



# University Hospitals

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

**UHhospitals.org**

11100 Euclid Avenue, Cleveland, Ohio 44106

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Permit #1764

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## UPDATED

### AGE WELL. BE WELL. EVENTS

Jan - March, 2019

If you are not a member of the free **AGE WELL BE WELL CLUB** and would like to join and receive these event calendars, please call or visit the website to register.

1-844-312-5433 or [UHhospitals.org/AgeWell](http://UHhospitals.org/AgeWell)

## UH Locations

### UH CLEVELAND MEDICAL CENTER

11100 Euclid Avenue  
Cleveland, Ohio 44106  
216-844-1000

### UH ELYRIA MEDICAL CENTER

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

### UH PORTAGE MEDICAL CENTER

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

### UH AHUJA MEDICAL CENTER

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

### UH GEAUGA MEDICAL CENTER

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

### UH RICHMOND MEDICAL CENTER

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

### UH BEDFORD MEDICAL CENTER

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

### UH GENEVA MEDICAL CENTER

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

### UH ST. JOHN MEDICAL CENTER, A CATHOLIC HOSPITAL

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

### UH CONNEAUT MEDICAL CENTER

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

### UH PARMA MEDICAL CENTER

7007 Powers Boulevard  
Cleveland, Ohio 44129  
440-743-3000

### UH SAMARITAN MEDICAL CENTER

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

If you no longer wish to receive this Calendar of Events from the Age Well. Be Well. Club., please contact us at **1-844-312-5433**

# UH Ahuja Medical Center

## DIABETES MANAGEMENT CLASSES

Four classes provide a diabetes overview: Pathophysiology; Blood Glucose Monitoring; Nutrition; Pharmacology and Complications. Specialists in each area will be on hand to answer questions.

Pam Brys, RN, CDE  
**WEDNESDAYS – JANUARY 9, 16, 23, 30**  
5:30 – 7:30 p.m.  
Light refreshments will be served.

**UH Ahuja Medical Center**  
Rosenberg Suite C  
3999 Richmond Road  
Beachwood, Ohio 44122

*No fee. Class size is limited. Registration is required: 216-593-1767*

## UH WELLNESS SEMINARS

Digestive System, Common GI Symptoms  
**TUESDAY, JANUARY 8**  
6 – 7:30 p.m.

Heart Health  
Presenter: Don Neu RN, BSN  
Quality and Chest Pain Coordinator  
**TUESDAY, FEBRUARY 12**  
6 – 7:30 p.m.

Healthy Lungs  
**TUESDAY, MARCH 12**  
6 – 7:30 p.m.

**UH Ahuja Medical Center**  
Rosenberg Suite A/B  
3999 Richmond Road  
Beachwood, Ohio 44122

*Please call to register: 216-593-1768*

## AGE WELL BE WELL GATHERINGS

New Beginnings  
**WEDNESDAY, JANUARY 16**  
4 – 6 p.m.  
Dinner provided.

Loving your Heart  
**WEDNESDAY, FEBRUARY 20**  
4 – 6 p.m.  
Dinner provided.

Welcoming Spring – Learning CPR  
**WEDNESDAY, MARCH 20**  
4 – 6 p.m.  
Dinner provided.

**Warrensville Heights Civic and Senior Center**  
4567 Green Road  
Warrensville Heights, Ohio 44128  
*For information, call: 216-587-1250*

## SOLON RECREATION CENTER SCREENING

Blood Pressure, Cholesterol, Blood Glucose  
**SATURDAY, JANUARY 12**  
9 a.m. – 12 p.m.

**Solon Recreation Center**  
35000 Portz Parkway  
Solon, Ohio 44139

*No fee, no fasting necessary*

## HEART HEALTH EXPO

FREE VASCULAR SCREENING  
**SATURDAY, MARCH 30**  
9 a.m. – 1 p.m.

**UH Ahuja Medical Center**  
Main Lobby Registration Desk  
3999 Richmond Road  
Beachwood, Ohio 44122

*Please call 216-415-6570 to register*  
No fasting necessary

## WOMEN'S HEALTH DAY

**SATURDAY, MARCH 16**  
9 a.m. – 1 p.m.

**La Malfa**  
5783 Heisley Road  
Mentor, Ohio 44060

*Breakfast will be served.*  
*Educational speakers*  
*Please call 216-415-6570 to register*

## DIABETIC SUPPORT GROUP

**TUESDAY – JANUARY 15,**  
**FEBRUARY 19, MARCH 19**  
6 – 7 p.m.

**UH Ahuja Medical Center**  
3999 Richmond Road  
Beachwood, Ohio 44122

*To register please call: 216-593-1767,*  
*Ext. 1210*

## MONTHLY BLOOD PRESSURE SCREENINGS

**Solon Recreation Center**  
**MONDAYS – JANUARY 21,**  
**FEBRUARY 18, MARCH 18**  
5:30 p.m. – 7:30 p.m.

**Solon Recreation Center**  
35000 Portz Parkway  
Solon, Ohio 44139

**Warrensville Heights YMCA**  
**MONDAYS – JANUARY 14,**  
**FEBRUARY 11, MARCH 11**  
10:30 p.m. – 11:30 a.m.

**Warrensville Heights YMCA**  
4433 Northfield Road  
Warrensville Heights, Ohio 44128

## PREVENTIVE HEALTH SERVICES

University Hospitals Center for Lifelong Health is making it their mission to have every patient screened on time, every time. We are implementing comprehensive, convenient, and effective programs to screen our patients who meet recommended guidelines. Our team follows established protocols and advocates for regular screenings to help to prevent or detect diseases and treat patients early and save lives. In upcoming issues, we will provide a schedule of events and discuss in detail these services.

## THE FITNESS CENTER AT UH AVON HEALTH CENTER: SPECIALTY CLASSES

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All specialty group exercise classes below are free and open to the community, though pre-registration is required by calling **440-988-6801**. Photo ID is required upon check-in to the facility. Ages 15 and over. Those under the age of 18 must have a legal guardian with them to sign liability waiver.

For specific questions, please contact:  
**Renee Barrett, Program Manager**  
440-988-6822  
Renee.Barrett@UHhospitals.org

**UH Avon Health Center**  
1997 Healthway Drive  
Avon, Ohio 44011  
[UHhospitals.org/Fitness](http://UHhospitals.org/Fitness)

### AQUA PILATES

This Pilates approach is easier on your joints as the water increases the resistance of the moves as well as the benefits for your muscles. Unlike traditional Pilates, these exercises are performed standing.

**SECOND MONDAY OF EACH MONTH**  
10 – 10:55 a.m.

### BEGINNER YOGA CLASS

This class is designed for those who are new to yoga, and for participants who have learned the basic poses and breathing techniques. It is ideal for beginning flexibility and breathing conditioning.

**SECOND SATURDAY OF THE MONTH**  
11:30 a.m. – 12:25 p.m.

### BEGINNER SPINNING CLASS

Learn the proper way for bike setup in this beginner's level Spinning (Group Cycling) exercise class. Your instructor will go through basic class formats including hill and race training, and train teaching watts (power generated from your cycling).

**LAST SATURDAY OF EACH MONTH**  
10:15 – 11:05 a.m.

### RACE DAY

This advanced Spinning class is a 90-minute session in which your instructor leads you through a road race course on a Spin bike. The race includes hill training.

**LAST SUNDAY OF  
JANUARY AND APRIL**  
10:15 – 11:05 a.m.

### POUND® FITNESS

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

**SATURDAYS – JANUARY 12,  
FEBRUARY 9, MARCH 9**  
11:30 a.m. – 12:25 p.m.

### INTRO TO TAI CHI

Learn the practice of Tai Chi and how our evidence-based program can benefit you. Set aside quality time for yourself to relax, breathe deeply, have fun and learn basic Tai Chi movements.

**SATURDAYS – JANUARY 19,  
FEBRUARY 23**  
11:30 a.m. – 12:25 p.m.

### BEYOND CANCER

This pro-active talk is for individuals with cancer, cancer survivors and family and friends to learn about how exercise can help improve quality of life, help your body fight the demands of cancer treatment, and how exercise can help speed up your recovery. This also provides an opportunity to learn about our on-site cancer exercise program led by Certified Clinical Cancer Exercise Specialists.

**TUESDAY, JANUARY 8**  
6 – 7 p.m.

### BALANCE WELLNESS PRESENTATION

Ashlee Ladikos, Personal Trainer, will discuss the importance of balance and lead participants through examples using a variety of modalities. Participants will receive an exercise sheet to continue the exercises on their own. This workshop is for anyone wanting to improve their balance.

**MONDAY, FEBRUARY 25**  
11:30 a.m. – 12 p.m.

### DIABETES ALERT DAY

Glucose Screening (fasting is not required) and post-screening nutrition presentation, "Preventing Chronic Disease with Nutrition," with Kim Horvath, Registered Dietitian and Certified Diabetes Educator. Fasting is not required.

**TUESDAY, MARCH 26**  
10:30 – 11:30 a.m. | Screening  
11:30 a.m. – 12:15 p.m. | Nutrition  
Presentation

## CLASSES AND MEMBERSHIPS REQUIRING A FEE

Thinking about becoming a member of our award-winning 60,000 square foot state-of-the-art fitness center? To learn more about our current promotions, call 440-988-6801 and ask for membership services

### HOPE: CANCER EXERCISE PROGRAM

HOPE is an exercise program for cancer patients at any stage of treatment who currently have a cancer diagnosis or have been in remission up to six months. The eight-week program is tailored to individual goals and needs and led by specially-trained and certified fitness professionals. It includes small-group workouts on:

#### TUESDAYS AND THURSDAYS

*For details and schedule, contact Christopher.Ross@UHhospitals.org or call 440-988-6815.*

*Fee: \$50*

Scholarships are available for those with a financial hardship.

### HEALTHY HABITS FOR A HEALTHY LIFESTYLE

Join dietitian Kim Horvath, MEd, RDN, CDE for an eight-week weight management program that explores macronutrients, meal planning, portion control, behavior modification, label reading and physical activity. A healthy meal plan guide is provided. The program is designated for individuals with a Body Mass Index (BMI) of 27 or more and who are interested in losing weight. Pre- and post- program body composition measurements will be scheduled with each participant.

**TUESDAYS:**  
JANUARY 22, 29 | FEBRUARY 5, 12, 19, 26 | MARCH 5, 12  
6 – 7 p.m.

*Please call 440-988-6801 to pre-register.  
Fee: \$60 for this eight-week program*

### FOAM ROLLER WORKSHOP

Discover why foam rolling is good for you and the best ways do it in this hands-on workshop with Margo Gemperline, Licensed Massage Therapist. The benefits include injury prevention, reduction of muscle soreness, improved posture and flexibility and increased muscle relaxation following exertion. All participants will receive an exercise instruction booklet and 36 x 6 inch medium-density foam roller. .

#### MONDAYS: JANUARY 7

11:45 a.m. – 12:45 p.m. OR 6 – 7 p.m.

#### MARCH 8

11:45 a.m. – 12:45 p.m. OR 6 – 7 p.m.

*Fee: \$40 fitness center member; \$45 guests. Please pre-register at least one week prior.*

### TAI CHI IMMERSION

Instructed by Leslie Noss, Tai Chi Instructor, this five-week program is open to everyone, even those who have never tried Tai Chi. A gentle program that, over the weeks, will strengthen both body and mind, utilizing breathing techniques, meditation and sun style Tai Chi. Tai Chi reduces stress, is beneficial for many medical conditions, and helps participants feel more confident in everyday movements. Chair may be used if a modified experience is needed.

