



University Hospitals

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

AGE WELL. **BE WELL.** EVENTS SEPTEMBER 2026

If you are not a member of the **AGE WELL. BE WELL.** Club and would like to join, please visit our website <https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well> to register.

UH Locations

AVON HEALTH CENTER

1997 Healthway Drive
Avon, OH 44011
440-988-6801

AHUJA MEDICAL CENTER

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

**UH COMMUNITY WELLNESS
CENTER AT BEDFORD**

88 Center Road, Suite 150
Bedford, OH 44146
440-735-4270

**BRUNNER SANDEN DEITRICK
WELLNESS CENTER
UH FITNESS CENTER IN
MENTOR**

8655 Market Street
Mentor, OH 44060
440-375-8777

CONNEAUT MEDICAL CENTER

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

ELYRIA MEDICAL CENTER

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

GEAUGA MEDICAL CENTER

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

GENEVA MEDICAL CENTER

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

**GLENVILLE COMMUNITY
WELLNESS CENTER**

10527 Orville Avenue
Cleveland, OH 44106
440-435-8522

LAKE WEST MEDICAL CENTER

36000 Euclid Avenue
Willoughby, OH 44094
440-553-8443

PARMA MEDICAL CENTER

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

PORTAGE MEDICAL CENTER

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

**RICHMOND MEDICAL OFFICE
BUILDING**

27100 Chardon Road Ste 100
Richmond Hts., OH 44143
440-735-2559

**ST. JOHN MEDICAL CENTER,
*A Catholic Hospital***

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

SAMARITAN MEDICAL CENTER

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

TRIPOINT MEDICAL CENTER

7590 Auburn Road
Painesville, OH 44077
440-375-8100

COMMUNITY PROGRAMS

SHAKER HEIGHTS WALKING CLUB

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

Tuesday, September 8, 22
10 -11 a.m.

Southerly Park
15401 S. Woodland Rd
Shaker Heights, OH 44118



HEALTH SCREENINGS

BIOMETRIC SCREENINGS

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

Sunday, August 2

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

Communion of Saints- Saint Philomena's Church

13824 Euclid Ave
East Cleveland, OH 44112

Screenings will be located in the rectory building

Friday, August 14

12.-3 p.m.

Campbell Court Apartments

16650 Van Aken Blvd
Shaker Heights, OH 44120

BLOOD PRESSURE SCREENING EVENTS

Ahuja Medical Center will be providing FREE blood pressure screenings.

Monday, September 9

10 - 11 a.m.

Solon Senior Center

35000 Portz Parkway
Solon, OH 44139

Wednesday, September 9

12 -1 p.m.

Glenwood Square Apartments

3092 Kendall Lane
Twinsburg, OH 44087

Wednesday, September 16

4- 7 p.m.

Twinsburg Resource Fair

Twinsburg Community Center
10260 Ravenna Road
Twinsburg, OH 44087

SHAKER HEIGHTS HEART HEALTH PRESENTATION

UH 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. *Please call to register at: 216-491-2583*

Thursday, September 3

1:30 – 2:30 p.m.

Stephanie Tubbs Jones

Community Building

3450 Lee Road
Shaker Heights, OH 44120

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, July 29

12-1 p.m.

UH Beachwood Rehabilitation Hospital

23333 Harvard Road
Beachwood, OH 44122



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

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**
September 9
12 - 1p.m.

OUTDOOR DOG WALK

Join us for our monthly dog walk for some social time paired with physical activity. Don't have a dog, but love dogs, come for the community. We walk the adjacent neighborhood Clifton Way/Lake Point Dr. Loops which is approximately one mile when walked from the fitness center. Water and snacks will be provided for your pooch.
Friday, September 11
5:30 -6:15p.m.



EXERCISE & FITNESS

OUTDOOR GROUP RUN

Open to all runners of different pace and distance abilities. Distance options are: 1 mile, 2 mile or 3.1 mile (5K) distances
Wednesday, September 9
6 p.m.

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, September 10, 24
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, Sept. 14 & Oct. 12
10 - 10:55 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, Sept. 19 and Oct. 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, September 4 and October 2 8 - 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, September 10, 24
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, Sept. 26 and Oct. 24
8:30-9:15a.m.

BENEFITS OF YOGA

The potential health benefits of yoga are numerous and include stress reduction, increased fitness, management of chronic health conditions and weight loss. While not a cure, yoga can help some health conditions when combined with standard treatment, or can be an enjoyable supplement to a regular fitness routine.

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.

EXERCISE & FITNESS

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, Sept. 12 and Oct. 10
11-11:55a.m.

MOBILITY AND STRETCH (Sharon)

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, September 12
8:15-9:00a.m.



HEALTHY@UH PODCASTS

Medical information on the internet can be complex, difficult to understand and sometimes based on misinformation. UH is helping to change that by posting Healthy@UHpodcasts, representing a source of truth and establishing our institution as a leading provider of medical information online.

You can also go to <https://www.uhhospitals.org/healthy-at-UH> and have the opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser. <https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>

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, Sept. 28 and Oct. 26
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, September 3, 10, 17, 24

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, September 16

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

HEALTHY@UH PODCASTS

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opportunity to sign up to receive FREE healthy@UH e-newsletters every month, delivered right to your inbox.

On this website, clicking on *Topics* will allow access to a variety of areas; and *Categories* will allow access to even more matters of interest. To enjoy only the topics geared toward older adults, copy this link into your email browser. <https://www.uhhospitals.org/Healthy-at-UH/topics/older-adults-and-aging>



Our Mission
To Heal. To Teach.
To Discover.



UH Bedford Campus (con't.)

