



University Hospitals

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

AGE WELL. **BE WELL.** EVENTS OCTOBER 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



Free Lung Cancer Screening

Low-Dose CT (LDCT) | Early Detection Saves Lives

SCREENING *must be completed by 4/30/27*

SCHEDULE YOUR ANNUAL SCREENING

Lung cancer screening with a low-dose CT scan can find cancer early, when it is most treatable. Screening is recommended each year for people who meet the following criteria:

Am I Eligible?

- Ages 50 to 80 years old
- Current smoker, OR former smoker who quit within the last 15 years
- A 20 pack-year history of cigarette smoking

Please contact your provider to obtain an order for annual lung cancer screening.

Need help scheduling?

Call the Nurse Navigation Line: 216-983-5864



COMMUNITY PROGRAMS

SHAKER HEIGHTS WALKING CLUB

Being physically active can improve your brain health, help manage weight, reduce risk of disease, strengthen bones and muscles and improve your ability to do everyday activities! University Hospitals Ahuja Medical Center and the City of Shaker Heights encourage you to join our Walking Club at Southerly Park to not only get your body moving but enjoy open discussion on a health and wellness topic.

Tuesday, October 6, 20

10 -11 a.m.

Southerly Park

15401 S. Woodland Rd

Shaker Heights, OH 44118

UNIVERSITY HEIGHTS FIRE DEPARTMENT OPEN HOUSE

In observation of Fire Prevention Week, the Fire Department will be hosting an Open House. This FREE community event will feature family-friendly activities, education, and fun! Ahuja Medical Center will be present to provide health and wellness education and giveaways!

Sunday, October 4

12. - 3 p.m.

University Heights Fire Dept.

3980 Silsby Road

University Heights, OH 44118

BIOMETRIC SCREENINGS

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

Thursday, October 29

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

Beachwood Senior Wellness Expo

25325 Fairmount Road

Beachwood, OH 44112

BLOOD PRESSURE SCREENINGS EVENTS (FREE Blood Pressures Screenings)

Thursday, October 29

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

Walton Hills Event Ctr

14660 Alexander Rd.

Walton Hills, OH 44146

BEACHWOOD FALL FESTIVAL

Ahuja Medical Center will be present to provide health and wellness education and giveaways!

Sunday,

October 11

12.-5 p.m.

Beachwood Community Center

25325 Fairmount Blvd

Beachwood, OH 44122

CAMPBELL COURT APARTMENTS HEART HEALTH PRESENTATION

Ahuja Medical Center's Chest Pain Coordinator will share his knowledge on heart attack symptom awareness and the importance of heart health. In the United States, someone has a heart attack about every forty seconds. He will discuss the risk factors associated with heart attack, how to recognize signs and symptoms of a heart attack and what you can do to stay healthy.

Thursday, October 13

12.-1 p.m.

Campbell Court Apartments

16650 Van Aken Blvd

Cleveland, Ohio 44120

AHUJA MEDICAL CENTER BREAST CANCER AWARENESS

October National Breast Cancer Awareness Month. For nearly four decades now, the country has recognized October as National Breast Cancer Awareness Month. It is a time annually devoted to educating everyone about breast cancer and the importance of early detection and access to timely, high-quality care. Join UH Ahuja Medical Center in recognizing Breast Cancer Awareness Month by visiting our educational table in the main lobby.

Thursday, October 22

11 a.m.-1 p.m.

Ahuja Medical Center- Main Lobby

3999 Richmond Rd.

Beachwood Ohio 44122

AHUJA MEDICAL CENTER HEARTSAVER CPR/AED TRAINING

University Hospitals is committed to the mission of Building Lifesaving Communities. To support this mission, UH provides Heartsaver CPR/AED training through Community Benefit without any financial commitment from individual community members. American Heart Association Heartsaver CPR/AED courses are designed for anyone with little or no medical training who needs a course completion card for their job (lifeguard, school employee or student, daycare worker, etc.) or any community members who want to be prepared to help in during a cardiac arrest. *Spots are limited so please register* at: <https://www.uhhospitals.org/health-information/classes-and-events/606919>

Thursday, October 15

5:30 – 8:30 p.m.