#### SATURDAYS: MARCH 2, 9, 16, 23, 30

11:30 a.m. – 12:30 p.m.

*Fee: \$60 fitness center member; \$70 guest. Please pre-register at least one week prior.*

### PERSONAL TRAINING CLASS

Over 55 and looking for the guidance of a personal trainer to improve balance, core strength and muscle tone? Join Certified Personal Trainer Beth Bastien for small group training sessions with 2-5 participants.

#### THURSDAYS

2 – 3 p.m.

*Fee for six-week session: \$72 fitness center member; \$90 guest.*

### REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the free **AGE WELL BE WELL CLUB** and would like to join and receive these event calendars, please call number or visit the website to register.

**1-844-312-5433** or  
**UHhospitals.org/AgeWell**

## YOGA WITH A TWIST

MONDAYS –

JANUARY 7, 14, 21, 28

FEBRUARY 4, 11, 18, 25

MARCH 4, 11, 18, 25

FRIDAYS –

JANUARY 4, 11, 18, 25

FEBRUARY 1, 8, 15, 22

MARCH 1, 8, 15, 22, 29

11 – 12 p.m.

Oakwood Village Community Center

23035 Broadway Avenue

Oakwood Village, Ohio 44146

440-735-4739

## BALANCE EXERCISE

THURSDAYS –

JANUARY 3, 10, 17, 24, 31

FEBRUARY 7, 14, 21, 28

MARCH 7, 14, 21, 28

11 a.m. – 12 p.m.

The Mandel Jewish  
Community Center

Warrensville Community Apartments

1500 Warrensville Center Road

Cleveland Heights, Ohio 44121

Please call 216-831-0700, Ext. 1210

## COMMUNITY MUSIC EXPLORATION

Join Paul T. Ousley, MT-BC, UH Bedford Medical Center and Connor Integrative Health Network, for singing and socializing! You will enjoy meeting with other Age Well Be Well members while you sing and play instruments to your favorite songs.

WEDNESDAYS – JANUARY 16,

FEBRUARY 20, MARCH 20

2:30 – 3:30 p.m.

Light of Hearts Villa

283 Union Street

Bedford, Ohio 44146

440-735-4739

## AFTERNOON BOOK DISCUSSION

JANUARY TITLE: "White Like Her"

by Gail Lukasik

FEBRUARY TITLE: "Educated:

A Memoir" by Tara Westover

MARCH TITLE: "Camino Island"

by John Grisham

*Copies of the book are available one month prior to the discussion date.*

WEDNESDAYS – JANUARY 9,

FEBRUARY 6, MARCH 6

1:30 – 2:30 p.m.

Cuyahoga County Library

Southeast Branch (Meeting Room 70)

70 Columbus Street

Bedford, Ohio 44146

## AFRICAN AMERICAN AUTHORS BOOK GROUP

Join us to explore all genres of African American writing. We will read African American classics, historical fiction, science fiction, mysteries, autobiographies, nonfiction and urban fiction.

JANUARY TITLE: "Beneath the

Darkest Sky" by Jason Overstreet

FEBRUARY TITLE: "The Sun Does

Shine: How I Found Life and Freedom

on Death Row" by Anthony Ray Hinton

*Copies of the book are available one month prior to the discussion date.*

TUESDAYS – JANUARY 29,

FEBRUARY 26

7 – 8:30 p.m.

Cuyahoga County Library

Southeast Branch

(Small Meeting Room)

70 Columbus Street

Bedford, Ohio 44146

## DINNER AND A MOVIE

TUESDAY, FEBRUARY 12

3 – 5 p.m.

UH Bedford Medical Center

Cafeteria

44 Blaine Avenue

Bedford, Ohio 44146

*Reservations are ONLY accepted during the week prior to each event. 440-735-4739*

## COMPUTER CLASS

Individual computer help for seniors. Not a group class.

TUESDAYS –

JANUARY 8, 15, 22, 29

FEBRUARY 5, 12, 19, 26

MARCH 5, 12, 19, 26

11 a.m. – 12 p.m.

The Mandel Jewish  
Community Center

Warrensville Community Apartments

1500 Warrensville Center Road

Cleveland Heights, Ohio 44121

*Please call: 216-831-0700, Ext. 1210*

## DIABETES SUPPORT GROUP

Staying Motivated and Setting Goals

THURSDAY, JANUARY 31

10 – 11 a.m.

Finding Support in your Community

THURSDAY, FEBRUARY 28

10 – 11 a.m.

Carbohydrates, a Review

THURSDAY, MARCH 28

10 – 11 a.m.

UH Bedford Medical Center

44 Blaine Avenue

Nutrition Office

Bedford, Ohio 44146

*Call to register: 440-735-4700*

## DIABETES SELF-MANAGEMENT EDUCATION

*Four-week class series held each Wednesday.* The Diabetes Center at UH Bedford Medical Center offers comprehensive care for people with a medical history of diabetes or those recently diagnosed with the disease in a convenient outpatient setting.

## UH Bedford Medical Center *cont.*

**WEDNESDAYS –**  
**FEBRUARY 6, 13, 20, 27**  
10:30 a.m. – 12 p.m.

**WEDNESDAYS – APRIL 3, 10, 17, 27**  
5:30 – 7 p.m.

**UH Bedford Medical Center**  
44 Blaine Avenue  
Nutrition Office  
Bedford, Ohio 44146

**Please note:**

*Diabetes Self-Management Classes are billable to your insurance provider, and a physician referral is required. For more information or assistance in obtaining a referral, please call 440-735-4700*

### **ADULT COLORING CLASS**

Coloring isn't just for kids. Coloring offers grown-ups a chance to relax, escape from life's stress and improve fine motor skills. Come learn about the color wheel, techniques of shading and blending as well as how to choose colors schemes that will ensure a masterpiece worthy of hanging on the fridge or even framing on your wall. All levels of artistic ability are welcome to join us as we explore our inner artist.

*Coloring books and pencils will be provided. Feel free to attend as many classes as you would like.*

**WEDNESDAYS – JANUARY 9, 23**  
**FEBRUARY 13, 27**  
**MARCH 13, 27**  
10 – 11 a.m.

**UH Bedford Medical Center**  
Medical Office Building  
Conference Room 1 (Lower Level)  
88 Center Road  
Bedford, Ohio 44146

*Class size is limited.  
Please call: 440-735-4739*

### **WALKING CLUB (INSIDE)**

During the winter months the Walking Club will walk in the basement of Hope United Methodist Church. New walkers will receive a complimentary T-shirt upon sign-up.

**MONDAYS –**  
**JANUARY 7, 14, 21, 28**  
**FEBRUARY 4, 11, 18, 25**  
**MARCH 4, 11, 18, 25**  
9:30 – 10 a.m.

**Hope United Methodist Church**  
79 Center Road  
Bedford, Ohio 44146

*Call to register: 440-735-4739  
(Please use side entrance)*

### **CHAIR EXERCISE**

**TUESDAYS-**  
**JANUARY 8, 15, 22, 29**  
**FEBRUARY 5, 12, 19, 26**  
**MARCH 5, 12, 19, 26**  
(No class on January 1)  
10:30 – 11:15 a.m.

**Light of Hearts Villa**  
283 Union Street  
Bedford, Ohio 44146

*Call to register: 440-735-4739*

### **MANAGE YOUR DIABETES**

The Diabetes Center at UH Bedford Medical Center offers comprehensive diabetes care in an outpatient setting. A dietitian from the Diabetes Center will provide an overview of the disease process, discuss how to interpret blood glucose results, and teach participants about how a healthy diet and lifestyle can help manage diabetes.

**WEDNESDAY, JANUARY 16**  
11 a.m. – 1 p.m.

**Cuyahoga County Public Library**  
Southeast Branch  
(Meeting Room 70)  
70 Columbus Street  
Bedford, Ohio 44146

## UH Conneaut Medical Center

### FEATURED EVENTS

#### **ALBION SENIOR CENTER PRESENTATIONS**

Join us the second Tuesday of each month for a new health topic presentation.

**JANUARY 8:** Sustainable Food Systems  
**FEBRUARY 12:** Heart Healthy Bingo  
**MARCH 12:** Living Well With Your Lungs

**TUESDAYS – JANUARY 8,**  
**FEBRUARY 12, MARCH 12**  
10:30 – 11 a.m.

**Albion Senior Center**  
9 Academy Street  
Albion, Pennsylvania 16401

*Please call: 440-998-0107*

#### **ORWELL COUNTRY NEIGHBOR PRESENTATIONS**

**JANUARY 7:** Sustainable Food Systems  
**FEBRUARY 7:** Heart Healthy Bingo  
**MARCH 7:** Living Well With Your Lungs

**MONDAY – JANUARY 7**  
**MONDAYS – FEBRUARY 7, MARCH 7**  
11 a.m. – 12 p.m.

**Orwell Country Neighbor**  
39 South Maple Street  
Orwell, Ohio 44076

*Please call: 440-593-0364*



## FEATURED EVENTS

### ANDOVER COMMUNITY CENTER PRESENTATIONS

**JANUARY 8:** Sustainable Food Systems  
**FEBRUARY 6:** Heart Healthy Bingo  
**MARCH 6:** Living Well With Your Lungs

**TUESDAYS – JANUARY 8**  
**WEDNESDAYS – FEBRUARY 6,**  
**MARCH 6**

11 a.m. – 12 p.m.

Andover Community Center  
181 South Main Street  
Andover, Ohio 44003

*Please call:* 440-593-0364

### HEALTH SMART

**JANUARY 9:** Sustainable Food Systems  
**FEBRUARY 13:** Heart Healthy Bingo  
**MARCH 13:** Living Well With Your Lungs

**WEDNESDAYS – JANUARY 9,**  
**FEBRUARY 13, MARCH 13**

11 a.m. – 12 p.m.

Conneaut Human Resource Center  
327 Mill Street  
Conneaut, Ohio 44030

*Please call:* 440-593-0364

### DIABETIC SUPPORT GROUP CONNEAUT

Join us each month for new topics and ideas to encourage you with your diabetic health.

**THURSDAYS – JANUARY 17,**  
**FEBRUARY 21, MARCH 21**

10:30 – 11:30 a.m.

Conneaut Human Resource Center  
327 Mill Street  
Conneaut, Ohio 44030

*Please call:* 440-593-0364

### DIABETIC SUPPORT GROUP ANDOVER

Join us each month for new topics and ideas to encourage you with your diabetic health.

**TUESDAYS – JANUARY 8,**  
**WEDNESDAYS – FEBRUARY 6,**  
**MARCH 6**

1 – 2 p.m.

Andover Community Center  
181 South Main Street  
Andover, Ohio 44003

*Please call:* 440-593-0364

### DIABETIC SUPPORT GROUP ORWELL

Join us each month for new topics and ideas to encourage you with your diabetic health.

**MONDAYS – JANUARY 7**  
**THURSDAY – MARCH 7**

10 – 11:30 a.m.

Orwell Country Neighbor  
39 South Maple  
Orwell, Ohio 44030

*Please call:* 440-593-0364

### CONNEAUT HUMAN RESOURCE CENTER SCREENINGS

Blood Pressure, Glucose and Cholesterol Screening

**TUESDAY, MARCH 19**  
8:30 – 11:30 a.m.

Conneaut Human Resource Center  
327 Mills Street  
Conneaut, Ohio 44030

*Please call:* 440-593-0364

### ORWELL COUNTRY NEIGHBOR SCREENINGS

Blood Pressure, Glucose and Cholesterol Screening

**THURSDAY – FEBRUARY 7**  
8:30 – 11 a.m.

Orwell Country Neighbor  
39 South Maple Street  
Orwell, Ohio 44076

*Please call:* 440-992-3639

### SILVER SNEAKER CONNEAUT

**JANUARY 9:** Sustainable Food Systems  
**FEBRUARY 13:** Heart Health  
**MARCH 13:** Living Well With Your Lungs

**WEDNESDAYS – JANUARY 9,**  
**FEBRUARY 13, MARCH 13**

9:30 – 10 a.m.