MONTHLY FINANCIAL WELLNESS CLASSES: PLANNING FOR THE UNEXPECTED

Join The Phe'be Foundation for a powerful financial wellness class focused on empowering individuals and families to take control of their finances.

Monday, September 28
10:30 - 11:30 a.m.

FOOD WITH PURPOSE WORKSHOP: CLEAN KITCHENS, HEALTHY BODIES

Discover easy meal-prep tips, budget-friendly ingredients, and nutritious recipes that fit seamlessly into a hectic lifestyle without sacrificing flavor or health.

Registration required

Tuesday, September 1
12-1 p.m.

UH Wellness Center at Bedford

88 Center Road
Medical Office Building
Bedford, OH 44146

For more information or to register, call 440-735-4270

To register for the event, visit us on Eventbrite at "UH Community Wellness Center at Bedford."

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

Dates and times TBD: Check: Eventbrite or call for dates to register)

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, September 8, 29

Dates TBD: Check Eventbrite or call to register
1130 a.m.-12:30 p.m.

MAPLE HEIGHTS SUMMER CONCERT SERIES

Come out and enjoy an evening of live music and entertainment at Maple Heights Stafford Park! Stop by the UH table for valuable health and wellness information, resources, and support to help you stay healthy and informed.

Tuesday, September 1
6:30pm – 8:30 p.m.

Stafford Park
5400 Mayville Ave,
Maple Heights, OH 44137



BLOOD PRESSURE SCREENINGS

Wednesday, September 2, 16
10 a.m.-1 p.m.
Bedford Heights Community Ctr.
5615 Perkins Road
Bedford Heights, OH 44146
(Bedford Heights 60 community members only)

Wednesday, September 9, 23
11 a.m. - 1 p.m.
Ellenwood Recreation Center
124 Ellenwood Avenue
Bedford, OH 44146

Thursday, September 10
10:45 a.m.-12:30 p.m.

Maple Heights Senior Center
15901 Libby Road
Maple Heights, OH 44137

Tuesday, September 1
6:30 -8:30 p.m.
Stafford Park
5400 Mayville Ave,
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, September 1
9 - 10:30 a.m.

Thursday September 24
11:30 a.m. - 12:30 p.m.

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

Tuesday, September 22
2:30 -4:30 p.m.

Maple Heights Library
5225 Library Lane
Maple Heights, OH 44137



UH Bedford Campus (con't.)

EXERCISE & FITNESS

TAI CHI

Tai Chi is generally safe for all ages and fitness levels. It is a gentle way of reducing stress and anxiety while increasing flexibility and balance. Your instructor, Sandy Frazer, is certified by the Tai Chi For Health Institute and is associated with the Arthritis Foundation. Please join her for an introduction to Sun Style Tai Chi. Please wear loose clothing and comfortable shoes.

Monday, September 14

12-1 p.m.

Tuesday, September 29

5:30-6:30 p.m.

CHAIR YOGA

This gentle seated yoga focuses on relaxation, flexibility, and balance. It requires no special equipment and is suitable for all ages and fitness levels. Each session includes gentle stretches, breathing exercises, and mindful movements to promote tranquility and well-being. *Registration required*

Friday, September 4, 18

11 a.m.-12 p.m.

THE VOLT FITNESS CHARG'D UP CLASS

Philly Weeden's Charg'd Up cardio class is a high-energy, high-intensity class with music that keeps you moving.

Saturday, September 5

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

EXERCISE & FITNESS

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, September 2

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, September 11

12-1 p.m.



NOURISH THE NEIGHBOR

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

Current locations for UH healthy menu options

4eleven Lounge

411 Northfield Road
Bedford OH 44146
440-945-6002

Grille 55

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

Sunset Kitchen & Lounge

11311 Euclid Ave
Cleveland, OH 44106
216 400-6590

NOURISH
The NEIGHBORHOOD



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.

Walk for the Cure™

Breast Cancer Walk – Survivor

Ceremony – Celebration of Life

Sunday, September 20

11 a.m. – 2:30 p.m.

Geneva High School

1301 South Ridge Rd. E.

Geneva, OH 44041

For more information or to register, call Lori Ann Vencill at 440-593-0373

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

FREEDOM FROM SMOKING GROUP QUIT PROGRAM

Join the American Lung Association's seven-week quit smoking program. Overseen by a certified facilitator, you will learn: how to know if you are ready to quit, medications that can increase your success, lifestyle changes to make quitting easier, how to prepare for your quit day, coping strategies for managing stress and avoiding weight gain, and how to stay smoke free for good.

NO COST QUIT PROGRAM

Open to everyone.

Thursdays (5:30pm – 7:00pm)

Call 440-593-0372 or email

christina.houghton@uhhospitals.org to RSVP. Deadline to RSVP is September 24th 2026. Minimum of 3 participants required for class to be held.

Our first session starts on Thursday, October 1, 2026, at 5:30 p.m.

UH Geneva Medical Center

870 West Main Street

Geneva, OH 44041



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

FREE MAMMOGRAM PROGRAM (UNINSURED & UNDERINSURED)

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

SUPPORT GROUPS

BETTER BREATHERS CLUB

If you or someone you know is living with chronic lung disease like COPD, ASTHMA, Pulmonary Fibrosis or lung cancer, please consider joining us at this welcoming support group **4 – 5:30 p.m.**

UH Geneva Medical Center

1st Floor Pulmonary Rehab Dept.

870 West Main Street

Geneva, OH 44041

Call 440-415-0243 for information

CANCER SUPPORT GROUP

Wednesday, September 16

5 - 6 p.m.

Casa de Frida

3315 N. Ridge Rd. E.

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

Tuesday, September 15
12:30-2 p.m.

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

Thursday, September 17
10 a.m. – 12 p.m.

