



UH ST. JOHN MEDICAL CENTER

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

SCREENINGS

May be canceled due to inclement weather. No screenings on holidays.

Blood Pressure Screenings

**First Monday of each month
10:30 – 12 p.m.**

North Olmsted Senior Center
28114 Lorain Road, North Olmsted

**Third Monday of each month
1 – 2 p.m.**

UH St. John Medical Center Main Lobby
29000 Center Ridge Road, Westlake

**Fourth Monday of each month
6 – 7:30 p.m.**

Westlake Recreation Center
28955 Hilliard Boulevard, Westlake

**First Wednesday of each month
9 – 10:30 a.m.**

Westshore Family YMCA
1575 Columbia Road, Westlake

**Second Wednesday of each month
9:30 – 11 a.m.**

Lakewood Senior Center
16024 Madison Avenue, Lakewood

Blood Pressure, Glucose, Cholesterol and Bone Density Screenings

No fasting or reservations required.

**Monday, January 28
10:00 a.m. – 12 p.m.**

Dwyer Memorial Center
300 Bryson Lane, Bay Village

**Tuesday, February 26
10 a.m. – 12 p.m.**

Westlake Center for Community Services
29694 Center Ridge Road, Westlake

**Thursday, May 2
11 a.m. – 1 p.m.**

Rocky River Senior Center
21014 Hilliard Blvd, Rocky River

**Tuesday, June 4
9:30 – 11:30 a.m.**

Lakewood Senior Center
16024 Madison Ave., Lakewood

Balance Screenings

Conducted at UH St. John Medical Center Westlake Family Health Building 26908 Detroit Road, Suite 300, Westlake. For details, call **440-414-6050**.

WELLNESS EVENTS

Walk for Wellness!

Walkers Club/Great Northern Mall
**Second Wednesday of each month
9 a.m.**

Health talk and blood pressure screening near the food court. Great Northern Mall, 4954 Great Northern Blvd., North Olmsted

Bariatric Surgery and Weight Management Health Talk

Thursday, January 17 | 6 p.m.

UH St. John Medical Center
29000 Center Ridge Road, Westlake

Lakewood Library Speaker Series

Preventing Diabetes
Saturday, January 26 | 1 p.m.

Colon Cancer Prevention
Saturday, February 23 | 1 p.m.

Lakewood Library
15425 Detroit Road, Lakewood

A Path Forward to Defeat Cancer: Colorectal Cancer Awareness Program

Wednesday, March 13 | 9 a.m.

Great Northern Mall,
4954 Great Northern Blvd., North Olmsted

Stroke Awareness Day

Stroke Risk Assessment and blood pressure screening

Monday, May 20 | 12 – 2 p.m.

UH St. John Medical Center Lobby
29000 Center Ridge Road, Westlake

Roundtable Health Talk Series: Current Trends in Cardiology Event

Thursday, February 28 | 6 p.m.

Light dinner and health screenings included
Westlake Recreation Center
28955 Hilliard Blvd., Westlake
Reservations required, call **877-597-6348**.

Community Safety and Wellness Fair

Saturday, May 18 | 10 a.m. – 1 p.m.

Westlake Recreation Center
28955 Hilliard Blvd., Westlake

HEALTH TALK & HORS D'OEURVES

Bariatric Surgery and Weight Management

Dr. Munshi and the UH Bariatric Team
Wednesday, March 6 | 6 p.m.

UH St. John Medical Center, Building 2
29000 Center Ridge Road, Auditorium A

Opiate Series - Opiate Crisis

Thursday, March 21 | 6 p.m.

Opiate Series - Behavioral Addiction

Thursday, June 20 | 6 p.m.

UH St. John Medical Center, Building 2
29000 Center Ridge Road, Auditorium B

Speed Nutrition

Eating to prevent heart disease, diabetes, GI disorders, cancer and prevent weight gain.

Thursday, May 30 | 6 p.m.

UH St. John Medical Center, Building 2
29000 Center Ridge Road, Auditorium B

What to expect in each decade as we age. 50 and Me, 60 and Me, 70 and Me, 80 and Me

Thursday, June 27 | 6 p.m.

UH St. John Medical Center, Building 2
29000 Center Ridge Road, Auditorium B

SUPPORT GROUPS

Meetings are held at 29160 Center Ridge Road, Suite R, Westlake

Mood Disorder Support Group

Tuesdays, 7 – 8:30 p.m.

For details, call Bobby at **440-539-9415**.