New Leaf Church  
110 Gateway  
Conneaut, Ohio 44030

*Please call:* 440-998-0107

### SCREENINGS AT NEW LEAF CHURCH IN CONNEAUT

Screening: Blood Pressure, Glucose and Cholesterol

**WEDNESDAY, MARCH 13**  
8:30 – 9 a.m.

New Leaf Church  
110 Gateway Avenue  
Conneaut, Ohio 44030

*Please call:* 440-998-0107

### WEIGHT LOSS SUPPORT GROUP

Join us each Monday morning at Snap Fitness, where we will have new topics and speakers each month to encourage you on your weight loss journey and share new ideas.

**MONDAYS –**  
**JANUARY 7, 14, 21, 28**  
**FEBRUARY 4, 11, 18, 25**  
**MARCH 4, 11, 18, 25**  
8:30 – 9:30 a.m.

Snap Fitness Conneaut  
236 Main Avenue  
Conneaut, Ohio 44030

*Please call:* 440-998-0107

# UH Elyria Medical Center

## SEMINARS AND EXPOS

These events will be held at:

**UH Elyria Medical Center  
Gates Auditorium**  
125 Broad Street  
Elyria, Ohio 44035

*Space is Limited*

*Please call 844-312-5433 to register.*

### HEART HEALTH EXPO

Presented by Marwan Ghazoul, MD  
Thoracic Cardiovascular Surgeon

FREE Health Screenings

**THURSDAY, FEBRUARY 7**

6 – 8 p.m.

### COLON CANCER AND WHAT YOU NEED TO KNOW

Presented by Craig Harris, MD  
Board Certified Gastroenterologist

**THURSDAY, FEBRUARY 21**

6 – 8 p.m.

### NEW & INNOVATIVE TREATMENTS IN CORONARY CARE

Presented by Marwan Ghazoul, MD  
Thoracic Cardiovascular Surgeon

**THURSDAY, MARCH 14**

6 – 8 p.m.

### WOMEN'S HEALTH EXPO

Panel discussions by clinical experts.  
Hear the latest health information related to heart disease, joint pain, weight loss and more

**SATURDAY, MARCH 16**

9 a.m. – 12 p.m.

*Free health screenings light refreshments and giveaways.*

Registration for Expo required by March 13  
Doors open at 8 a.m.

## SCREENINGS

For more information about any of our programs, contact the UH Elyria Medical Center Outreach Department at 440-284-5709.

### GLUCOSE SCREENING

**JANUARY 22  
FEBRUARY 19  
MARCH 26**

7 – 9 a.m.

**UH Elyria Medical Center Lobby**  
630 East River Street  
Elyria, Ohio 44035

### BLOOD PRESSURE SCREENINGS

Closed on all holidays or inclement weather.

**FIRST WEDNESDAY OF EACH MONTH**

8:30 – 10 a.m.

**UH Avon Health Center**  
1997 Healthway Drive  
Avon, Ohio 44011

**SECOND WEDNESDAY OF EACH MONTH**

9:30 – 11 a.m.

**Avon Senior Center**  
Community Meeting Room  
36786 Detroit Road  
Avon, Ohio 44011

**THIRD TUESDAY OF EACH MONTH**

12:30 – 2 p.m.

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

### BLOOD PRESSURE, GLUCOSE, CHOLESTEROL AND BONE DENSITY SCREENINGS

No fasting is required and no reservations are necessary. Screenings may be canceled due to inclement weather.

**TUESDAY, MARCH 19**

12:30 – 2:30 p.m.

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

### FREE LOWER EXTREMITY SCREENING TO RISK ASSESS FOR PAD

**SATURDAY, MARCH 23**

9 a.m. – 1 p.m.

**UH Elyria Medical Center  
Gates Medical Building Room 101**

*Space is Limited*

*Registration is needed call 800-883-3674*

### REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the free **AGE WELL BE WELL CLUB** and would like to join and receive these event calendars, please call number or visit the website to register.

**1-844-312-5433** or  
**Uhhospitals.org/AgeWell**



## FEBRUARY IS HEART MONTH DID YOU KNOW HEART DISEASE CAN HAPPEN AT ANY AGE?

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

More frequently the conditions and behaviors that put people at risk and lead to heart disease are affecting younger people (ages 35-64). Half of all Americans have at least one of the top risk factors for heart disease. Are you at risk?

- High blood pressure
- High blood cholesterol
- Smoking

University Hospitals Center for Lifelong Health made it our mission to have every patient screened on time, every time. We have implemented comprehensive, convenient and effective programs to screen our patients who meet nationally recognized guidelines. Our team follows established protocols and advocates for regular screenings to help to prevent or detect and treat patients early and save lives.

Register for our health and wellness seminars, risk assessments and free screenings and learn how to be heart healthy at any age.

## DO YOU HAVE PAIN AND/OR CRAMPING IN YOUR LEGS? IT MIGHT BE PAD.

Peripheral artery disease (PAD) is a serious condition that occurs when blood flow through the legs and feet is restricted by the build-up of fatty deposits in the blood vessels of the legs. More than 50 percent of those with peripheral artery disease (PAD) have no symptoms.

PAD is a serious condition that occurs when blood flow through the legs and feet is restricted by the build-up of fatty deposits in the blood vessels of the legs. It can cause pain and cramping that can make walking – and life – miserable. In extreme cases, PAD can result in the loss of a leg or foot to amputation. If you answer yes to any of these questions, find out your risk at our free screening event:

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

Check event details to schedule your free extremity screening to assess your risk for PAD:

**SATURDAY, JANUARY 26** – UH Parma Medical Center – Call 800-883-3674 to register

**SATURDAY, FEBRUARY 16** – UH Parma Health Education Center – Call 440-743-4878 to register

**SATURDAY, MARCH 16** – UH Parma Health Education Center – Call 440-743-2651 to register

**SATURDAY, MARCH 23** – UH Elyria Gates Medical Building – Call 800-883-3674 to register

## UH Elyria Medical Center *cont.*

### CLASSES & COMMUNITY PROGRAMS: DIABETES EDUCATION

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The Diabetes Education Program at UH Elyria Medical Center and UH Avon Health Center provides information and support for anyone living with the disease. Whether diabetes is a new diagnosis or improved blood sugar is needed, we are here to help. A physician referral is required to participate.

Many insurance plans cover diabetes education. Contact your insurance provider to verify coverage. This program is recognized by the American Diabetes Association.

#### **INDIVIDUAL DIABETES EDUCATION**

Offered Monday through Friday. Late afternoon and evening hours are available on Tuesdays and Wednesdays.

*Individual and Group Sessions*

**UH Elyria Medical Center**  
630 East River Street  
Elyria, Ohio 44035

*Individual Sessions only:*

**UH Avon Health Center**  
1997 Healthway Drive  
Avon, Ohio 4401

#### **DIABETES EDUCATION GROUP CLASSES**

You must attend an individual session before attending group classes.

**WEDNESDAYS, MARCH 6, 13, 20**  
10 a.m. – 12 p.m.

*For more information and schedule details about Diabetes Education, call Kim Horvath, MEd, RDN, LD, CDE at 440-284-5709*

#### **DIABETES COMMUNITY MEETING**

You must attend an individual session before attending group classes.

**WEDNESDAYS –  
JANUARY 9  
FEBRUARY 13  
MARCH 13**

**UH Elyria Medical Center**  
East River Street  
Elyria, Ohio 44035

*Please call: 440-284-5709*

#### **HEALTHY LIFESTYLE MEDICAL NUTRITION THERAPY**

Offered Monday through Friday. Late afternoon and evening hours are available on Tuesdays and Wednesdays.

The Healthy Lifestyle program offers nutrition counseling with a registered dietitian/nutritionist. If you need to lose weight, gain weight, or have been diagnosed with high cholesterol, pre-diabetes, food intolerances or other conditions which may be better managed by diet, let us help to get you on track.

**MONDAY – FRIDAYS**

*For more information and schedule details about Diabetes Education, call Kim Horvath, MEd, RDN, LD, CDE at 440-284-5709*

## UH Geauga Medical Center

#### **DINNER AND A MOVIE**

**WEDNESDAY – JANUARY 23,  
TUESDAY – FEBRUARY 19  
WEDNESDAY – MARCH 27**  
3 – 6 p.m.

**UH Geauga Medical Center**  
Conference Room  
13207 Ravenna Road  
Chardon, Ohio 44024

*Please call: 440-214-3180  
Reservations are only accepted  
2 weeks prior to each event.*

#### **GARDENING FOR LIFELONG HEALTH**

**WEDNESDAY, MARCH 13**  
3 – 4 p.m.

**UH Geauga Medical Center**  
Conference Room  
13207 Ravenna Road  
Chardon, Ohio 44024

*Please call: 440-214-3180*

#### **ELDERBERRIES: SENIORS RIPE FOR ADVENTURE**

Down on the Farm / Blood Pressure screenings

Return to 1958 in a bit of historical fiction portraying family life in Geauga County 60 years ago as winter, dairy farming, maple sugaring, wildlife, entertainment and other elements of rural living are experienced.

**THURSDAY, JANUARY 17**  
1 – 2:30 p.m.  
*Coffee & desserts provided*

**The West Woods**  
9464 Kinsman Road  
Novelty, Ohio 44072

*Please call: 440-214-3180*

# UH Geauga Medical Center *cont.*

## Mystery Mammals of Geauga County / UH Wellness Program

Bobcats and otters and bears oh my! Flying squirrels and fishers and porcupines, oh deer! An overview of seldom seen wildlife in Geauga County.

**THURSDAY, FEBRUARY 28**

1 – 2:30 p.m.

*Dessert/Coffee provided*

## The West Woods

9464 Kinsman Road  
Novelty, Ohio 44072

*Please call: 440-214-3180*

## Gauga County's Maple Sugaring Heritage / UH Wellness Program

**THURSDAY, MARCH 21**

11:30 a.m. – 2 p.m.

*Lunch provided*

## Century Village – Bond Building

14653 Park Street  
Burton, Ohio 44021

*Please call: 440-214-3180*

## 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.

**MONDAYS –**

JANUARY 7, 14, 21, 28

FEBRUARY 4, 11, 18, 25

MARCH 4, 11, 18, 25

**WEDNESDAYS –**

JANUARY 2, 9, 16, 23, 30

FEBRUARY 6, 13, 20, 27

MARCH 6, 13, 20, 27

**FRIDAYS –**

JANUARY 4, 11, 18, 25

FEBRUARY 1, 8, 15, 22

MARCH 1, 8, 15, 22, 29

9:30 – 11 a.m.

## Taekwondo Center

209 Center Street  
Chardon Ohio 44024

*Please call: 440-279-2137*

*Monthly fee: \$45*

## STRENGTHS AND WEIGHTS

**TUESDAYS –**

JANUARY 8, 15, 22, 29

FEBRUARY 5, 12, 19, 26

MARCH 5, 12, 19, 26

**THURSDAYS –**

JANUARY 3, 10, 17, 24, 31

FEBRUARY 7, 14, 21, 28

MARCH 7, 14, 21, 28

10 – 11 a.m.

