH Bedford Medical Center

UH Conneaut Medical Center

UH Elyria Medical Center

UH Geauga Medical Center

UH Geneva Medical Center

UH Portage Medical Center

UH Parma Medical Center

UH Richmond Medical Center

UH St. John Medical Center

UH Samaritan Medical Center

UH Parma Medical Center

HEALTH EDUCATION

DIABETES AND NUTRITIONAL COUNSELING

Offering either virtual or in-person outpatient nutrition counseling.

Focus will be on behavioral and lifestyle changes to encourage better eating habits and enhance overall health. This is

recommended for those seeking nutritional advice, manage weight or diagnosed with diabetes, high cholesterol, prediabetes or other health conditions. Counseling will include meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance is accepted, including Medicare. A referral from your

physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage. Call Melanie Hocker, MS, RD, LD, our dietitian **440-743-2155** for more information.

HEALTH SCREENINGS

HERNIA SCREENING

Do you experience swelling, a bulge or pain in your abdomen, pelvis or groin area? Find out if you have a hernia.

Saturday, October 23

9 - 11 a.m.

Parma Medical Center
Medical Arts Center 2

6707 Powers Boulevard
Suite 309
Parma, OH 44129

Appointment is required.

Call **440-743.4932** to schedule

COMMUNITY EVENTS

MEDICATION TAKE BACK AND PAPER RECYCLING

Saturday, October 23
10 a.m. - 2 p.m.

Portage Medical Center
Outside - Medical Arts Building
6847 North Chestnut Street
Ravenna, OH 44266
Call **330-297-2591** for info

DIABETES

SELF-MANAGEMENT EDUCATION CLASSES

Free diabetes education for anyone newly diagnosed or who may need help.

Call **330-297-2575** for information

DIABETES SUPPORT GROUP

Tuesday, October 5
4 - 5 p.m.

Portage Medical Center
Medical Arts Building, Room 150
6847 North Chestnut Street
Ravenna, OH 44266
Call **330-297-2575** to register

HEALTH EDUCATION

VIRTUAL SMOKING CESSATION CLASSES

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

HEALTH SCREENINGS

AMPUTEE WALKING CLINIC

Thursday, October 7
3 - 5 p.m.

Portage Medical Center
Medical Arts Building, Room 150
6847 North Chestnut Street
Ravenna, OH 44266
Call **330-297-2576** to register

WOMEN'S HEALTH

3-D MAMMOGRAMS

Provided by UH Mobile Health Unit
Friday, October 22
9 a.m. - 2:30 p.m.

Newton Falls City Hall
19 North Canton Street
Newton Falls, OH
6847 North Chestnut Street
Ravenna, OH 44444
Call **330-896-1768** to schedule mammogram.

FREE MAMMOGRAMS

For underinsured or uninsured women.

Portage Medical Center
6847 North Chestnut Street
Ravenna, OH 44266
Call **330-297-2338** to find out if you qualify for this screening.

SUPPORT GROUPS

- Alzheimer's Association Caregiver Support
- Beyond Stroke Support Group
- Breast Cancer Support Group
- Diabetes Support Group
- Ostomy Support Group
- Parkinson's Support Group
Call **330-297-2576**
- Hope and Healing Support Group for Grieving Adults
Call **330-241-6282**

SAVE THE DATE

MEN'S HEALTH SCREENING

Saturday, November 6
8:30 a.m. - 12 p.m.

Portage Medical Center
6847 North Chestnut Street
Ravenna, OH 44266
Call **330-297-2576** for info and registration

OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast cancer cannot be prevented but early detection can keep the disease from spreading and greatly increase your odds for a favorable outcome. The advanced three-dimensional mammography at University Hospitals can help find cancer earlier than other conventional methods. Use our convenient [online scheduling tool](#) to book your mammogram appointment today or call **216-452-7122**.

Screening Mammogram Recommendations. A baseline (first) mammogram is recommended for women when they reach the age of 40, regardless of their risk factors, followed by annual screening mammograms every year thereafter.

HEALTH EDUCATION

PULMONARY EDUCATION CLASSES

Topics of discussion:

- Asthma
- COPD
- Medications
- Nutrition
- Oxygen
- Pneumonia

Thursday, October 14

6 – 7 p.m.

Richmond Medical Center

27100 Chardon Road, 4th Floor
Richmond Heights, OH 44143

PREVENTIVE HEALTH

HEALTH RISK ASSESSMENTS

Our team of health care providers ask a brief series of questions to assess your risk for breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and having a stroke. Based on your answers, recommendations are made for scheduling the recommended testing. To schedule a free risk assessment call **440-735-2559**.