Avon Senior Center
36786 Detroit Rd
Avon OH 44011

DIABETES WELLNESS RETREAT

Adults 18 or older with pre-diabetes, diabetes, obesity or other metabolic conditions are invited to register for a free full day event focused on learning healthy living habits and improving health management. Space is limited to 45 participants. Dress in comfortable clothes and shoes. *You must register by texting "Well" to 216-777-4700 or emailing WellnessTeam@UHhospitals.org*
Friday, September 18
8:30 a.m. – 3 p.m.

North Ridgeville Senior Center
7327 Avon Beldon Road
North Ridgeville, OH 44039

DIABETES EDUCATION

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

SLEEP MEDICINE

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

SAFETY AND HEALTH FAIR DAYS

Join us for free health and safety exhibits, food, giveaways, crafts and fun for all ages.

Saturday, September 12
10 a.m.-2 p.m.

Avon Aquatic Facility
36265 Detroit Road
Avon OH 44011

Join us for free health and safety exhibits, food, giveaways, crafts and fun for all ages.

Saturday, September 19
10 a.m.-2 p.m.

Elyria Home Depot
150 Market Drive
Elyria OH 44035

AVON LAKE FIRE DEPT. SAFETY DAY

Join us for the 21st Annual Big Trucks event. Free health and safety exhibits, food, giveaways, crafts and fun for all ages. Parking available at Towne Center main lot with crossing assistance and shuttle support provided.

Saturday, September 19
10 a.m.-2 p.m.

Avon Lake Fire Department
32855 Walker Road
Avon Lake OH 44012



AGE WELL. BE WELL.

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, September 3

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: Harvesting and Food Preservation*

Wednesday, September 9

3-4 p.m.

**UH Geauga Medical Center -
Conference Center**

13207 Ravenna Road

Chardon, OH 44024

FLU PNEUMONIA VACCINE INFORMATION & MORE

Stay informed and protected with the latest information on flu and pneumonia vaccines, including who should consider vaccination and when to get vaccinated.

Tuesday, September 22

1 p.m.

Chardon Senior Center

470 Center Street

Chardon, OH 44024

Tuesday, September 29

12 p.m.

West Farmington Senior Center

150 College Street West

Farmington, OH 44491

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, September 9

11 a.m.-12 p.m.

Middlefield Senior Center

15820 Ridgewood Drive

Middlefield, OH 44062

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING

Monday, September 14

8:30 - 10 a.m.

West Farmington Senior Center

150 College Street

West Farmington, OH 44491

Monday, September 21

10 a.m. - 12 p.m.

Gauga YMCA

12460 Bass Lake Road

Chardon, OH 44024

Tuesday, September 22

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

Chardon Senior Center

470 Center Street Bldg. 8

Chardon, OH 44024



A MATTER OF BALANCE, MANAGING CONCERNS ABOUT FALLS

By attending a Matter of Balance Workshop you will learn to manage concerns about falls as well as set realistic goals for staying active, learn how to stay safe at home, complete exercises to increase strength and balance.

October 7 thru October 30

Every Wednesday & Friday

4 week session - 2 classes per week

1 - 3p.m.

Gauga County Public Library

Thompson Branch

6645 Madison Road

Thompson, OH 44086

*To register, call Melissa Wheeler at
440-279-2167*

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.

September 3

Orchard Hills

11340 Cavs Road

Chesterland, OH 44026

September 10

Welton's Gorge

13973 Hale Road

Burton OH 44021

September 17

Lake Erie Bluffs

3301 Lane Road

Perry, OH 44081 *(Afterwards*

breakfast at Perry Family Restaurant

2736 N Ridge Road, Painesville

44077)

September 24

Whitlam Woods

12500 Pearl Road

Hambden, OH 44064

UH Geauga Medical Center, (con't).

7th ANNUAL HONEY BEE FESTIVAL

This event is open to the public and welcomes all community members to explore 80+ vendors, Food Trucks, Music, Mini-Education Classes, Kid's Area & More. Stop by the UH table for health education and resources, blood pressure screenings and giveaways.

Saturday, September 19

10 a.m. - 5 p.m.

John's Country Nursery

15808 Old State Road
Middlefield, OH 44062

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, Sept. 14, 28, 31

Wednesdays, Sept. 2, 9, 16, 23, 30

Fridays, Sept. 4, 11, 18, 25

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

HEALTHY AGING EVENT

Come join us in the lobby for healthy living education, community resources, blood pressure screenings, and much more! Plus, don't miss your chance to enter our basket raffle.

Wednesday, September 23

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

UH Geauga Medical Center

13207 Ravenna Road
Chardon, OH 44024

SUPPORT GROUPS

STROKE SUPPORT GROUP

Monday, September 14

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, September 15

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, September 15

2- 3 p.m.

Topic: Meal Planning & Prep

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

DIABETES SELF-MANAGEMENT CLINIC

For newly diagnosed or for anyone just looking for additional information on how to live well with diabetes. *Call Diabetes Educator at 440-214-8233*

OSTOMY SUPPORT GROUP

(Meetings held every other month)

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024

Call 440-285-6210 for information

BETTER BREATHERS CLUB

If you or someone you know is living with chronic lung disease like COPD, ASTHMA, Pulmonary Fibrosis or lung cancer, please consider joining us at this welcoming support group.

Second Tuesday of the month

UH Geauga Medical Center

Conference Center
13207 Ravenna Road
Chardon, OH 44024

Call 440-285-6355 for information

LYMPHEDEMA SUPPORT GROUP

Topic and location to be determined
Call 440-214-3101 for information or

Email:

Cathy.Jewell@uhs hospitals.org or

Patricia.schroeder@uhs hospitals.org

SENIOR ASSESSMENTS

Memory Loss and Aging – When to seek help?