## West Geauga Senior Center

12646 West Geauga Plaza  
Chesterland, Ohio 44026

*Please call: 440-214-3180*

## BOXING

**TUESDAYS –**

JANUARY 8, 15, 22, 29

FEBRUARY 5, 12, 19, 26

MARCH 5, 12, 19, 26

8:30 – 9:30 a.m.

## West Geauga Senior Center

12646 West Geauga Plaza  
Chesterland, Ohio 44026

*Please call: 440-214-3180*

## LINE DANCING

**THURSDAYS –**

JANUARY 3, 10, 17, 24, 31

FEBRUARY 7, 14, 21, 28

MARCH 7, 14, 21, 28

2:30 – 4:30 p.m.

## Chardon Senior Center

12555 Ravenwood Drive  
Chardon, Ohio 44024

*Please call: 440-214-3180*

*Fee: \$3*

## MATTER OF BALANCE

Are you concerned about falling? Interested in improving balance, flexibility and strength? Falls are preventable and this class can make a difference. (Class is a 4-week session, 2 days per week.)

**TUESDAYS – JANUARY 8, 15, 22, 29**

**THURSDAYS – JANUARY 10, 17, 24, 31**

1 – 3 p.m.

## Hamlet Village

200 Hamlet Hill Drive  
Chagrin Falls, Ohio 44023

*Please call: 440-214-3180*

## LUNCH AND LEARN

Your Trip to the Hospital

**TUESDAY, MARCH 12**

12 – 1 p.m.

## Mapleview Country Villa

775 South Street  
Chardon, Ohio 44024

*Please call: 440-286-8176*

## CHAIR YOGA

**THURSDAY, MARCH 7**

11 a.m. – 12 p.m.

## Gauga County Public Library

Gauga West Branch  
13455 Chillicothe Road  
Chesterland, Ohio 44026

*Please call: 440-214-3180*

## HEART TO HEART DANCE

**THURSDAY, FEBRUARY 21**

9 a.m. – 1:30 p.m.

*Lunch provided*

## Park Elementary Auditorium

111 Goodrich Court  
Chardon, Ohio 44024

*Please call: 440-279-2130*

*Cost: \$10*

*In collaboration with Geauga Department on Aging.*

## **NORMA N. CHAPMAN SENIOR ASSESSMENT PROGRAM OVERVIEW**

**THURSDAY, FEBRUARY 7**  
2 – 3 p.m.

**Maplewood at Chardon**  
A Senior Living Community  
12350 Bass Lake Road  
Chardon, Ohio 44024

*Please call: 440-214-3180*

## **UNDERSTANDING YOUR HOSPITAL ADMISSION STATUS**

**MONDAY, MARCH 25**  
10:30 – 11:30 a.m.

**Chardon Senior Center**  
12555 Ravenwood Drive  
Chardon, Ohio 44024

*Please call: 440-214-3180*

## **CAREGIVER SUPPORT GROUP**

**THURSDAYS: JANUARY 3,  
FEBRUARY 7, MARCH 7**  
2 – 3 p.m.

**Maplewood at Chardon**  
A Senior Living Community  
12350 Bass Lake Road  
Chardon, Ohio 44024

*Please call: 440-285-3300*

## **BLOOD PRESSURE SCREENINGS**

**THURSDAY, JANUARY 31  
TUESDAY, FEBRUARY 19  
THURSDAY, MARCH 21**  
10 a.m. – 12 p.m.

**Gauga YMCA**  
12460 Bass Lake Road  
Chardon, Ohio 44024

*Please call: 440-214-3180*

## **BLOOD PRESSURE SCREENINGS**

**MONDAYS: JANUARY 7,  
FEBRUARY 4, MARCH 4**  
8:30 – 10:30 a.m.

**West Farmington Senior Center**  
150 College Street  
West Farmington, Ohio 44491

*Please call: 440-214-3180*

## **BLOOD PRESSURE SCREENINGS**

**THURSDAYS – JANUARY 3, FEBRUARY  
7, MARCH 7**  
11 a.m. – 12:30 p.m.

**West Geauga Senior Center**  
12646 West Geauga Plaza  
Chesterland, Ohio 44062

*Please call: 440-214-3180*

## **BALANCE SCREENINGS**

**TUESDAY, JANUARY 15**  
1 – 4:30 p.m.

**Outpatient Rehabilitation  
Center at Gauga YMCA**  
12360 Bass Lake Road  
Chardon, Ohio 44024

*Please call: 440-214-3101*

## **LIBRARY OUTREACH PROGRAMS**

**Early Heart Attack Care**  
**WEDNESDAY, FEBRUARY 13**  
2 – 3 p.m.

**Overview Geauga Department on Aging  
Services / Programs & UH Age Well Be  
Well Program**

**THURSDAY, FEBRUARY 21**  
2 – 3 p.m.

**SPRING INTO ACTION**  
**THURSDAY, MARCH 21**  
2 – 3 p.m.

**Bainbridge Public Library**  
17222 Snyder Road  
Chagrin Falls, Ohio 44023

*Please call: 440-214-3180*

## **HEART HEALTH EXPO**

Health Screenings provided

**SATURDAY, FEBRUARY 23**  
9 a.m. – 12 p.m.

**UH Geauga Medical Center  
Main Lobby**  
13207 Ravenna Road  
Chardon, Ohio 44024

## **APHASIA SUPPORT GROUP**

**MONDAYS – JANUARY 7,  
FEBRUARY 4, MARCH 4**  
6 – 8 p.m.

**Outpatient Rehabilitation Center  
at Gauga YMCA**  
12360 Bass Lake Road  
Chardon, Ohio 44024

*Please call: 440-214-3101*

## **STROKE SUPPORT GROUP**

**WEDNESDAYS – JANUARY 9,  
FEBRUARY 13, MARCH 13**  
11 a.m. – 12 p.m.

**West Geauga Senior Center**  
12646 West Geauga Plaza  
Chesterland, Ohio 44024

*Please call: 440-285-6724*

## **LIVING WITH LYMPHEDEMA SUPPORT GROUP**

**WEDNESDAYS – JANUARY 16,  
FEBRUARY 20, MARCH 20**  
6 – 8 p.m.

**UH Concord Health Center**  
Community Room  
7500 Auburn Road  
Concord, Ohio 44024

*No registration required  
Refreshments will be served*

## UH Geauga Medical Center *cont.*

### MIND, BODY & SPIRIT

**MONDAY, FEBRUARY 11**

1:30 p.m. – Refreshments will be served  
2 – 3 p.m. – Program

The Federated Church  
76 Bell Street  
Chagrin Falls, Ohio 44023

*Please call: 440-214-3180*

### WOMEN'S HEALTH EXPO

**SATURDAY, MARCH 16**

9 a.m. – 1 p.m.

La Malfa  
5783 Heisley Road  
Mentor, Ohio 44060

*Please call: 216-415-6570*

### GAUGA WELLNESS SERIES

Digestive Health

**TUESDAY, JANUARY 10**

6 – 8 p.m.

Diabetes Awareness

**TUESDAY, JANUARY 22**

6 – 8 p.m.

Early Heart Attack Care

**THURSDAY, FEBRUARY 14**

6 – 8 p.m.

Healthy Lungs

**THURSDAY, MARCH 14**

6 – 8 p.m.

UH Geauga Medical Center

Conference Room  
13207 Ravenna Road  
Chardon, Ohio 44024

*Please call: 216-415-6570*

### ASK A PHARMACIST

**WEDNESDAY, FEBRUARY 6**

10:30 – 11:30 a.m.

Middlefield Senior Center  
15820 Ridgewood Drive  
Middlefield, Ohio 44062

**WEDNESDAY, FEBRUARY 13**

10 – 11:30 a.m.

Chardon Senior Center

12555 Ravenwood Drive  
Chardon, Ohio 44024

**WEDNESDAY, FEBRUARY 27**

11 a.m. – 12 p.m.

West Geauga Senior Center

12646 West Geauga Plaza  
Chesterland, Ohio 44026

**WEDNESDAY, MARCH 6**

12 – 1 p.m.

West Farmington Senior Center

150 College Street  
West Farmington, Ohio 44491

*Please call: 440-214-3180*

**Use your GCPL  
card to get free  
digital books. Visit  
your local branch  
to learn how.**



### 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 call the number or visit the website below to register.

**1-844-312-5433** or [UHhospitals.org/AgeWell](http://UHhospitals.org/AgeWell)

## FEATURED EVENTS

### THE ASHTABULA AND EASTERN LAKE COUNTY RURAL UNDERSERVED WOMEN'S PROJECT

This is an important initiative offering a variety of breast health-related services to women in the communities we serve.

#### Underserved Women's Project Offers:

- Clinical breast examinations and screening mammograms for Uninsured and underinsured women ages 40 – 64
- Breast health education sessions that cover topic like breast Self-awareness and breast self-examination.

*Preregistration is required*

#### Free Mammogram screening:

To see if you qualify call 440-998-0695

#### UH Conneaut Medical Center

158 West Main Road  
Conneaut, Ohio 44030

#### UH Geneva Medical Center

870 West Main Street  
Geneva, Ohio 44041

#### Free transportation available.

*To see if you qualify for this program, call: 440-998-0695*

### SILVER SNEAKERS ASHTABULA

**JANUARY 8:** A New Year, A New You screenings for a life time.

**FEBRUARY 12:** A Matter of Heart

**MARCH 12:** Living Well With Your Lungs

**TUESDAYS – JANUARY 8, FEBRUARY 12, MARCH 12**  
11:15 a.m. – 12 p.m.

#### Ashtabula YMCA – Silver Sneakers

263 West Prospect Road  
Ashtabula, Ohio 44004

*Please call: 440-998-0680*

### MADISON SENIOR CENTER PRESENTATIONS

**JANUARY 15:** A New Year, A New You, screenings for a life time

**FEBRUARY 19:** A Matter of Heart

**MARCH 19:** Living Well With Your Lungs

**TUESDAYS – JANUARY 15, FEBRUARY 19, MARCH 19**  
11:30 a.m. – 12 p.m.

#### Madison Senior Center

2938 Hubbard Road  
Madison, Ohio 44057

*Please call: 440-428-6664*

### GENEVA HEALTH FORUM AND LUNCHEON

**JANUARY 16:** A New Year, A New You, screenings for a life time

**FEBRUARY 20:** A Matter of Heart

**MARCH 20:** Advanced Directive Workshop

**WEDNESDAYS – JANUARY 16, FEBRUARY 20, MARCH 20**  
11:15 a.m. – 1 p.m.

#### Geneva Community Center

72 West Main Street  
Geneva, Ohio 44041

*Please RSVP: 440-998-0680*

### SCREENINGS AT ASHTABULA YMCA

Screenings: Blood Pressure, Glucose and Cholesterol

**TUESDAY, MARCH 12**

9:30 – 10:30 a.m.

#### YMCA Ashtabula

263 West Prospect Road  
Ashtabula, Ohio 44004

*Please call: 440-998-0680*

### SILVER SNEAKERS MADISON

**JANUARY 28:** Sustainable Food Systems

**FEBRUARY 25:** Heart Healthy Bingo

**MARCH 25:** Living Well With Your Lungs

**MONDAYS – JANUARY 28, FEBRUARY 25, MARCH 25**

11:15 a.m. – 12 p.m.

#### Lake County YMCA

730 North Lake Street  
Madison, Ohio 44057

*Please call: 440-998-0608*

### SCREENINGS AT MADISON YMCA

Free Screenings: Blood Pressure, Glucose and Cholesterol

**MONDAYS – JANUARY 28, FEBRUARY 25, MARCH 25**

8:30 – 10 a.m.