UH Ahuja Medical Center,

Conference Rooms A/B

3999 Richmond Rd

Beachwood, Ohio 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, October 28

12-1 p.m.

UH Beachwood Rehabilitation Hospital

23333 Harvard Road

Beachwood, OH 44122

Avon Health Center
1997 Healthway Drive
Avon, OH 44011

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

COMMUNITY PROGRAMS

THERAPEUTIC ART

COMMUNITY GROUP

Looking for some joy with art? Join Art Therapist Jess Grimm with UH Connor Whole Health for the therapeutic art groups. Art has been shown to help reduce stress and give you some time for yourself. Each class is an hour long. This class is open to the community so you are welcome to bring a friend. There are no fees for this class, but sign up is needed so that we have enough supplies. *Second Wednesday of each month*

October 14

12 - 1p.m.

OUTDOOR DOG WALK - HALLOWEEN THEME

Join us for our monthly dog walk for some social time paired with physical activity. Don't have a dog, but love dogs, come for the community. We walk the adjacent neighborhood Clifton Way/Lake Point Dr. Loops which is approximately one mile when walked from the fitness center. Water and snacks will be provided for your pooch. Feel free to dress yourself and or your dog in a costume. No costume, no problem, come for fun!

Friday, October 23

5:30 -6:15p.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, October 8 and 22**
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, October 12

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, October 10

Saturday, November 14

11-11:55a.m.

MOBILITY AND STRETCH

(Elissa)

A full body series of stretches focusing on flexibility, mobility, and relaxation. Exercises are done standing as well as on the floor with a mat. Mats are provided if you do not own one.

Saturday, October 3

8:15-9 a.m.

EXERCISE & FITNESS

BEGINNER CYCLING (Jackie)

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

Saturday, October 17

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, October 2

Friday, November 6

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, October 8 and 22

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.

Saturday, October 24

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, October 26

Monday, November 30

10 -10:55a.m.

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.

Thursdays, October 1, 8, 15, 22

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, October 21
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, Oct 2:** Meal Prep Club
12-1p.m.

• **Tuesday, Oct 6:** Dietitian's Table
12-1 p.m.

• **Tuesday, Oct 13:** Dietitian's Table
12 - 1 p.m.

• **Tuesday, Oct 20:** Dietitian's Table
12-1 p.m.

• **Tuesday, Oct 27:** Dietitian's Table
12 - 1 p.m.

• **Thursday, Oct 29:** Lunch and Learn:
Breast Cancer Awareness.
12 - 1p.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.

Wednesday, October TBD
1 - 3 p.m.

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



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.

Tuesday, October 27
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.

Tuesdays, October

Dates TBD: Check Eventbrite or call to register

1130 a.m.-12:30 p.m.

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, October 3
12- 1 p.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](https://www.uhhospitals.org/Bedford)



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, October 2, 16
11 a.m.-12 p.m.

LINE DANCING

Come and enjoy a lively evening of line dancing with Lady Q! Whether you're a seasoned dancer or a beginner, this fun-filled event promises great music, energetic moves, and a chance to meet new friends. Don't miss a night of rhythm, laughter, and unforgettable memories!

Wednesday, October 7
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.

ZUMBA

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

Friday, October 9
12-1 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."

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>

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>



UH Bedford Campus (con't.)

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Wednesday, October 21
10 a.m.-1 p.m.
Bedford Heights Community Ctr.
5615 Perkins Road
Bedford Heights, OH 44146
(Bedford Heights 60 community
members only)

Wednesday, October 14
11 a.m. - 1 p.m.
Ellenwood Recreation Center
124 Ellenwood Avenue
Bedford, OH 44146

Thursday, October 8
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

Tuesday, October 13
9 - 10:30 a.m.