UH Geauga Medical Center
Norma N. Chapman Senior
Assessment Program

13207 Ravenna Road
Chardon, OH 44024

Call 440-285-6408 to schedule an Assessment

SMOKING CESSATION

Call 440-285-6355 for more information.

UH Geauga Medical Center, (con't).

COMMUNITY HEALTH SEMINARS

Stay Healthy & Safe This Summer! Join us for FREE Community Health Seminars, where we'll cover important seasonal health and safety topics to help you and your family enjoy a safe, healthy summer.

5-6:30 p.m.

September 2: "Preventative Care"

Focus on:

- Health screenings
 - Preventative medicine & wellness strategies
- Stay informed, stay prepared, and stay well all summer long!*

Refreshments provided. Registration required, please call 440-214-3180

UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH 44024

FALL PREVENTION AWARENESS EVENT

Join us for an informative and engaging program featuring a panel of experts who will share practical tips on preventing falls, improving safety, medication management, home and safety program and maintaining independence. After the discussion, participate in balance exercises led by a Matter of Balance coach to help improve strength and stability. *Lunch is provided - registration required. Call Melissa at 440-279-2167 - space is limited.*

Friday, September 25
12-2 p.m.

Munson Town Hall
12210 Auburn Road
Chardon, OH 44024



ULTIMATE CAR SHOW

Don't miss the Ultimate Car Show at UH Geauga - a day packed with stunning vehicles, live music, exciting car judging, chinese auction, 50/50 raffle and fun for all ages! Whether you're a car enthusiast or just looking for a great time. Come out and enjoy the best in automotive excitement and community spirit! \$10 fee for each vehicle registered.

Saturday, September 12

10 a.m.-2 p.m.

UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH 44024

To register a vehicle call Valerie at 440-214-3330 or email valerie.reed@uhhospitals.org

SIMPLE COOKING WITH HEART

Join us for a healthy, hands-on cooking demonstration featuring the Executive Chef and Registered Dietitian from UH Geauga. This month will feature an "Anti-Inflammatory" menu. UH Rehab Services will present on "Maintaining a Strong Body, as We Age." *Registration required - call 440-214-3180.*

Wednesday, September 16

3-4:30 p.m.

UH Geauga Medical Center -
Conference Center

MONTVILLE COMMUNITY DAY

Join us for Montville Community Day for health education, resources, giveaways and blood pressure screenings

Saturday, September 12

3 - 7 p.m.

Montville Community Day
9755 Madison Road
Montville, OH 44094

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.

September 1 - Meet at Claridon Woodlands

11383 Claridon Troy Road
Chardon, OH 44024

September 8 | 10 a.m. - Special Bike Trip (Registration required)

Cuyahoga Valley National Park
Meet at Big Bend Trailhead
13337 Merriman Road
Akron, OH 44313

September 15 - Meet at Eagles Park Maple Highlands Trail
312 Park Avenue
Chardon, OH 44024

September 22- 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

UH Geauga Medical Center, (con't).

THE GREAT GEAUGA COUNTY FAIR

Stop by the UH Geauga Medical Center tent for blood pressure screenings, health education, resources and MORE.

Thursday, September 3 through Monday, September 7
10 a.m. - 10 p.m.

Gauga County Fairgrounds 14373
N. Cheshire Street
Burton, OH 44021

SENIOR DAY AT THE FAIR FALL PREVENTION TENT

Stop by the UH Geauga Medical Center Fall Prevention tent to meet with our Clinical Pharmacy Specialists, Trauma and Geriatric Services. Fall Prevention education, resources and MORE will be provided.

Friday, September 4
9 a.m. - 1 p.m.

Gauga County Fairgrounds
(located near the Vernon Howard Pavilion)
14373 N. Cheshire Street
Burton, OH 44021

DIABETES SELF MANAGEMENT CLASS

Take charge of your health. If you or someone has diabetes, join our six week workshop (2 1/2 hour weekly sessions). You'll get support, find practical ways to deal with pain and fatigue, sugar control and discover better nutrition and exercise choices. Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life with Chronic Conditions*, 5th Edition, which is available for purchase at the end of class. Classes held for 6 weeks
Mondays, Sept. 21, 28, Oct. 5, 13, 19, 26

Gauga County Office Building
12611 Ravenwood Drive Chardon,
OH 44024

To register, please call Melissa at 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 Gauga County Department on Aging. **Refreshments will be provided.**

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

September 21 | 5 - 6:30 p.m.

Topic: *Know Before You Go - A simple Guide to understanding senior living options, tours, costs and what families should expect during the process.*

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.

TAKING CONTROL OF YOUR LEGACY

Planning ahead is one of the greatest gifts you can give yourself and your loved ones. Join our panel of experts from Burr Funeral Home, St. Mary's Church, an Elder Law Attorney, the Gauga County Department on Aging, and UH Geauga Medical Center as they discuss advance care planning, estate planning, end-of-life wishes, and the important conversations that help ensure your values and decisions are honored. *Lunch will be provided - registration required. Call Melissa at 440-279-2167 to reserve your spot.*

Thursday, September 10
11:30 a.m.-2 p.m.

Gauga County Administrative Office Building - 3rd Floor
12611 Ravenwood Drive
Chardon, OH 44024

BALANCE FOR LIFE

Learn practical strategies to reduce your risk of falls through exercise, proper nutrition, and home safety improvements. Discover how strengthening your balance, maintaining good nutrition, and creating a safer living environment can help you remain active, confident, and independent.

Thursday, September 24
11 a.m.

Middlefield Senior Center
15820 Ridgewood Drive
Middlefield, OH 44062

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 September

10-11 a.m.

Every Tuesday in September

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 September

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

Every Thursday in September

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 September

11 a.m. – 12 p.m.