#### Madison YMCA

730 North Lake Street  
Madison, Ohio 44057

*Please call: 440-998-0608*

### WALK WITH AN EXPERT

Join us for a walk inside the Ashtabula Towne Square. An expert will be at the Towne Square each month to walk with you and be available to answer questions related to their area of expertise.

**THURSDAYS – JANUARY 3, FEBRUARY 7, MARCH 3**

8 – 10 a.m.

#### Ashtabula Towne Square

3315 North Ridge East  
Ashtabula, Ohio 44004

*Please call: 440-998-0107*



## FEATURED EVENTS

### HOW'S YOUR SLEEP?

THURSDAY, JANUARY 17

6 – 8 p.m.

Presentation by John Andrefsky, MD, UH Neurological Institute and Mujjahid Abbas, MD, General Surgeon

**UH Parma Medical Center**

Auditorium

7007 Powers Boulevard

Parma, Ohio 44129

Light Refreshments

Free. Space is limited.

*Call to register: 440-743-4932*

### HOW TO KNOW WHEN REHABILITATION IS RIGHT FOR YOU OR A LOVED ONE

“Many people think their only option for continued recovery after being in the hospital is at a skilled nursing facility (SNF) or Nursing Home (NH). But at UH Parma Medical Center, we offer a unique setting for recovering from falls, strokes, head injury, spinal cord injuries, trauma and many other medical issues that lead to hospitalization. At our Acute Rehabilitation Unit patients are provided with 24 hour a day nursing care, medical oversight and intensive Physical, Occupational and Speech Therapies. Join us as we provide valuable information on the rehabilitation process and how to ensure you or your loved one has the opportunity to receive care that will ensure a safe and independent return home.”

FRIDAY, JANUARY 25

10 a.m.

**UH Parma Health Education Center**

7300 State Road

Parma, Ohio 44134

*Call to register: 440-743-4932*

### KEEPING YOUR HEART HEALTHY

SATURDAY, FEBRUARY 16

Presentation by Dr. Farshad Forouzandeh, MD, PhD, Interventional Cardiologist.

Free health screenings, including lower extremity to assess risk of PAD, cooking demos and more.

Must register for PAD screening. Light Refreshments

Doors open at 8:00 a.m. – presentation at 10:30 a.m. Space is limited. Free

**UH Parma Health Education Center**

7300 State Road

Parma, Ohio 44134

*Call to register: 440-743-4878*

### WOMEN'S HEALTH EXPO

SATURDAY, MARCH 16

9 a.m. – 12 p.m.

All ages are welcome. Panel discussions by clinical experts from UH Parma Medical Center. Hear the latest health information related to heart disease, joint pain, weight loss and more. Free health screenings, including lower extremity to assess risk of PAD. Must register for PAD screening. Light Refreshment and Giveaways. Doors open at 8am. Free. Registration required by March 13. Space is limited.

**UH Parma Health Education Center**

7300 State Road

Parma, Ohio 44134

*Call to register: 440-743-2651*

### INFLAMMATORY BOWEL DISEASE - IBD

Dany Raad, MD, Gastroenterologist, Medical Director for the UH Parma Digestive Institute will discuss the two most common types of inflammatory bowel diseases which are ulcerated colitis and Crohn's disease. Learn about the symptoms and management options both medical and surgical.

This free session takes place at UH Parma Medical Center, Auditorium, 7007 Powers Blvd., Parma. A light refreshment will be provided.

TUESDAY, MARCH 19

5 p.m.

**UH Parma Medical Center**

Auditorium

7007 Powers Boulevard

Parma, Ohio 44129

*Call to register: 440-743-4932*

*Space is limited so register early.*

### TOUR OUR NEW DIGESTIVE HEALTH INSTITUTE

After the presentation located at:

6707 Powers Boulevard, Suite 304

Parma, Ohio 44129

### REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the free **AGE WELL BE WELL CLUB** and would like to join and receive these event calendars, please call number or visit the website to register.

1-844-312-5433 or [UHhospitals.org/AgeWell](http://UHhospitals.org/AgeWell)

## HEALTH EDUCATION

### **NEW YEAR'S RESOLUTION: DINING FOR ONE**

In this session you will learn how to meal plan, use batch cooking at the beginning of the week, and take care of yourself during meal times. There will be a cooking demo and sample of a dish that can be frozen and reheated easily. Recipe will be included. Space is limited so register early.

**TUESDAY, JANUARY 8**  
4:30 p.m.

UH Parma Medical Center Cafeteria  
7007 Powers Boulevard  
Parma, Ohio 44129

*Call to register: 440-743-4932*

### **IMMUNITY HEALTH**

Have you been wondering about the health benefits of essential oils? Come learn how daily use can boost your immunity and simplify and empower your life. Increase energy and vitality through wholefood supplements and oils.

**MONDAY, JANUARY 28**  
10 a.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Call to register: 440-743-4932*

### **MEDICATION MANAGEMENT**

Learn about the importance of medication management. Discuss potential tips and practices that could be used to help ensure medication safety. Come with questions about how to improve your understanding of appropriate medication use.

**THURSDAY, FEBRUARY 28**  
10 a.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Call to register: 440-743-4932*

### **PREVENT DIABETES WITH LIFESTYLE CHANGES**

Join lifestyle coach Elicia Polacek as she discusses evidence-based ways to prevent diabetes through lifestyle changes. Topics that will be covered include healthy eating, increasing activity and dealing with life challenges.

**WEDNESDAY, MARCH 6**  
10 a.m.

**MONDAY, MARCH 11**  
6 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Call to register: 440-743-4932*

### **UNDERSTANDING THE BASICS OF THE ANTI- INFLAMMATORY DIET**

We will discuss foods that may help reduce chronic inflammation and foods that may fuel the inflammatory process. Discussion on some of the research into diseases that may be affected by chronic inflammation, like cancer, arthritis and depression.

**TUESDAY, MARCH 12**  
4:30 p.m.

UH Parma Medical Center Cafeteria  
7007 Powers Boulevard  
Parma, Ohio 44129

*Call to register: 440-743-4932*

### **BARIATRIC SURGERY INFORMATIONAL SESSION**

If you're interested in weight loss surgery at UH Parma Medical Center, register for one of our free, new patient information sessions. Learn about the surgical weight loss program from a UH Parma Medical Center bariatric surgeon.

**TUESDAY, FEBRUARY 12**  
5:30 – 6:30 p.m.

UH Parma Metabolic Clinic  
Medical Arts Center Building 2  
6707 Powers Boulevard, Suite 303  
Parma, Ohio 44129

*Call 216-844-5274 for more information and to register.*

You may also watch online at [www.uhhospitals.org/weightloss](http://www.uhhospitals.org/weightloss)

### **MEDICAL WEIGHT LOSS INFORMATIONAL SESSION**

Learn about the New Directions Medically Supervised Weight Loss Program.

For complete information about the program and session dates and times.

*Call: 440-743-2995*

### **JOINT REPLACEMENT SESSION**

One-time informational session for patients scheduled for or contemplating total joint replacement surgery at UH Parma Medical Center.

*Call: 440-743-4024 for dates and times*

### **YMCA'S DIABETES PREVENTION PROGRAM**

Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay type 2 diabetes? The YMCA's Diabetes Prevention Program can help you reach your healthy living goals. The program has been shown to reduce the number of new cases of diabetes by 58%. The reduction was even greater for adults over 60. This year-long small group program is for people who are at high risk for becoming diabetic. Generous financial scholarships are available. *You do not have to be a YMCA member to join this program.*

440-574-0580  
[healthyliving@cleveland.org](mailto:healthyliving@cleveland.org)

## HEALTH EDUCATION

### CHAIR YOGA

For people with physical limitations and people who don't think they can keep up in a regular yoga class. Focus will be on body awareness, breath and relaxation.

#### TUESDAY, JANUARY 8

6:30 – 7:30 p.m.  
6 sessions | \$48

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

Call to register: 440-743-4932  
Walk-Ins: \$8

### YOGA (NEW TIME)

Dress comfortably; bring a small blanket or towel and a water bottle to all yoga classes. Yoga mats provided. Attain body awareness, relaxation, flexibility and body/mind balance through a system of exercises and breathing.

#### BEGINNERS/GENTLE

#### MONDAY, JANUARY 7

6:30 – 8 p.m.  
6 sessions | \$60

#### WEDNESDAY, JANUARY 9

6:30 – 8 p.m.  
6 sessions | \$60

### MODERATE

#### THURSDAY, JANUARY 10

7 – 8:30 p.m.  
6 sessions | \$60

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

Call to register: 440-743-4932

Walk-Ins: \$10

Two Days a Week: \$5 discount

## FREE SCREENINGS

### BALANCE SCREENING

The Berg Balance Test is used to assess balance and identify and predict fall risks. Screening takes approximately 15 minutes to complete.

#### THURSDAY – FEBRUARY 21

12 – 3 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

Appointments required.  
Please call: 440-743-4932

Broadview Heights  
Community Center  
9543 Broadview Road  
Broadview Heights, Ohio 44147

FIRST THURSDAY OF EVERY MONTH  
10 – 11 a.m.

Brooklyn Senior Center  
7727 Memphis Road  
Brooklyn, Ohio 44144

SECOND FRIDAY OF EVERY MONTH  
9 a.m. – 12 p.m.

Independence Senior Center  
6363 Selig Drive  
Independence, Ohio 44131

FIRST WEDNESDAY  
OF EVERY MONTH  
9 – 10:30 a.m.

North Royalton Senior Center  
Office on Aging  
13500 Ridge Road  
North Royalton, Ohio 44133

SECOND FRIDAY OF EVERY MONTH  
10 a.m. – 12 p.m.

Parma Senior Center  
Office on Aging  
7001 W. Ridgewood Avenue  
Parma, Ohio 44129

THIRD TUESDAY OF EVERY MONTH  
10 a.m. – 12 p.m.

Parma Heights Senior Center  
9275 North Church Drive  
Parma Heights, Ohio 44130

SECOND THURSDAY  
OF EVERY MONTH  
8 – 10 a.m.

Seven Hills Recreation Center  
7777 Summitview Road  
Seven Hills, Ohio 44131

Questions: 440-743-4932

### GLUCOSE SCREENING

Walk-In

WEDNESDAYS – JANUARY 2,  
JANUARY 16, FEBRUARY 6,  
FEBRUARY 20, MARCH 6, MARCH 20  
1 – 2 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

Questions: 440-743-4932

### BLOOD PRESSURE SCREENING

Walk-In

EVERY WEDNESDAY  
1 – 2 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

SECOND TUESDAY OF EVERY MONTH  
9 – 10 a.m.

## FREE SCREENINGS

### **BONE DENSITY SCREENING FOR WOMEN**

Testing is done on the heel without socks or pantyhose.

**WEDNESDAY, JANUARY 16,  
MARCH 20**

9 – 11 a.m.

5 – 6:30 p.m.

**UH Parma Health Education Center**  
7300 State Road  
Parma, Ohio 44134

Appointments required.  
*Please call:* 440-743-4932

### **FREE LOWER EXTREMITY SCREENING FOR YOUR RISK OF PERIPHERAL ARTERY DISEASE (PAD)**

**SATURDAY, JANUARY 26**

9 a.m. – 1 p.m.

By Appointment Only

**UH Parma Medical Center**, 1st Floor,  
Cardiovascular Service  
7007 Powers Boulevard  
Parma, Ohio 44129

Call 1-800-883-3674 to register – space is limited

### **REGISTER TO BECOME A MEMBER TODAY**

If you are not a member of the free **AGE WELL BE WELL CLUB** and would like to join and receive these event calendars, please call number or visit the website to register.