Thursday October 22
12 - 1 p.m.

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

Tuesday, October 13
2 -4 p.m.
Maple Heights Library
5225 Library Lane
Maple Heights, OH 44137

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



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.

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, October 21

5 - 6 p.m.

Becker's

1601 W. Prospect Road

Ashtabula, OH 44004

For more information and to RSVP, call 440-593-0206



COMMUNITY PROGRAMS

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

BLOOD PRESSURE SCREENINGS

Thursday, October 15

10 a.m. – 12 p.m.

Avon Senior Center

36786 Detroit Rd

Avon OH 44011

Tuesday, October 20

12:30-2 p.m.

Avon Lake Senior Center

Old Firehouse Community Center

100 Avon Belden Road

Avon Lake, OH 44012

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>

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

AGING WELL SENIOR EXPO

This event sponsored by the Lorain County Office on Aging is the place to learn about local agencies, products and services to help seniors age successfully in the place they choose to call home. *Admission \$1 or a canned good.*

Wednesday, October 7

10 a.m.-2 p.m.

LaGrange Village Hall

301 Liberty St

LaGrange, OH 44050

FREE HEALTH SCREENINGS

This health fair will provide education regarding different care options for seniors. Free cholesterol, glucose, and blood pressure screenings will be provided. No registration or fasting is required.

Thursday, October 15

9-11 a.m.

North Ridgeville Senior Center

7327 Avon Belden Rd

North Ridgeville, OH 44039



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, October 1

12 - 2:30 p.m.

West Geauga Senior Center

8090 Cedar Road

Chardon, OH 44024

GARDENING FOR LIFELONG HEALTH

Gardening is an excellent way for our aging bodies to be physically active, shed calories and stay flexible. Do you want to learn basic gardening skills, brush up on rusty skills or learn more about the nutritional value of home grown vegetables. *Topic: End of Season Wrap-up / Celebration*

Wednesday, October 14

3-4 p.m.

UH Geauga Medical Center - Conference Center

13207 Ravenna Road

Chardon, OH 44024

MEDICATION MANAGEMENT & 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.

Monday, October 12

12 p.m.

Bainbridge Senior Center

117751 Chillicothe Road

Chesterland, OH 44026

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, October 21

11 a.m.-12 p.m.

Middlefield Senior Center

15820 Ridgewood Drive

Middlefield, OH 44062

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, October 12

8:30 -10 a.m.

West Farmington Senior Center

150 College Street

West Farmington, OH 44491

Tuesday, October 20

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

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024

YMCA HEALTH & WELLNESS FAIR

Join us at the Geauga YMCA Health Fair! University Hospitals will be offering free health screenings, educational materials and valuable health resources. You'll also have the chance to connect with many other vendors providing helpful information and services.

Monday, October 5

9 a.m.- 12 p.m.

Gauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

EXERCISE FITNESS

WALKING FOR WELLNESS

Walking has shown to help with weight management, reducing stress and increasing energy levels. Group walking programs can help you reach your personal wellness goals (In collaboration with Geauga Dept. on Aging)

Thursdays | 9 a.m.

October 1

Headwaters Park (322 entrance)

15052 Mayfield Road

Huntsburg OH 44046

October 8

Chapin Forest Reservation

9938 Chillicothe Road

Kirtland, OH 44094

October 15

Swine Creek Reservation

16004 Hayes Road

Middlefield, OH 44062

October 22

Sunnybrook Preserve

12474 Heath Road

Chesterland, OH 44026 *(Afterwards breakfast at Rise & Dine Cafe 12769 Chillicothe Road, Chesterland 44026)*

October 29

Skok Meadows

12415 Concord Hambden Road

Concord, OH 44077

AMERICAN RED CROSS BLOOD DRIVE

Wednesday, October 28

11 a.m. - 4 p.m.

UH Geauga Medical Center

Conference Center

13207 Ravenna Road

Chardon, OH 44024



Blood Drive!