HEALTH SCREENINGS

FREE VASCULAR SCREENING

More than 50 percent of those with peripheral artery disease (PAD) have no symptoms.

PAD is a serious condition that occurs when blood flow through the legs and feet is restricted by the build-up of fatty deposits in the blood vessels of the legs. It can cause pain and cramping that can make walking – and life – miserable. In extreme cases, PAD can result in the loss of a leg or foot to amputation.

If you answer yes to any of these questions, find out your risk at our free screening event:

- Are you 50 years or older?
- Do you have diabetes?
- Have you ever smoked?
- Do you have high blood pressure and/or high cholesterol?

Saturday, October 9

8:30 a.m. – 12:30 p.m.

Richmond Medical Office Building

27155 Chardon Road, Suite 106
Richmond Heights, OH 44143
Call **216-767-8435** to schedule
Reservations are limited.

SAVE THE DATE

MOBILE MAMMOGRAM UNIT AND SCREENINGS

Monday, November 8

9 a.m. – 3 p.m.

Wickliffe Community Center

900 Worden Road
Wickliffe, OH 44092
Call Nicole Edwards **216-896-1768**
for times and information.



UH St. John Medical Center, a Catholic Hospital

HEALTH EDUCATION

DIABETES EDUCATION

Individualized education on blood glucose monitoring, medication management and preventing complications. A physician referral is required.

UH St John Health Center

26908 Detroit Road, Suite 100
Westlake, OH 44145
Call **216-844-1499** to schedule

AMERICAN HEART ASSOCIATION - HEARTSAVER CPR/AED

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

This is a free class, but you must register at www.uhems.org.

Call **216-849-5013**

OUTPATIENT NUTRITION COUNSELING

With extensive nutrition counseling experience throughout each person's life cycle, Marge Robison, MPH, 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
Westlake, OH 44145
Call **440-835-4426**

UH St. John Medical Center, a Catholic Hospital, *cont.*

HEALTH SCREENINGS

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.

BALANCE SCREENINGS

Call **440-414-6050** for an appointment. Space is limited.

AUDIOLOGY

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

BLOOD PRESSURE SCREENINGS

Monday, October 11
11 a.m. – 12 p.m.

North Olmsted Senior Center
Community Meeting Room
28114 Lorain Road
North Olmsted, OH 44070

Wednesday, October 13
9:30 – 11 a.m.

Lakewood Senior Center
16024 Madison Avenue
Lakewood, OH 44107

Thursday, October 28
11:30 a.m. – 1 p.m.

Westlake Center for Community Services
Community Meeting Room
28975 Hilliard Boulevard
Westlake OH 44145

SENIOR SUPPER CLUB

Seniors-60 years of age and older may apply for a Supper Club card from:

- Westlake Center for Community Services** (440-899-3544); or
- North Olmsted Senior Center** (440-777-8100).

Present your card at **St. John Medical Center Cafeteria** to 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. You must present your card to receive the discount.

Daily | 4 – 5:30 p.m.

UH Samaritan Medical Center

EXERCISE & FITNESS

S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)

Walking support group for COPD patients
Tuesdays and Thursdays
10 a.m.

The Keith Field House
Ashland High School
Ashland, OH 44805

HEALTH EDUCATION

VIRTUAL ONLINE EVENT **All about Polycystic Ovary Syndrome**

Presented by Diana Carmona, MD, OB/GYN
Thursday, October 21
12 - 1 p.m.
[Click here to register](#)

SMOKING CESSATION

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

HEARTSAVER FOR THE COMMUNITY

Tuesday, October 26
4 - 6 p.m.

Samaritan on East Main
663 East Main Street
Ashland, OH 44805
Call **419-207-7856** to register
Class limited to 10

BLS FOR THE COMMUNITY **Thursday, October 14**

2 – 5 p.m.

Samaritan on East Main
663 East Main Street
Ashland, OH 44805
Call **419-207-7856** to register
Class limited to 10

HEALTH SCREENINGS

BIOMETRIC, BLOOD PRESSURE, BONE DENSITY AND STROKE SCREENINGS

Call **419-207-7856** for appointment

LOUDONVILLE STREET FAIR **Tuesday, October 5 through** **Saturday, October 9**

Hands-only CPR, stroke and heart assessments and education, BP screening, and more!