**1-844-312-5433** or  
[UHhospitals.org/AgeWell](http://UHhospitals.org/AgeWell)

## **CALCIUM SCORING: THE NO-COST TEST THAT CAN HELP PREDICT HEART ATTACKS**

Have you made a resolution to take better care of your health in 2019? If so, University Hospitals Harrington Heart & Vascular Institute offers a simple X-ray test that can help predict your future risk for heart attack. CT coronary calcium scoring is performed without the use of an intravenous line or the use of X-ray contrast material, and takes just 5 to 10 minutes to complete.

Fast, easy and painless, the test measures the amount of calcium that has accumulated in the walls of your coronary arteries and provides physicians with a coronary artery calcium score. The higher your score is, the greater your risk of experiencing a cardiovascular event within the next decade.

Cardiac CT imaging is recommended for men 45 years of age and older and women 55 and older who do not have a history of coronary artery disease. Additionally, patients should have one or more risk factors for heart disease, such as high blood cholesterol, low HDL cholesterol, high blood pressure, cigarette smoking, type 2 diabetes, a family history of heart disease, or are age 40 and older diagnosed with a chronic inflammatory condition.

This technology has been available for many years, but few people have had the test due to its relatively high cost – it is not typically covered by insurance. UH is offering CT coronary calcium scoring at no cost due to its significant potential to positively impact the health of the patients we serve.

Depending upon your score, you may be referred to a UH Harrington Heart and Vascular Institute physician to discuss prevention strategies that can help reduce your risk for a cardiac event.

A doctor's order is required to schedule a no-cost calcium score test, so talk to your doctor and see if this test is right for you. Once you have an order, then call **216-844-1700** to schedule the test.

## HEALTH SCREENINGS WITH A FEE

### **CHOLESTEROL SCREENING**

Includes total cholesterol, HDL, LDL, triglycerides and blood sugar. A 12-hour fast is recommended for best results.

**WEDNESDAYS –  
JANUARY 16, MARCH 20**  
9 – 11 a.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Appointments required.*  
*Please call: 440-743-4932*  
*Fee: \$30*

### **NON-FASTING CHOLESTEROL SCREENING**

Includes total cholesterol, HDL and blood sugar. No fasting necessary.

**WEDNESDAYS,  
JANUARY 16, MARCH 20**  
5 – 6:30 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Please call: 440-743-4932*  
*Fee: \$15*

*Appointments required.*

## SUPPORT GROUPS

### **ALZHEIMER'S SUPPORT**

**FIRST TUESDAY OF THE MONTH**  
7 – 8:30 p.m.

**SECOND FRIDAY OF THE MONTH**  
1:30 – 3 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134  
*For caregivers only.*  
*Please call: 1-800-272-3900*

### **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.

**EVERY FRIDAY**  
10 – 11 a.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134  
*Please call: 440-237-3967*

### **LOOK GOOD...FEEL BETTER® PROGRAM**

For women undergoing cancer treatment to help with appearance-related side effects.

UH Parma Medical Center  
6525 Powers Boulevard  
Parma, Ohio 44129

*Call to register: 1-800-227-2345*

### **PARKINSON'S DISEASE SUPPORT**

**SECOND TUESDAY OF THE MONTH**  
1 – 2:30 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Please call: 216-524-6354*

### **POST-LSVT SPEECH THERAPY**

This support group is for those living with Parkinson's disease and who have completed the Lee Silverman Voice Treatment Program.

**SECOND THURSDAY OF THE MONTH**  
11:30 a.m. – 12:30 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Please call: 440-743-4160*

### **SHARED GRIEF SUPPORT**

This program is a seven-week grief support group offered by bereavement care providers. Evening groups available four times a year.

*Please Call:*  
Amy Quinlan at 440-743-4944

### **STROKE AND ARTHRITIS INFORMATION AND SUPPORT**

**THIRD MONDAY OF EVERY MONTH**  
1 – 2:30 p.m.

UH Parma Health Education Center  
7300 State Road  
Parma, Ohio 44134

*Please call: 440-743-4041*

### **COMMUNITY NUTRITION PROGRAMS**

Westshore Primary Care dietitian Julie Wise, MS, RDN, LD, CDE holds monthly community nutrition programs at local Community Senior Centers. Topics range from one-dish dinners to immune health, and even healthy eating on a budget.

Current program locations include:  
**North Royalton, Parma  
and Brooklyn Senior Centers**

*Please call: 440-250-8660*

## UH Parma Medical Center *cont.*

### SUPPORT GROUPS

#### **NEW PERSPECTIVES: WEIGHT MANAGEMENT SUPPORT**

Education and support for bariatric surgery patients and others interested in weight-loss surgery.

**FOURTH WEDNESDAY OF THE MONTH**

6 – 7 p.m.

UH Parma Medical Center  
Medical Arts Center 2  
6707 Powers Boulevard  
Suite 303  
Parma, Ohio 44129

*Must register.*

*Please call: 216-743-2995*

## UH Portage Medical Center

#### **CHAIR YOGA**

**MONDAYS –  
JANUARY 7, 14, 21**

**THURSDAYS –  
JANUARY 3, 10, 17, 24**  
11 a.m. – 12 p.m.

UH Portage Medical Center  
Mangin Fitness Room  
6847 North Chestnut Street  
Ravenna, Ohio 44266

**WEDNESDAYS – JANUARY 23,  
FEBRUARY 27, MARCH 27**  
9:15 – 9:45 a.m.

Portage County Senior Center  
705 Oakwood  
Ravenna, Ohio 44266

*Please call: 330-297-2576*

#### **ZUMBA**

**WEDNESDAYS –  
JANUARY 9, 16, 23, 30  
FEBRUARY 6, 13, 27  
MARCH 6, 13, 20, 27**  
4 – 5 p.m.

UH Portage Medical Center  
Mangin Fitness Room  
6847 North Chestnut Street  
Ravenna, Ohio 44266

*Call for information: 330-297-2576*

*Fee: \$5 per session*

#### **RED CROSS BLOOD DRIVES**

**THURSDAYS – JANUARY 3,  
FEBRUARY 7**  
1 – 7 p.m.

UH Portage Medical Arts Building  
Room 150  
6847 North Chestnut Street  
Ravenna, Ohio 44266

**THURSDAY – MARCH 7**  
1 – 7 p.m.

UH Portage Medical Center  
Community Room  
6847 North Chestnut Street  
Ravenna, Ohio 44266

**MONDAY, JANUARY 21**  
12 – 6 p.m.

UH Portage Medical Center  
Community Room  
6847 North Chestnut Street  
Ravenna, Ohio 44266

**MONDAYS – FEBRUARY 25, MARCH 25**  
12 – 6 p.m.

UH Portage Medical Arts Building  
Room 150  
6847 North Chestnut Street  
Ravenna, Ohio 44266

#### **ALZHEIMER'S CAREGIVER SUPPORT GROUP**

**TUESDAYS – FEBRUARY 25, MARCH 25**  
6:30 – 8:30 p.m.

UH Portage Medical Center  
Meeting Room A  
6847 North Chestnut Street  
Ravenna, Ohio 44266

#### **DIABETES SELF MANAGEMENT EDUCATION**

**THURSDAYS – JANUARY 3, 10, 17**  
3 – 5 p.m.

UH Portage Medical Center  
6847 North Chestnut Street  
Ravenna, Ohio 44266

*Registration required.*

*Please call: 330-297-2576*

#### **BLOOD PRESSURE SCREENING**

**TUESDAYS – FEBRUARY 19,  
MARCH 19**  
12:30 – 1 p.m.

Streetsboro Senior Center  
McMichael Professional Building  
9307 State Route 43  
Streetsboro, OH 44241

*Call for information: 330-626-2398*



# UH Portage Medical Center *cont.*

## **PARKINSON SUPPORT GROUP**

**TUESDAYS – MARCH 19**  
1 – 3 p.m.

UH Portage Medical Arts Building  
Room 150  
6847 North Chestnut Street  
Ravenna, Ohio 44266

## **STROKE SUPPORT GROUP**

**TUESDAY – MARCH 12**  
4 – 5 p.m.

UH Portage Medical Arts Building  
Room 150  
6847 North Chestnut Street  
Ravenna, Ohio 44266

## **OSTOMY SUPPORT GROUP**

**MONDAYS – FEBRUARY 4, MARCH 4**  
7 – 9 p.m.

UH Portage Medical Center  
Room 150  
6847 N Chestnut Street  
Ravenna, Ohio 44266

## **SMOKING CESSATION CLASSES**

Become tobacco free

**THURSDAYS –  
JANUARY 3, 10, 17, 24, 31  
FEBRUARY 21, 28  
MARCH 7, 14, 21**  
3:30 – 4:30 p.m.

UH Portage Medical Center  
6847 North Chestnut Street  
Ravenna, Ohio 44266

*Please Call: 330-297-2576  
Registration required.*

## **DIABETES SUPPORT GROUP**

**TUESDAY – FEBRUARY 5**  
5 – 6 p.m.

UH Portage Medical Arts Building  
Room 150  
6847 North Chestnut Street  
Ravenna, Ohio 44266

## **WATER EXERCISE CLASSES**

Including senior wellness, water aerobics and open swim time in our therapeutic pool.

### **ADVANCED SENIOR WELLNESS**

**MONDAY, WEDNESDAY AND FRIDAY**  
11 – 11:45 a.m.

### **BASIC SENIOR WELLNESS**

**MONDAY AND FRIDAY**  
12 – 12:45 p.m.

**TUESDAY AND THURSDAY**  
11 – 11:45 a.m.

*10 visit punch pass: \$30.00*

### **OPEN SWIM**

**TUESDAY, WEDNESDAY, THURSDAY**  
12 – 12:45 p.m.

**MONDAY AND WEDNESDAY**  
6:30 – 7:15 p.m.

**FRIDAY**  
5:30 – 6:15 p.m.

**SATURDAY**  
10 – 10:45 a.m.

*One visit: \$3.00  
10 visit punch pass: \$30.00  
Children age 2 and under are free.  
Children under age 14 welcome  
Monday, Friday and Saturday.*

### **WATER AEROBICS**

**TUESDAY AND THURSDAY**  
7 – 7:45 a.m.  
5:30 – 6:15 p.m.  
6:30 – 7:15 p.m.

**MONDAY AND WEDNESDAY**  
4:30 – 5:15 p.m.  
5:30 – 6:15 p.m.

**FRIDAY**  
4:30 – 5:15 p.m.

**SATURDAY**  
9 – 9:45 a.m.

Once a week: \$12.00 per month  
Once a week: \$24.00 per month

UH Portage Medical Center  
6847 N Chestnut Street  
Ravenna, OH 44266

*Call for information: 330-297-2770  
All the classes require pre-registration.  
Space is limited.*

## **LUNCHTIME GENTLE MAT YOGA**

**THURSDAYS –  
JANUARY 3, 10, 17, 24, 31  
FEBRUARY 7, 14, 21, 28  
MARCH 7, 14, 21**

12:05 – 12:35 p.m.

UH Portage Medical Center  
Mangin Fitness Room  
6847 North Chestnut Street  
Ravenna, Ohio 44266

*Please contact: 330-297-2590 or  
Stephanie.Mongomery@UHHospitals.org*

Fee: \$25 for 5 class punch card or  
\$6 to drop in

## **LUNCH AND LEARN WITH THE PHARMACIST – OVER THE COUNTER MEDICATIONS: THE RIGHT DRUG FOR THE RIGHT AGE**

Light lunch provided. Come and talk  
to the pharmacist.