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, October 5, 12, 19, 26
Wednesdays, October 7, 14, 21, 28
Fridays, October 2, 9, 16, 23, 30

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

PEDALING FOR PARKINSON'S

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

M / W / F Class
1:30-2:30 p.m.
Ohman Family Living at Holly
Call 440-338-8220 for Information

MAKING SENSE OF YOUR DIABETES MEDICATION

Learn how your diabetes medications
work, when to take them, and how
they help manage your blood sugar.
Gain confidence in taking your
medications safely and knowing
when to talk with your healthcare
provider.

Tuesday, October 27
12 p.m.
West Farmington Senior Center
150 College Street
West Farmington, OH 44491

SUPPORT GROUPS STROKE SUPPORT GROUP

Monday, October 5
6 p.m.
**UH Geauga Medical Center
(Conference Center)**
13207 Ravenna Road
Chardon, OH 44024
Call 440-214-3101 for information

PARKINSON'S SUPPORT GROUP

Tuesday, October 20
12:30-1:30 p.m.
Chardon Senior Center
470 Center Street Bldg. 8
Chardon, OH 44024
Call 440-279-2167 to register

DIABETES SUPPORT GROUP

Tuesday, October 20
2- 3 p.m.
*Topic: Understanding Diabetes
Care in the Hospital*
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

GEAUGA CYCLISTS

Cycling is one of the best exercises for aging bodies, it helps you work your cardiovascular system and keep your heart healthy. Cycling is a low-impact sport that reduces strain on joints. Join us as we start this program for a weekly ride. We ride between 10-15 miles on different parts of the Maple Highlands Trail. You must have your own bike and transportation to the park. Please wear helmets for safety, bring water and you must follow the park etiquette. (Program in collaboration with Geauga County Department on Aging and Geauga Park District)

Tuesdays | 9 a.m.

Locations vary each week.

October 6 - Meet at Claridon Woodlands

11383 Claridon Troy Road
Chardon, OH 44024

October 13 - Meet at Headwaters Park (Park at the first parking lot on the right when you pull in)
13365 Old State Road
Huntsburg, OH 44046

October 20 - Meet at Eagles Park Maple Highlands Trail
312 Park Avenue
Chardon, OH 44024

October 27- Meet at Dollar General
15894 W. high St, Middlefield. OH 44062
Park at Dollar General , Maple Highland Trail Breakfast beforehand at 8 a.m. at C's Cafe 15916 W. High Street Middlefield, OH 44062

For more information and to register call Melissa Wheeler 440-279-2167



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.**

October 19 | 5 - 6:30 p.m.

Topic: Caregiver Support & Burnout Prevention - Practical tools and support for caregivers to reduce stress, prevent burnout, and care for themselves while caring for others.

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.

THE BENEFITS OF OUTDOOR WALKING IN AUTUMN

Enjoy the crisp autumn air and beautiful fall scenery while getting the physical and mental health benefits of walking. Even a short walk outdoors can help boost your mood, reduce stress, and support overall wellness.

**Thursday, October 8
11 a.m.**

Middlefield Senior Center
15820 Ridgewood Drive
Middlefield, OH 44062

GEAUGA COUNTY SHERIFF'S OFFICE TRUNK OR TREAT EVENT

Bring your grandkids and join us for a fun-filled Trunk or Treat event! Enjoy festive decorations, sweet treats, and plenty of family-friendly Halloween fun for all ages.

FREE ADMISSION Wednesday, October 28

5:30 - 8 p.m.

Gauga County Safety Center
12450 Merritt Road
Chardon, OH 44024

AMERICA 250 FOOD & FARMS

October is Food and Farms month, celebrating the vital role agriculture has played in shaping Ohio's history, economy, and communities. Presented by Mandy Orahoad.

Mandy is the Organization Director for Ashtabula, Geauga, Lake and Trumbull counties. In this role, she is a liaison between county Farm Bureaus and Ohio Farm Bureau. (In collaboration between UH Geauga and Department on Aging) Stop by UH table for education, resources and more! Refreshments provided

Thursday, October 22

1 - 2:30 p.m.