Every Thursday in September

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 September

5 - 7 p.m.

Beginner / Intermediate / Advanced

Every Friday in September

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 September

5 – 6 p.m.

AGE WELL. BE WELL.

COMMUNITY PROGRAMS

SENIOR DAY AT LAKE METROPARKS FARMPARK

Join us at the Farmpark where there will be curated informational presentations, BINGO, lunch, vendors, health screenings and more! Seniors 55 and older receive free admission to the Farmpark. The blood pressure, glucose, bone density and cholesterol screenings, occurring 9 am – 12:30 pm, as well as the lunch require registration: <https://goto.lakemetroparks.com/senior-fair>

Thursday, September 10

9 a.m. – 1 p.m.

Lake Metroparks Farmpark

8800 Euclid Chardon Rd

Kirtland, Ohio 44094

FALL PREVENTION & MORE!

Stop in to see us at the Lake County Council on Aging to learn about preventing falls, a leading cause of injury. There will also be an opportunity to check your cholesterol, glucose, and blood pressure! Screenings are crucial, to help identify risks early.

Wednesday, September 23

10 a.m. - 3 p.m.

Lake County Council on Aging

8520 East Ave

Mentor, Ohio 44060

CONCORD CONCERT

There is one more chance to catch a concert in Concord Township's park. University Hospitals will be there with health information and blood pressure screenings.

***For event information: contact
440-639-4650.***

Thursday, September 17

6:30 - 8 p.m.

Concord Township Community Center

7229 Ravenna Road

Concord Township, OH 44077

HEALTH SCREENINGS

Stop in to see us at St. John of the Cross Parish for health and safety information as well as blood pressure, cholesterol and glucose screenings.

Saturday, September 12

10 a.m. - 2 p.m.

Saint John of the Cross

140 Richmond Road

Euclid, Ohio 44143

BLOOD PRESSURE SCREENING EVENTS

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

Saturday, September 5

9 a.m. – 12 p.m.

UH Tripoint Medical Center

7590 Auburn Road

Painesville, OH 44077

Saturday, September 19

9 a.m.– 12 p.m.

UH Lake West Medical Center

36000 Euclid Avenue

Willoughby, OH 44094



UH FITNESS CENTER IN MENTOR

BRUNNER SANDEN DEITRICK WELLNESS CENTER

UH Fitness Center in Mentor

8655 Market Street
Mentor, OH 44060

COMMUNITY EVENT

MEDICALLY BASED FITNESS - UH MENTOR FITNESS CLASS

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

MEET SHAWN COOPER, RD, LD - YOUR PARTNER IN HEALTH

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

Insurance coverage may apply.

Call **440-710-7537** or email

Shawn.Cooper@uhhospitals.org to learn more or schedule your first session.

UNIVERSITY HOSPITALS WEIGH LOSS PROGRAM

If you're tired of feeling trapped in the cycle of yo-yo dieting then you will want to learn more about University Hospitals Weight Loss Program. Our expert team can help you achieve sustainable fat loss, crave healthy foods, reduce problematic cravings, decrease medication, improve your mood, strengthen your immune system, and boost your self-confidence. Join our program and experience the difference!

For more information, contact Shawn Cooper, RD at

Shawn.Cooper@UHhospitals.org or

440-701-7537.



NUFIT SERIES

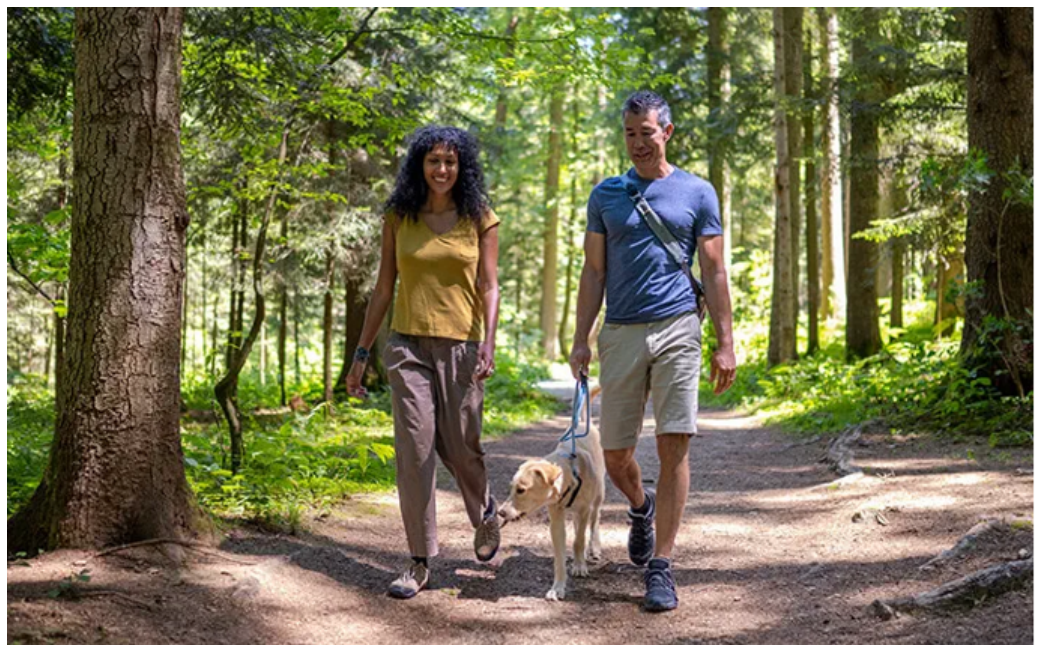
Our Nutrition & Fitness Education Series brings together fitness and nutrition experts to cover new topics each month. All seminars are held at the UH Brunner Sanden Deitrick Wellness Center - 8655 Market Street - Mentor, OH 44060. Light refreshments are provided. All attendees are entered into a drawing to win a free one-month membership! Registration is recommended. **Call 440-701-7507 for upcoming program dates and topics.** Open to the public and UH Fitness Center members.