**FRIDAY, JANUARY 18**  
11:30 a.m. – 1 p.m.

UH Portage Medical Arts Building  
Room 150  
6847 N Chestnut Street  
Ravenna, Ohio 44266

*Please contact: 330-297-2576  
Registration is required.*

## DINNER AND A MOVIE

**TUESDAYS – JANUARY 22,  
MARCH 26**

3 – 5 p.m.

**UH Richmond Medical Center**  
4th Floor Auditorium  
27100 Chardon Road  
Richmond Heights, Ohio 44143

Reservations are ONLY accepted during the week prior to each event.

*Please call: 440-735-4739*

## COMMUNITY MUSIC EXPLORATION

Join Daniel Rose, MT-BC, UH Richmond Medical Center and Connor Integrative Network, for singing and socializing! You will enjoy meeting with other Age Well Be Well members while you sing and play instruments to your favorite songs.

**TUESDAYS – JANUARY 15,  
FEBRUARY 19, MARCH 19**  
2:30 – 3 p.m.

**Governor's Village**  
280 North Commons Boulevard  
Mayfield Village, Ohio 44143

## HEALTH AND WELLNESS TALKS

Screenings Only

**WEDNESDAY, JANUARY 2**  
**No Talk**

A Little Bit of Help Can Go a Long Way!  
**WEDNESDAY, FEBRUARY 6**  
Nancy Papa, Home Watch Caregivers

Elder Law/Estate Planning – Last Will and Testament, Trusts/LLC, Durable Power of Attorney, Health Care Power of Attorney, Living Will, Deeds

**WEDNESDAY, MARCH 6**  
Solomon, Steiner and Peck Talk  
10 – 10:30 a.m.

**Blood Pressure, Glucose & Cholesterol Screenings**  
10:30 – 11:30 a.m.

**Ross DeJohn Community Center**  
6306 Marsol Road  
Mayfield Heights, Ohio 44124

*Please call: 440-735-4739 or  
Lori.Robinson@uhhospitals.org*

## SENIOR EXERCISE

A light workout to music!

**WEDNESDAYS –  
JANUARY 2, 9, 16, 23, 30  
FEBRUARY 6, 13, 20, 27  
MARCH 6, 13, 20, 27**

**THURSDAYS –  
JANUARY 3, 10, 17, 24, 31  
FEBRUARY 7, 14, 21, 28  
MARCH 7, 14, 21, 28**

10:30 – 11:30 a.m.

**Community Partnership on Aging**  
South Euclid Community Center  
1370 Victory Drive  
South Euclid, Ohio 44121

*Fees vary based on the class.  
Please call: 216-650-4029*

## INTERMEDIATE LINE DANCING

Remember oldies like the Bossa Nova or learn new dances such as Cupid Shuffle and Cha Cha Slide! There is a fee for this class that is based on a 10-week session. Flexible options are available and drop-ins are welcome for a fee of \$4 per person, per class. This is not a beginner class.

**FRIDAYS –  
JANUARY 4, 11, 18, 25  
FEBRUARY 1, 8, 15, 22  
MARCH 1, 8, 15, 22, 29**  
9:30 – 10:30 a.m.

**Community Partnership on Aging**  
DeJohn Community Center  
6306 Marsol Road  
Mayfield Heights, Ohio 44124

*Please call: 216-650-4029  
Fee: \$4 per person*

## EASY DOES IT WALKING CLUB

During the winter months, we will walk inside of Governor's Village. New walkers will receive a complimentary T-shirt. This walking club is appropriate for a slower-paced walker.

**THURSDAYS –  
JANUARY 3, 10, 17, 24, 31  
FEBRUARY 7, 14, 21, 28  
MARCH 7, 14, 21, 28**  
9:30 – 10 a.m.

**Governor's Village**  
280 North Commons Blvd.  
Mayfield Village, Ohio 44143

*Please call:  
Lori Robison at 440-735-4739  
Stephanie Parker at 440-449-8788*

## GENTLE YOGA

Our instructor can work with ANY ability level!

**FRIDAYS –  
JANUARY 4, 11, 18, 25  
FEBRUARY 1, 8, 15, 22  
MARCH 1, 8, 15, 22, 29**  
12 – 1 p.m.

**Community Partnership on Aging**  
DeJohn Community Center  
6306 Marsol Road  
Mayfield Heights, Ohio 44124

*Fees vary based on the class.  
Please call: 216-650-4029*

## ADULT COLORING CLASS

Coloring isn't just for kids. Coloring offers grown-ups a chance to relax, escape from life's stress and improve fine motor skills. Come learn about the color wheel, techniques of shading and blending as well as how to choose color schemes that will ensure a masterpiece worthy of hanging on the fridge or even framing on your wall. All levels of artistic ability are welcome to join us as we explore our inner artist. Coloring books and pencils will be provided. Feel free to attend as many classes as you would like.

## UH Richmond Medical Center *cont.*

**TUESDAYS –**  
JANUARY 8, 22  
FEBRUARY 12, 26  
MARCH 12, 26  
10 – 11 a.m.

UH Richmond Medical Center  
(Boardroom)  
27100 Chardon Road  
Richmond Heights, Ohio 44143

*Class size is limited.*  
*Please call: 440-735-4739*

### **WITNESS THE FITNESS ADVANCED WALKING CLUB**

This advanced walking club will meet every Thursday. During the winter months we will walk inside of Governor's Village. New walkers will receive a complimentary T-shirt.

**THURSDAYS –**  
JANUARY 3, 10, 17, 24, 31  
FEBRUARY 7, 14, 21, 28  
MARCH 7, 14, 21, 28  
10:30 – 11:30 a.m.

**Governor's Village**  
280 North Commons Boulevard  
Mayfield Village, Ohio 44143

*Please call:*  
Lori Robinson at 440-735-4739  
Stephanie Parker at 440-449-8788

### **TAI CHI**

Tai Chi has been called 'Meditation in Motion' and can improve flexibility, muscle tone, joint function, aerobic conditioning and can reduce stress and lower blood pressure.

**MONDAYS-**  
JANUARY 7, 14, 21, 28  
FEBRUARY 4, 11, 18, 25  
MARCH 4, 11, 18, 25  
10:30 – 11:30 a.m.

**Community Partnership on Aging**  
Lyndhurst Community Center  
1341 Parkview Drive  
Lyndhurst, Ohio 44124

*Fees vary based on class.*  
*Please call: 216-650-4029 to register*

### **DEMENTIA EDUCATION SERIES**

Presented by: Arden Courts Memory  
Care Assisted Living  
Bath – Chagrin Falls – Parma – Westlake

#### **Umbrella of Dementia**

Not all dementias are the same. Learn background information regarding the different forms of dementia and how each dementia affects the brain, along with caregiving tips for the challenging behaviors that may occur.

**TUESDAY, MARCH 19**

6 – 7:30 p.m.

#### **Walking the Path of Dementia**

This "hands on" program will give participants the opportunity to learn about the many changes people with dementia experience as their disease progresses.

**TUESDAY, APRIL 2**

6 – 7:30 p.m.

#### **Why they do what they do?**

What is the best way to communicate with a person with memory impairment? This presentation will demonstrate what works and doesn't work when communicating with someone with dementia. Techniques to communicate and avoid behavior issues are covered during this seminar.

**TUESDAY, APRIL 9**

6 – 7:30 p.m.

#### **UH Richmond Medical Center**

4th Floor Auditorium  
27100 Chardon Road  
Richmond Heights, Ohio 44143

Please call to register: 440-735-4739  
Space is limited.

### **MONDAY AFTERNOON BOOK DISCUSSION**

**JANUARY TITLE: A Gentleman  
in Moscow**  
**FEBRUARY TITLE: Girls Burn Brighter**  
**MARCH TITLE: Deep Down Dark**

*Copies of the book are available one month prior to the discussion date.*

**MONDAYS – JANUARY 14, FEBRUARY  
11, MARCH 11**

2 – 3 p.m.

**Cuyahoga County Library**  
Large Meeting Room 100  
Mayfield Branch  
500 SOM Center Road  
Mayfield Village, Ohio 44143

### **FINANCIAL FATIGUE OF CAREGIVERS**

Rachael from ESOP and the Benjamin Rose Institute on Aging will discuss the financial impact of caregiving and provide some tips to prevent the financial drain.

**MONDAY, JANUARY 28**

7 – 8 p.m.

**Cuyahoga County Library**  
Meeting Room A (97)  
South Euclid-Lyndhurst Branch  
4645 Mayfield Road  
South Euclid, Ohio 44121

### **REGISTER TO BECOME A MEMBER TODAY**

If you are not a member of the free **AGE WELL BE WELL CLUB** and would like to join and receive these event calendars, please call number or visit the website to register.

**1-844-312-5433** or  
**UHhospitals.org/AgeWell**

## SCREENINGS

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

### BLOOD PRESSURE SCREENINGS

(Closed on all holidays or inclement weather)

**FIRST MONDAY OF EACH MONTH**  
10:30 a.m. – 12 p.m.

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

**THIRD MONDAY OF EACH MONTH**  
1 – 2 p.m.

**UH St John Medical Center**  
Main Lobby  
29000 Center Ridge Road  
Westlake, Ohio 44145

**FOURTH MONDAY OF EACH MONTH**  
6 – 7:30 p.m.

**Westlake Recreation Center**  
28955 Hilliard Boulevard  
Westlake, Ohio 44145

**FIRST WEDNESDAY OF EACH MONTH**  
9 – 10:30 a.m.

**Westshore Family YMCA**  
1575 Columbia Road  
Westlake, Ohio 44145

**SECOND WEDNESDAY OF EACH MONTH**  
9:30 – 11 a.m.

**Lakewood Senior Center**  
16024 Madison Avenue  
Lakewood, Ohio 44107

### BLOOD PRESSURE, GLUCOSE, CHOLESTEROL AND BONE DENSITY SCREENINGS

No fasting is required for this screening and no reservations are necessary.

**MONDAY, JANUARY 28**  
10 a.m. – 12 p.m.

**Dwyer Memorial Center**  
300 Bryson Lane  
Bay Village Ohio 44140

**TUESDAY, FEBRUARY 26**  
10 a.m. – 12 p.m.

**Westlake Center for Community Services**  
29694 Center Ridge Road,  
Westlake Ohio 44145

### AUDIOLOGY SCREENINGS

Screenings, testing, and complete evaluations for hearing loss and tinnitus are available at UH St. John Medical Center Speech and Audiology Dept.

*Please call: 440-835-6160*

### BALANCE SCREENINGS

Please call to schedule an appointment. Space is limited.

*Please call: 440-414-6050*

### WALK FOR WELLNESS!

Brisk walking has been linked to many health benefits, including a reduced risk of diabetes, heart disease, stroke and some cancers. In a collaborative effort, Great Northern Mall and UH St. John Medical Center provide an ongoing mall walking program.

A free health talk by a UH St. John Medical Center health care professional will be offered, along with blood pressure screenings by a Community Outreach nurse.

**SECOND WEDNESDAY OF EACH MONTH**  
9 – 10 a.m. Health Talk  
9 – 10:30 a.m. Blood Pressure Screenings

**Great Northern Mall**  
Food Court  
4954 Great Northern Boulevard  
North Olmsted, Ohio 44070

*Walkers meet near the Food Court.*

## REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the free **AGE WELL BE WELL CLUB** and would like to join and receive these event calendars, please call number or visit the website to register.