Gauga County Office Building Room B167

12611 Ravenwood Drive
Chardon, OH 44024

Registration is required, call 440-279-2137

Glenville Community Wellness Center

COMMUNITY PROGRAMS

**UH Community Wellness Center at
Glenville 10527 Orville Avenue
Cleveland, OH 44106**

To register or for questions: <https://www.eventbrite.com/o/uh-community-wellness-center-at-glenville-73039239633>
india.robinson@UHHospitals.org
Phone: 216-237-5017

Call 216-237-5017 to sign up for any session. Walk-ins welcome if registration is not full.

Hours of Service:

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

Wednesday: by schedule

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

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

EXERCISE PROGRAMS

YOGA WITH STEPHANIE

Discover the benefits of yoga in a welcoming class designed for everyone, regardless of age or experience. This session focuses on gentle stretches, mindful breathing, and simple poses to promote flexibility, strength, and relaxation. Whether you're new to yoga or a seasoned practitioner, our all-ages class offers a supportive space to unwind, connect, and enhance overall well-being. Participants can do chair or mat yoga. Bring your own mats or we will have mats available for use.

Every Monday in October
10-11 a.m.

Every Tuesday in October
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 October
11:15 a.m. -12 p.m.

Every Thursday in October
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 October
11 a.m. – 12 p.m.

Every Thursday in October
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 October**
5 - 7 p.m.

**Beginner / Intermediate / Advanced
Every Friday in October**
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 if you want to reserve steps or bring your own that you are comfortable with using already.

Every Thursday in October
5 – 6 p.m.

AGE WELL. BE WELL.

COMMUNITY PROGRAMS

LAKE COUNTY CENTRAL YMCA SCREENINGS

High blood pressure, also known as hypertension, can lead to serious health problems including heart attacks or stroke. Measuring your blood pressure is the only way to know if you have it. Join us at the Lake County YMCA to check your cholesterol, glucose and blood pressure!

Monday, October 12

8 a.m. - 1 p.m.

Lake County YMCA

Central Branch

933 Mentor Ave

Painesville, OH 44077



Mammography | Breast Imaging Centers at University Hospitals

<https://www.uhhospitals.org/services/radiology-services/radiology-procedures/breast-imaging-and-mammography>



HEALTH AND WELLNESS IN WILLOWICK

Step into wellness at Willowick Senior Center's health and wellness fair. University Hospitals will be there to screen your blood pressure, cholesterol, and glucose! No appointment is required!

Wednesday, October 14

9 a.m. - 12 p.m.

Willowick Senior Center

321 E 314th St.

Willowick, OH 44095

BEACHWOOD MEDICAL CENTER HEALTH SCREENING SERIES

Stop in to see us in the Beachwood Medical Center lobby, to check your cholesterol, glucose and blood pressure! Screenings are crucial, to help identify risks early. High blood pressure or hypertension often has no symptoms, yet can cause damage to blood vessels, the brain, heart, and kidneys.

Wednesday, October 7

9 a.m. - 12 p.m.

UH Beachwood Medical Center

25501 Chagrin Blvd

Beachwood, OH 44122

BLOOD PRESSURE SCREENING EVENTS

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

Saturday, October 3

9 a.m. - 12 p.m.

UH Tripoint Medical Center

7590 Auburn Road

Painesville, OH 44077

UNIVERSITY HOSPITALS FALL FESTIVAL

Join us for a fall celebration featuring family fun, free health screenings from 10:00 am - 1:00 pm, community resources, and seasonal activities. There will be a great line up of craft vendors in the conference center, food trucks, our UH Clinical Research Mobile Unit, and more.

Health screenings include balance, blood glucose, bone density, carpal tunnel, pulmonary function testing, and non-fasting cholesterol levels.