Monday, September 14 | 6 p.m.

Topic: Finish Strong: Make the Most of 2026

Plot twist! You still have time to crush your 2026 goals! In this seminar, we will refine your goals, reset your focus and build momentum for the rest of the year. Let's learn together how to move past setbacks, build better habits and finish the year strong!

Presenter: Tim Cavender BS, CPT
Exercise Specialist



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

6681Ridge Rd. Suite 100

Parma OH 44134

UH Parma Retail Pharmacy can meet all your prescription needs- To transfer prescriptions, use the QR code or call 440-743-1140 for assistance. Choose UH Parma Retail as your preferred pharmacy. Walk in prescription pick up now available or free home delivery!



SERVICES AVAILABLE AT UH PARMA MEDICAL CENTER

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

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

COFFEE VS. TEA: WHICH IS BETTER FOR YOUR HEALTH?

Both coffee and tea have numerous benefits and can lower the risk of chronic diseases. But is one healthier than the other? University Hospitals registered dietitian nutritionist Jennifer Miavitz, MS, RDN, breaks down the benefits – and potential risks – of both coffee and tea to find out. Click [here](#) to read more.



HEALTHY EVER AFTER: VACCINES FOR ADULTS 60+

Take a page out of our pharmacy book and learn all about vaccines for adults 60 and older. Join Anthony Hall, PharmD, RPh Supervisor, UH Parma Retail Pharmacy for a friendly, inviting discussion about relevant vaccines to keep you and your loved ones protected from preventable illnesses. From flu to shingles and more, we'll touch on the various evidence-based recommendations available to keep you safe and healthy. The next chapter in your health starts here!

Monday, September 14

2 p.m.

**Cuyahoga County Public Library
Parma-Powers Branch**

6996 Powers Blvd.

To register for this free informative talk, call 440-885-5362

<https://attend.cuyahogalibrary.org/event/16705599>

PARMA SENIOR CENTER HEALTH & WELLNESS DAY

All are welcome! Come visit the UH Parma tables for resources and education information. UH Parma will be performing free screenings including; blood pressure; non-fasting cholesterol; glucose; stroke assessment; hearing screening, sleep apnea and balance & grip strength. Vaccines will also be available. *See the attached flyer for more information or call 440-743-4932*

Monday, September 21

12 – 2 p.m.

**Parma Senior Center
Donna Smallwood Activity Center**
7010 W. Ridgewood Dr.
Parma, OH 44129



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

BLOOD PRESSURE SCREENINGS

FREE Walk-in Blood Pressure

Screenings at the locations below.

Call 440-743-4932 for questions

Wednesday, September 2

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

UH Parma Health Education Ctr.

7300 State Road

Parma, OH 44134

(Glucose screening included)

Wednesday, September 2

9 - 10:30 a.m.

North Royalton Office on Aging

13220 Ridge Road

North Royalton, OH 44133

440-582-6333

BLOOD PRESSURE SCREENINGS (con't).

Tuesday, September 8

8:30 - 10 a.m.

Broadview Hts., Senior Center

9543 Broadview Road

Broadview Hts., OH 44147

440-526-4685

Wednesday, September 9

8 - 10 a.m.

Seven Hills Recreation Center

7777 Summit View Drive

Seven Hills, OH 44131

216-524-6262

Thursday, September 10

9:30 - 11 a.m.

Brooklyn Senior Center

7727 Memphis Avenue

Brooklyn, OH 44144

216-635-4262

Friday, September 11

10 - 11:30 a.m.

Independence Senior Center

6363 Selig Drive

Independence, OH 44131

216-524-7373

Tuesday, September 22

9:30 - 10:30 a.m.

North Royalton Y.M.C.A.

11409 State Road

North Royalton, OH 44133

440-230-9339

Tuesday, September 29

9:30 - 11:30 a.m.

Cuyahoga County Library

Parma-Powers Branch

6996 Power Boulevard

Parma, OH 44129

440-885-5362

HEALTH SCREENINGS

COMMUNITY BLOOD PRESSURE SCREENINGS (con't).

NON-FASTING CHOLESTEROL SCREENING

Wednesday, September 16
9 a.m. – 11 a.m. **Appointment required**
Call **440-743-4932**

FREE- Non-fasting - Includes total cholesterol, HDL, and blood sugar.

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, Sept. 2, 9, 16, 23,
30 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 Ctr.

7300 State Road

Parma, OH 44134 unless
otherwise noted. Call

440-743-4932 for information

PARKINSON'S DISEASE

For those diagnosed with Parkinson's and their support person or caregiver. Second Tuesday of each month. **Topic: Dance for Parkinson's** For more information and/or questions call 440-743-4932

Tuesday, September 8
1-2:30 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, September 14
6:45 – 8:45 p.m.

North Royalton Library
5071 Wallings Road
North Royalton

Room 123

Our Mission
To Heal. To Teach.
To Discover.

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, September 4, 11, 18, 25
4:30 p.m.