**1-844-312-5433** or [UHhospitals.org/AgeWell](http://UHhospitals.org/AgeWell)

## CLASSES & COMMUNITY PROGRAMS

### DIABETES EDUCATION CLASSES

This four-week series offers education on diabetes self-management, including what diabetes is and how it is diagnosed. Participants will learn how to make healthy food choices and achieve healthy meal planning. Ways to safely incorporate physical activity to improve blood sugar control and monitoring will be discussed, as well as what causes blood sugar to rise and how to handle fluctuations. Finally, we will cover ways to protect your eyes, heart, blood vessels, nerves, kidneys and feet. One-on-one education (Suite 100) is for instruction on individualized meal planning, blood glucose monitoring and insulin administration. Counseling for weight loss and lifestyle modification is also available.

Group classes are held on the third floor; one-on-one education takes place on the first floor. A physician referral is required to participate.

**JANUARY 8, 15, 22, 29**

**MARCH 5, 12, 19, 26**

6 – 7:30 p.m.

**UH St. John Medical Center**  
Westlake Family Health Center  
26908 Detroit Road  
Westlake, Ohio 44145

*For scheduling and pre-access call:*  
440-827-5668

### OUTPATIENT NUTRITION COUNSELING

With extensive nutrition counseling experience throughout each person's life cycle, Marge Robison, MPH, RDN, LD offers individual outpatient medical nutrition therapy (MNT) counseling to help improve your health. Participants must obtain a physician's referral prior to their visit.

**UH St. John Medical Center**  
Westlake Family Health Center  
26908 Detroit Road, Suite 100  
Westlake, Ohio 44145

*Please call:* 440-835-4426, ext 3

### COMMUNITY YOGA

This is a general class that focuses on posture, breathing, meditation and relaxation. This class is taught by Colleen Brezine, CNM, and Certified Yoga Trainer. Please bring a yoga mat, towel and water.

#### WEDNESDAYS

5 – 6 p.m.

#### SATURDAYS

8 – 9 a.m.

**UH St John Medical Center**  
(Auditorium A or B)  
29000 Center Ridge Road  
Westlake, Ohio 44145

*Fee:* \$5 – \$10 donation suggested

### ROUNDTABLE HEALTH TALK SERIES

Information on Irritable Bowel Syndrome (IBS). A light dinner will be provided and reservations are required. Sponsored by Pleasant Lake Villa.

#### THURSDAY, MARCH 28

6 p.m. | Doors open at 5:30 p.m.

**UH St John Medical Center**  
Westlake Building 2, Auditorium B  
29000 Center Ridge Road  
Westlake, Ohio 44145

*Call to register:* 877-597-6348

### COMMUNITY NUTRITION PROGRAMS

Westshore Primary Care dietitian Julie Wise, MS, RDN, LD, CDE holds monthly community nutrition programs at local Community Senior Centers. Topics range from one-dish dinners to immune health, and even healthy eating on a budget.

Current program locations include:  
**North Royalton, Parma  
and Brooklyn Senior Centers**

*Please call:* 440-250-8660

### AMERICAN HEART ASSOCIATION HEARTSAVER CPR/AED

This program includes instruction on adult, child and infant CPR and AED use. This program is not intended for healthcare providers.

This is a free class, but you must register at [www.ehems.org](http://www.ehems.org).  
*Please call:* 216-849-5013

### AMERICAN HEART ASSOCIATION CPR/AED AND FIRST AID

We will be offering CPR and First Aid classes throughout the year on an as-needed basis. The classes include a completion card with a two-year expiration date. The program requires a minimum of six participants.

*Please call:* 216-827-5440  
*Fee:* \$30

### REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the free **AGE WELL BE WELL CLUB** and would like to join and receive these event calendars, please call number or visit the website to register.

**1-844-312-5433** or  
[UHhospitals.org/AgeWell](http://UHhospitals.org/AgeWell)



## CLASSES & COMMUNITY PROGRAMS

### STOP THE BLEED

Massive bleeding from any cause, but particularly as a result of an active shooter or explosive event where a response is delayed, can result in death. Similar to learning and performing CPR, the public must learn proper bleeding control techniques, including how to use their hands, dressings and tourniquets. Victims can die from

uncontrolled bleeding within five to ten minutes. However, anyone at the scene can act as an immediate responder and save a life if they know what to do. BleedingControl.org is an initiative of the American College of Surgeons and the Hartford Consensus. It offers diagrams, news, videos and other resources contributed by a variety of private and nonprofit partners to help

prepare you in case you are involved in a catastrophic event and are able to help in an emergency.

Our shared goal is to provide you with a one-stop, online resource of credible, up-to-date information on bleeding control.

*For details call: Matt Sheehan, EMS Coordinator, at 440-221-6835*

## SUPPORT GROUPS

Unless otherwise stated, all group meetings are held at 29160 Center Ridge Road, Suite R, Westlake, Ohio 44145.

### A SECOND CHANCE: LUNG TRANSPLANT SUPPORT GROUP

This group is for anyone who is considering or has received a lung transplant. Family and friends are welcome.

**MONDAY – FEBRUARY 11**  
6 – 8 p.m.

UH St John Medical Center  
Westlake Family Health Center  
26908 Detroit Road, Suite 300  
Westlake, Ohio 44145

*Call: 440-250-2042*  
*Email: Evelyn.Gorton@UHhospitals.org*

### MOOD DISORDER SUPPORT GROUP

We offer support for those with depression and bi-polar disorders. Our vision is one of hope. Together we strive for wellness and recovery.

**EVERY TUESDAY OF EACH MONTH**  
7 – 8:30 p.m.

**Information:**  
Bobby Klinko: 440-539-9415  
Laura Vanni: 216-267-5923

### BETTER BREATHERS CLUB

This is a support group designed for people living with lung disease.

**TUESDAY – FEBRUARY 4**  
1 – 2:30 p.m.

UH St John Medical Center  
Westlake Family Health Center  
26908 Detroit Road, Suite 300  
Westlake, Ohio 44145

*Call: 440-250-2042*  
*Email: Evelyn.Gorton@UHhospitals.org*

### CAREGIVERS CLUB

This group will focus on those individuals who are faced with the challenges of overseeing a parent or spouse through their senior years.

**TUESDAYS – JANUARY 15, FEBRUARY 19, MARCH 19**  
11:30 a.m. – 1 p.m.

Westlake Center for Community  
Services (*note new location*)  
29694 Center Ridge Road,  
Westlake Ohio 44145

*RSVP: 877-597-6348*

### HOPE GROUP

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

**FIRST WEDNESDAY OF EACH MONTH**  
5:30 – 7:30 p.m.

*Please call: 440-827-5440*

### GAMBLERS ANONYMOUS

You can contact Gamblers Anonymous at 626-960-3500 for a meeting in your area or go to [gamblersanonymous.com](http://gamblersanonymous.com).

**EVERY SATURDAY OF EACH MONTH**  
10 – 11 a.m.

*Please call: 440-752-3315*

### OVEREATERS ANONYMOUS

**EVERY SUNDAY OF EACH MONTH**  
10 – 11 a.m.

UH St John Medical Center  
Building 2 (Auditorium B)  
29000 Center Ridge Road  
Westlake, Ohio 44145



## SUPPORT GROUPS

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### COMMUNITY ASSISTANCE INFORMATION (2-1-1)

This is a free and confidential information and referral line run by the United Way. Call 211 for help to find resources for health care and social services in your area. This information may include listings of local support groups as well as resources for food, housing, employment, counseling and volunteer opportunities.

### LOW-COST IMMUNIZATIONS

Affordable immunizations are offered by the Cuyahoga County Board of Health

**An appointment is required.**

**Please call: 216-201-2041**

**Visit: [ccbh.net/immunization-clinic](http://ccbh.net/immunization-clinic)**

### 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% discount on all food except bottled beverages and “Simply to Go” items. There is a \$10 limit per customer for the discount: after that, the items are full price.

For more information, call the North Olmsted Senior Center at 440-777-8100 or the Westlake Center for Community Services at 440-899-3544. Supper times are seven days a week from 4 – 7 p.m. You must present your card to receive the discount.

### REGISTER TO BECOME A MEMBER TODAY

If you are not a member of the free **AGE WELL BE WELL CLUB** and would like to join and receive these event calendars, please call number or visit the website to register.

1-844-312-5433 or [UHhospitals.org/AgeWell](http://UHhospitals.org/AgeWell)

## NEW NON SMOKERS SUPPORT GROUP

Anyone who recently quit smoking or chewing tobacco is welcome to attend these free meetings. The informal group setting provides a relaxed environment to share concerns and experiences for ongoing help, advice and support.

**SECOND TUESDAY OF EVERY MONTH  
JANUARY 8, FEBRUARY 12, MARCH 12**  
6 – 8 p.m.

**UH Samaritan Medical Center**  
East Tower Conference Room  
1025 Center Street  
Ashland, Ohio 44805

*Please call: 419-207-2303*

## THE COPD COFFEE CLUB

The informal group setting provides a relaxed environment to share concerns and experiences for ongoing help, advice and support. Family members and caregivers are welcome to join us as well.

**JANUARY 8:** Community resources at your fingertips.

**FEBRUARY 12:** Palliative care and what it means.

**MARCH 12:** Answers to questions you've never asked.

**SECOND TUESDAY OF THE MONTH**  
1 p.m.

**UH Samaritan Medical Center**  
East Main Street Auditorium  
663 East Main Street  
Ashland, Ohio 44805

*For questions and registration call:*  
419-207-2453

## HARMONICA CHOIR

Can I strengthen my lungs to avoid future problems? Can I control my breathing? Is there any way to do breathing exercises that is not boring? Harmonica Choir is open to the public for those with COPD and interest in playing the harmonica.

**JANUARY 2, 16, 30  
FEBRUARY 13, 27  
MARCH 13, 27**  
3 p.m.

**UH Samaritan Medical Center**  
Pulmonary Rehab Room  
1025 Center Street  
Ashland, Ohio 44805

## FREEDOM FROM SMOKING

This 7-week Freedom from Smoking program's first few weeks prepare you to quit on week four. Participants regroup 48 hours later for support and discussion. The remaining time focuses on life skills to maintain a smoke-free lifestyle while preventing weight gain. To further encourage success, a nicotine replacement such as a patch or gum is recommended. This helps ease the anxiety of quitting while you relearn the daily routine of being a non-smoker.

**SESSION 1–  
JANUARY 2, 9, 16, 23, 25, 30  
FEBRUARY 6, 13**  
6 – 8 p.m.

**SESSION 2–  
MARCH 6, 13, 20, 27, 29  
APRIL 3, 10, 17**  
6 – 8 p.m.

**UH Samaritan Medical Center**  
East Tower Conference Room  
1025 Center Street  
Ashland, Ohio 44805

*Call to register: 419-207-2303*

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

Participants receive a pedometer and walk with Respiratory Therapist supervision. Therapists monitor heart rate and SPO2 before and after walking as well as keep record of steps accomplished each time for goal setting and monthly progress report. Open to anyone in the community that has COPD and would like to participate.

**EVERY TUESDAY AND THURSDAY**  
10 a.m.

**Kroc Center**  
East Main Street,  
Ashland, OH 44805

Participants meet at the Children's home white barn parking lot.

Time and place subject to change!  
Please call for update before you join us.  
*For questions and registration call:*  
419-207-2453

## CARDIAC SUPPORT GROUP

**SECOND WEDNESDAY EVERY MONTH**  
6:30 p.m.

**UH Samaritan Medical Center**  
1025 Center Street  
Ashland, OH 44805

*Contact facilitator Pat Butcher at  
419-289-0491, ext. 3435 for  
more information.*

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**1-844-312-5433** or [UHhospitals.org/AgeWell](http://UHhospitals.org/AgeWell)