Call 440-482-0032 to sign up for hernia, mammogram, PSA, and carotid ultrasound screenings.

Trunk or Treat is from 1- 3 p.m. carnival games are from 10 a.m.- 3 pm.

FREE PRODUCE GIVEAWAY

while supplies last! UH Seidman Cancer Center is opening November 2026! Learn more about cancer care services coming to UH TriPoint when you visit our display.

Saturday, October 17

10 a.m. - 3 p.m.

UH Tripoint Medical Center

Auburn Road

Painesville, OH 44077

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.

Monday, October 19 | 6 p.m.

**Topic: The Digestion Reset:
Rebuilding Your Gut From the
Ground Up**

Bloating, reflux, gas, and food sensitivities are often signs that digestion isn't working as well as it should. In this 60-minute talk, you'll learn how to strengthen digestion from the ground up instead of constantly chasing symptoms or cutting out more foods.



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.mih@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

6681 Ridge 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***

BLOOD DRIVE

Please consider donating... there is a national blood shortage. Save a life today! The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime.

Thank you for supporting the American Red Cross blood program! Click [here](#) to register or call 1-800-RED-CROSS (1-800-733-27677)

Wednesday, October 28

11 a.m. – 5 p.m.

UH Parma Medical Center

7007 Powers Boulevard

Parma OH 44129

THE UNIQUE BENEFITS OF STRENGTH TRAINING FOR WOMEN

Strength training provides numerous health benefits for people of all ages, many of which are unique to women. Click the link below to read the article.

<https://www.uhhospitals.org/blog/articles/2024/04/the-unique-benefits-of-strength-training-for-women>

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>

SUPPORTING YOUR JOURNEY TO GOOD HEALTH

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](https://www.uhhospitals.org/PCPreferral) or Call: 216-223-9564



UH MEDS BRING HEALTH AND WELLNESS DIRECTLY TO YOU WITH ONSITE VACCINATION SERVICES VACCINES AVAILABLE

Immunizations that will be provided include:

Influenza (flu)

COVID-19

Influenza High Dose (65 and older)

RSV

Zoster (shingles)

Pneumococcal (pneumonia) Hepatitis A and B

Tdap (tetanus, diphtheria and pertussis)

Wednesday, October 7

9 - 11 a.m.

North Royalton Senior Center

13220 Ridge Road

North Royalton, OH 44133

Call 440-582-6333 to register

When you call you will have to

*indicate which vaccine (s) you want to receive. **BRING YOUR***

INSURANCE CARD - BILLING IS REQUIRED. NO CASH PAYMENT IS ACCEPTED

CITY OF INDEPENDENCE COMMUNITY HEALTH FAIR

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.

Friday, October 9

9 a.m. - 12 p.m.

Independence Civic Center

6363 Selig Drive

Independence, OH 44131

Our Mission
To Heal. To Teach.
To Discover.

SAVE THE DATE NORTH ROYALTON 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. Community Blood Drive by Vitalant, 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

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

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

Wednesday, October 7

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

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

(Glucose screening included)

Wednesday, October 7

9 - 10:30 a.m.

North Royalton Office on Aging

13220 Ridge Road

North Royalton, OH 44133

440-582-6333

Thursday, October 8

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue

Brooklyn, OH 44144

216-635-4262

Friday, October 9

9 a.m. - 12 p.m.

Community Health Fair

Independence Senior Center

6363 Selig Drive

Independence, OH 44131

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS (con't).

Tuesday, October 13

8:30 - 10 a.m.

Broadview Hts., Senior Center

9543 Broadview Road

Broadview Hts., OH 44147

440-526-4685

Wednesday, October 14

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

216-524-6262

Friday, October 16

10 - 11:30 a.m.

Donna Smallwood Activities Center

7010 Powers Blvd.

Parma, OH 44129

440-888-8820

Tuesday, October 27

9:30 - 11:30 a.m.

North Royalton Y.M.C.A.