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/Hearth-Talks>

CDC Vaccine Recommendations



ONE DOSE / every year

Influenza (Flu) Vaccine

For respiratory viruses

- High dose is recommended for those 65+



TWO DOSES
2-6 months apart

Shingles Vaccine

Prevention of herpes zoster (painful rash)

- 50+ or 19-49 for those immunocompromised due to disease or therapy



ONE DOSE

Pneumonia Vaccine

For infection of the lungs, bacterial meningitis and blood infections

- 50+ or 19-49 for those who have various risk conditions



ONE DOSE
Booster every 10 years

Tdap Vaccine

Protects against diphtheria, tetanus and pertussis (whooping cough)

- During (each) pregnancy in the 27-36 week of gestation
- If you never received the Tdap series as an infant/child, consult your physician for scheduling needs



ONE DOSE

RSV

Protects against respiratory syncytial virus

- 75+ or 18-74 for those at high risk
- 32-36 week of gestation in pregnant individuals during RSV season (September-January)

Vaccines Available at Most UH Retail Pharmacy Locations



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



Scan the QR code for **UH Retail Pharmacy locations**.
Walk-ins welcome. Call ahead for availability.



Parma Senior Center Screening & Vaccine Day

Monday, September 21, 2026 | 12 – 2 p.m.

Smallwood Activities Center

7010 Powers Blvd., Parma, OH 44129

Free screenings and health information provided by UH Parma Medical Center:

- Blood Pressure
- Non-fasting Cholesterol
- Glucose
- Balance
- Hearing
- Resource and Health Education tables



ABOUT US

Your Health is Our Priority

At UH Meds, we're dedicated to providing the highest quality care. Our team of 150 pharmacists, specialists and support staff are here to ensure safe and cost-effective use of medications for our patients.

UH Meds brings health and wellness directly to you with onsite **vaccination** services including:

- Influenza (flu)
- Influenza high dose (over age 65)
- COVID-19
- RSV
- Zoster (Shingles)
- Pneumococcal (pneumonia)
- Hepatitis A and B
- Tdap (tetanus, diphtheria and pertussis)

Please bring your insurance card to the vaccine clinic. Your insurance card for billing is required. No cash pay accepted.

Call **440-885-8820** for vaccine registration.

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Monday, September 21

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

UH PORTAGE MEDICAL CENTER OUTPATIENT RETAIL PHARMACY

Convenient Access to Common and Hard-to-Find Medications At UH Portage Outpatient Pharmacy, we can provide 90-day prescription supplies (if approved by your insurance) and fill mail order prescriptions. When you visit us, we look up coupons to help lower your copay as much as possible. We also provide bedside medication delivery to patients before they are discharged from the hospital. Under the copper awning at UH Portage Medical Center, we have a designated parking space where patients can do drive-up pickup for their prescriptions. Call 234-703-1747 for more information.

Monday – Friday: 8 a.m. to 6 p.m.

Saturday & Sunday: 8 a.m. to 4 p.m.

SENIOR ASSESSMENT PROGRAM

The Senior Assessment Program is designed to help family, friends, and primary care physicians identify the special needs of older adults. A comprehensive team evaluation includes:

- Medical Evaluation
- Medication Review
- Psychological Evaluation
- Memory Testing
- Occupational therapy home safety assessment
- Physical therapy evaluation
- Social Service Assessment

UH Portage Medical Center

Specialty Clinic, Suite 125 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.*

PORTAGE PARKS DISTRICT PRESENTS: HIKE WITH A UH EXPERT

Join UH Portage Medical Center's Andrea Thomas, Wound Care Assistant Nurse Manager to learn more about caring for burns, scrapes, and bites

Tuesday, September 1

5 – 6 p.m.

Morgan Park

8828 OH-44

Ravenna, OH 44266

To reserve a spot, RSVP to

330-297-7728

SUPPORT FOR GRIEVING ADULTS

The Grief Place

INFO: www.thegriefcareplace.org

330-686-1750

Kelly's Grief Center

INFO: www.kellysgriefcenter.com Call

330-593-5959 for Information

AMPUTEE WALKING CLINICS

Thursday, September 3

3-5 p.m.

UH Portage Medical Arts Building

Room #150

6847 North Chestnut Street

Ravenna, OH 44266

For information call 330-297-2576

Thursday, September 17

3-5 p.m.

Yanke Bionics

303 W. Exchange Street

Akron, OH 44302

STROKE SUPPORT GROUP

The support group meets the third Wednesday of each month

Wednesday, September 16

5-6 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, September 8

11 a.m. – 1 p.m.

Renaissance Family Center, Lobby

9005 Wil Verne Drive

Windham, OH 44288

Tuesday, September 15

11 a.m.- 1 p.m.

UH Portage Medical Arts Building, Atrium

6847 N. Chestnut Street

Ravenna, OH 44266

Wednesday, September 23

11 a.m. – 1 p.m.

UH Portage Professional Center, Lobby

6847 N. Chestnut Street

Ravenna, OH 44266

FREE NON-FASTING GLUCOSE AND CHOLESTEROL SCREENINGS

Join us for these free, walk-in screenings. No reservation required

Tuesday, September 15

11 a.m. – 1 p.m.

UH Portage Medical Arts Building, Atrium

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, September 3

Thursday, September 17

8:30 – 9:15 a.m.

SAIL FALLS PREVENTION CLASS

Thursday, September 10

Thursday, September 24

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 for information on Back-to-School Nutrition

Saturday, September 12

9 a.m. – 1 p.m.

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

SENIOR FORUM

Presented by Job & Family Services & UH Portage Medical Center

This free event is open to anyone who is interested in learning more about what our community has to offer the 55+ residents of Portage County. Attendees will benefit from free health screenings, information, giveaways, door prizes, educational presentations, and a free lunch. UH Meds will offer the following vaccinations from 9:00-11:00AM: RSV, Shingles, Pneumonia, and Flu (and high dose flu for age 65 and older). Insurance card is required for the vaccine clinic. No cash pay accepted. *For more information, please contact Audrey Riley at 330-705-0393.*

Thursday, September 10

9 a.m. – 1 p.m.