11409 State Road

North Royalton, OH 44133

440-230-9339

Tuesday, October 27

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

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

Wednesdays, Oct. 7, 14, 21, 28

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

No meeting in October. University Hospitals Parkinson's Boot Camp October 31. For more information contact Sharon Nichols at sharon.nichols@uhhospitals.org or call 440-743-4932.

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/edatintegration> 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: faacanhhelp.org
Fridays, October 2, 9, 16, 23, 30
4:30 p.m.

EHLERS-DANLOS SYNDROME (EDS) SUPPORT GROUP

The University Hospitals Ehlers-Danlos Syndrome (EDS) Support Group provides a welcoming and compassionate environment for individuals living with EDS, their families, and caregivers. Facilitated by knowledgeable healthcare professionals and peer leaders, this group offers a safe space to share experiences, ask questions, and gain valuable insight into managing life with EDS. Meetings focus on education, emotional support, and community-building. We meet the second Monday of every month. Topics often include symptom management, navigating healthcare systems, coping strategies, and the latest research and treatments. Guest speakers such as geneticists, physical therapists, and pain specialists may be invited to provide expert perspectives. Whether newly diagnosed or living with EDS for years, participants find encouragement, understanding, and practical tools to enhance their quality of life. The group is open to all EDS subtypes and strives to foster a sense of empowerment and resilience within the EDS community. There is no cost to attend. For more information or to register, please contact Lauren Napoli, senior PTA at 440-877-9120 or via email at lauren.napoli@uhhospitals.org.

Monday, October 12

6:45 - 8:45 p.m.

North Royalton Library

5071 Wallings Road

North Royalton

Room 123

Our Mission
To Heal. To Teach.
To Discover.

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, October 12

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 aid 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.*

MONSTER DASH KIDS FUN RUN & 5K

50% of proceeds will support Raven Packs. Click the QR Code to Register.

Sunday, October 18

8:30 am. Kids Fun Run

9 a.m. 5K Run/Walk

UH Portage Medical Center

6847 North Chestnut Street

Ravenna, OH 44266



AMPUTEE WALKING CLINICS

Thursday, October 1

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

Wednesday, October 21

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).

HEALTH SCREENINGS

FREE BLOOD PRESSURE SCREENINGS

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

Thursday, October 13

11 a.m. – 1 p.m.

Renaissance Family Center, Lobby

9005 Wil Verne Drive

Windham, OH 44288

Thursday, October 15

11 a.m. – 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street

Ravenna, OH 44266

Wednesday, October 28

11 a.m. – 1 p.m.

UH Portage Professional Center, Main Lobby

6847 N. Chestnut Street

Ravenna, OH 44266

MYCHART FOR MY LIFE

Join University Hospitals Portage Medical Center for an informative session on MyChart, your personalized online health tool. You will learn how to:

- Access your health records
- Communicate with providers
- Schedule appointments
- View test results and more!

RSVP by calling 330-297-2576

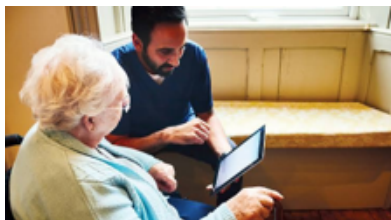
Tuesday, October 27

10 – 11 a.m.

UH Portage Medical Arts Building, Room #150

6847 North Chestnut Street

Ravenna, OH 44266



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, October 1

Thursday, October 15

8:30 - 9:15 a.m.

SAIL FALLS PREVENTION CLASS

Wednesday, October 7

Wednesday, October 21

10 – 11:00 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 Breast Cancer Awareness

Saturday, October 10

9 a.m. – 1 p.m.

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

FREE PERIPHERAL ARTERY DISEASE (PAD) SCREENING

What is PAD? PAD is a common condition where narrowed arteries reduce blood flow, most often to your legs and feet. It's primarily caused by plaque buildup in your arteries. *Reservations are required. Please call 330-297-2576 to make your appointment.*

Friday, October 9

9:30 a.m. – 12 p.m.

UH Portage Medical Center, Professional Center HHVI/ Cardiology Office – Check in Professional 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>



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, October 6, 13, 20
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, October 17
12 - 1 p.m.

Richmond Heights Elementary

447 Richmond Rd
Richmond Heights, OH 44143

HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, October 12
10 a.m. - 12:30 p.m.

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

NOURISH THE NEIGHBOR

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

Current locations for UH healthy menu options

4eleven Lounge

411 Northfield Road
Bedford OH 44146
440-945-6002

Grille 55

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

Sunset Kitchen & Lounge

11311 Euclid Ave
Cleveland, OH 44106
216 400-6590



Stay Active & Healthy This October!

October is a wonderful time to get moving, enjoy the crisp fall air, and focus on your health and well-being. Take advantage of the beautiful season by walking outdoors, gardening, visiting a local park, or enjoying activities with family and friends. Remember, every step counts! Pair regular movement with nutritious foods, plenty of water, good sleep, and social connections to help keep your body and mind strong. This fall, make your health a priority and find activities that bring you joy!

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

AGE WELL. BE WELL.

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Friday, October 2

11 a.m. - 5 p.m.

Thursday, October 22

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

UH Samaritan Medical Center Auditorium

663 East Main Street
Ashland, OH 44805

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

Wednesday, October 15

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*

AMERICAN HEART BASIC LIFE SUPPORT CPR FOR THE COMMUNITY

Friday, October 30

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*

LOUDONVILLE STREET FAIR UH TRAILER

October 6 through 10

**Various educational topics
Loudonville, OH 44842**

SMOKING CESSATION

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

GOLDEN CENTERS

**Wednesday, October 14
10 - 11 a.m.**

Neuropathy Presentation

**Loudonville Library
122 East Main St.
Loudonville OH 44842**

Monday, October 19

11 a.m. - 12 p.m.

**Stroke Education & Screenings
Lutheran Village
330 Davis Road
Ashland OH 44805**



MOBILITY AND BALANCE YOGA

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

**Ashland Wellness and
Community Center
2130 Center Street
Ashland, OH 44805**

UH SAMARITAN RETAIL PHARMACY

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

Have UH Samaritan Retail meet
your pharmacy needs-fill/transfer
prescriptions today. Use the QR
code or call 419-289-9636.
Choose UH Samaritan Retail as
your preferred pharmacy. **Free
home delivery!**



COMMUNITY PROGRAMS

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

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

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

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

SENIOR SUPPER CLUB

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

EVERYDAY 4 – 5:30 p.m.

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

HEARING TESTING

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

DIABETES EDUCATION CLASSES

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

Diabetes Self -Management Classes:

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

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

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

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

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**

Our Mission
To Heal. To Teach.
To Discover.



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, October 1

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

Westlake Center for Community Services

Community Meeting Room
28975 Hillard Blvd
Westlake, OH 44145

Wednesday, October 7

9:00 – 10:30 a.m.

Cove Community Center

12525 Lake Avenue (enter off Clifton)
Lakewood, OH 44107

Thursday, October 8

10:45 -11:45 am

North Olmsted Senior Center Community Meeting Room

28114 Lorain Road
North Olmsted, OH 44070

Monday, October 12

10:45-11:45 am

Fairview Park Senior Center

20769 Lorain Road
Fairview Park OH 44126

SENIOR WELLNESS EXPO

Join us for this free senior expo. Free cholesterol, glucose and blood pressure screenings provided.

Thursday, October 22

10 a.m.-2 p.m.

Great Northern Mall

4954 Great Northern Blvd.
North Olmstead, OH 44070

SUPPORT GROUPS

HOPE SUPPORT GROUP

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

Wednesday, October 7

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**

CAR SEAT INSTALLATIONS

Thursday, October 22

2-5 p.m.

North Olmsted Fire Department

24291 Lorain Rd

North Olmsted OH 44070

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

Thanks!