UH Portage Medical Arts Building

6847 North Chestnut Street

Ravenna, OH 44266



REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the **AGE WELL BE WELL CLUB** and would like to join this free club and receive these event calendars, please email concierge@uhhospitals.org or visit the website below to register.

<https://www.uhhospitals.org/services/geriatric-services-palliative-care/geriatric-services/patient-resources/age-well-be-well>

COMMUNITY PROGRAMS

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, Sept. 1, 22, 29

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, September 19

12 - 1 p.m.

Richmond Heights Elementary

447 Richmond Rd
Richmond Heights, OH 44143



HEALTH SCREENINGS

BLOOD PRESSURE SCREENINGS

Monday, September 14

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

Richmond Heights Community Center

27285 Highland Road
Richmond Heights, OH 44143

BIOMETRIC SCREENINGS

Free blood pressure, non-fasting cholesterol & non-fasting glucose screenings, and health education.

Wednesday, September 30

9 a.m. - 12 p.m.

Euclid Hunger Center

291 E. 222nd Street
Euclid, OH 44123

RICHMOND HEIGHTS FALL FESTIVAL

Come out and enjoy an afternoon of family fun and entertainment at Richmond Heights Fall Festival! Stop by the UH table for valuable health and wellness information, resources, and support to help you stay healthy and informed.

Saturday, September 19

12 - 4 p.m.

Greenwood Farm

264 Richmond 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



AGE WELL. BE WELL.

COMMUNITY PROGRAMS

RED CROSS BLOOD DRIVE

Friday, September 4
11 a.m. - 5 p.m.

Thursday, September 17
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
*April 1st - Using music therapy
to manage chronic disease with
Bekah Smith UHSMC Music
Therapist*

AMERICAN HEART ASSOCIATION HEART SAVER CPR FOR THE COMMUNITY

Tuesday, September 153
2 - 4 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

Tuesday, September 29
2-4 p.m.
Samaritan Auditorium
663 East Main Street
Ashland, OH 44805
*Call 419-207-7856 for more
information or to register*

FARMER'S MARKET

**Every Wednesday June 3rd through
September 16 | 4pm- 6pm**
UH Samaritan On East Main St.
663 East Main Street
Ashland, Oh 44805

SMOKING CESSATION

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

ASHLAND COUNTY FAIR

**September 20th through September
26th**

Ashland County Fair Grounds
2042 Claremont Ave
Ashland OH 44805

GOLDEN CENTERS

Tuesday, September 1|
10 - 11 a.m.
Country Club Assisted Living
625 Center St.
Ashland OH 44805

Thursday September 10 |
10:30-11 a.m.
Stroke Education & Screenings
Brethren Care
2140 Center Street
Ashland OH 44805

EXERCISE & FITNESS

COPD & CARDIAC RESOURCES: S.H.O.W. - (SAMARITAN HOSPITAL ORANGE WALKERS)

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

The Keith Field House
Ashland High School
Ashland, OH 44805



MOBILITY AND BALANCE YOGA

**Second, Third & Fourth Tuesday
of the Month | 10 a.m.**
**Ashland Wellness and
Community Center**
2130 Center Street
Ashland, OH 44805

UH SAMARITAN RETAIL PHARMACY

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

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



COMMUNITY PROGRAMS

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

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

AMERICAN HEART ASSOC. HEARTSAVER CPR/AED

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

SENIOR SUPPER CLUB

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

EVERYDAY 4 – 5:30 p.m.

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

HEARING TESTING

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

DIABETES EDUCATION CLASSES

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

Diabetes Self -Management Classes:

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

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

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

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



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**

UH HEALTH & WELLNESS SAFETY DAY

Join us for this free fun event for all ages. Free cholesterol, glucose and blood pressure screenings, stroke risk assessments, and much more! Bring the kids for Touch a Truck and other activities!

Saturday, September 12

10 a.m.-1 p.m.

Westlake Recreation Center

28955 Hilliard Blvd
Westlake, OH 44145

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, September 3

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

Westlake Center for Community Services

Community Meeting Room
28975 Hillard Blvd
Westlake, OH 44145

Wednesday, September 9

9:00 – 10:30 a.m.

Cove Community Center

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

Thursday, September 10

10:45 -11:45 am

North Olmsted Senior Center Community Meeting Room

28114 Lorain Road
North Olmsted, OH 44070

Monday, September 14

10:45-11:45 am

Fairview Park Senior Center
20769 Lorain Road
Fairview Park OH 44126

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.

Wednesday, September 30

11 a.m.-1 p.m.

Bay Village Senior Center

300 Bryson Lane
Bay Village, OH 44140

SUPPORT GROUPS

HOPE SUPPORT GROUP

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

Wednesday, September 2

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.*



University Hospitals



Safety and Wellness Day

University Hospitals and the City of Westlake invite you to Safety & Wellness Day. Join your neighbors for a morning of fitness, family fun, wellness screenings and community connection. Start the day with the 4th Annual Westlake Community Run, then stay to enjoy activities and resources for all ages. Admission is **FREE**.

Saturday, September 12 | 10 a.m. - 1 p.m.

Westlake Recreation Center 28955 Hilliard Blvd., Westlake, Ohio 44145

FUN-FILLED ACTIVITIES

- 5K Run/Walk, Speed Walk and 1 Mile Fun Walk starts at 8:30 a.m.
- Kids Dash. Starts at 8:15 a.m.
- Pancake Breakfast
- Cleveland Browns Mascot Chomps
- Touch-a-Truck
- Bouncy House
- Magician
- Safety Pup
- Wellness Screenings
- Community & Health Resource Tables

WALK-UP HEALTH SCREENINGS

- Blood glucose
- Blood pressure
- Cholesterol
- Hearing
- Stroke Risk Assessments
- and more!



Scan the QR code for
Race Information and
to register online.



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**