Breastfeeding Support Group

Wednesdays | 10 a.m. – 12 p.m.

For details call **440-827-5440**.

Breast Cancer Hope Group

First Wednesday of each month

5:30 – 7:30 p.m.

For details call **440-827-5440**.

Gamblers Anonymous

Saturdays 10 – 11 a.m.

Call Matt at **440-752-3315** for details.

Overeaters Anonymous

Sundays, 10 – 11 a.m.

UH St. John Medical Center
Building 2, Auditorium B
29000 Center Ridge Road, Westlake
For details, call **440-827-5440**.

Caregiver's Club

Third Tuesday of each month

11:30 a.m. – 1 p.m.

Westlake Center Community Services
29694 Center Ridge Road, Westlake

UH SJMC Westlake Family Health Center, Suite 300, 26908 Detroit Road, Westlake
Call Evelyn Gorton at **440-250-2042**.

A Second Chance: A Lung Transplant Support Group
Second Monday of EVEN months
6 – 8 p.m.

Better Breathers Club
First Tuesday on EVEN months
1 – 2:30 p.m.

HOSPITAL SERVICES & RESOURCES

Audiology Screenings
UH St. John Medical Center Speech and Audiology, Building 2, Suite 290, 29000 Center Ridge Road To schedule an appointment, call **440-835-6160**.

Outpatient Nutrition Counseling
Participants must obtain a physician's referral prior to their visit. To schedule an appointment please call Marge, **440-835-4426**, extension 3.

Opiate Advisory Committee
For assistance and information, call Rachel Kelch at **440-827-5250**.

Available at UH Westlake Family Health Center, 26908 Detroit Road, Westlake
For assistance and information, call **440-414-6050**.

Cancer Rehab Program
Certified lymphedema therapist, physical therapist, and speech therapist lead this program. For information, **440-414-6050**.

Concussion Management Program for Student Athletes
For information call, **440-414-6050**.

Balance Screenings
For information call, **440-414-6050**.

CHILDBIRTH & PARENTING

UH St. John Medical Center
29000 Center Ridge Road, Westlake
(unless otherwise stated) For questions and dates call **440-827-5460**.
Reservations required call **877-597-6348**.

Infant Care Bradley Method of Prepared Childbirth
Breastfeeding Class
From Bump to Bundle
Holistic Birth Options
Breastfeeding Class
Birth and Beyond
Daddy Boot Camp
Family Suites Tour
CPR (Friends and Family)

Natural Family Planning
Registration required. Call **440-779-5793**.

COMMUNITY SERVICES & RESOURCES

Community Assistance Information (2-1-1) Free and confidential information and referral line run by the United Way.

Low-Cost Immunizations
Appointments required. For details, call **216-201-2041** or visit: **ccbh.net/immunization-clinic**

Senior Supper Club
For details, call **440-777-8100** or **440-899-3544**.

Blood Donation
Call for dates and details **440-617-9078**.

CLASSES & COMMUNITY PROGRAMS

Community Yoga
Wednesdays | 5 – 6 p.m.
Saturdays | 8 – 9 a.m.
UH St. John Medical Center
29000 Center Ridge Road, Westlake

Diabetes Education Classes
UH St. John Medical Center
Westlake Family Health Building
26908 Detroit Road, Westlake.
Physician referral required. For scheduling and pre-access, call **440-827-5668**.
For details, call DeAna Rodriguez, RN at **440-827-5341**.

CONTINUING EDUCATION PROGRAMS

To register, call **877-597-6348**.

American Heart Association Heartsaver CPR/AED
To register go to uhems.org. For details, call Betsy at **216-849-5013**.

American Heart Association CPR/AED and First Aid group classes.
Call Julie at **440-827-5440**. Fee: \$30.

Stop the Bleed
For details, call Matt Sheehan, EMS Coordinator, at **440-221-6835**.

Is It Hard To Understand How People Become Addicted To Drugs?

The Centers for Disease Control and Prevention explains that, "many people don't understand why or how other people become addicted to drugs. They may mistakenly think that those who use drugs lack moral principles or willpower and that they could stop their drug use simply by choosing to. In reality, drug addiction is a complex disease, and quitting usually takes more than good intentions or a strong will". Following are notable facts about drug addiction:

- Addiction is the compulsive, often uncontrollable use of drugs in spite of the negative consequences. It can happen very quickly for some individuals.
- The cells in the brain become less sensitive to the drug, and the user must take higher doses to get the same effect.
- Drugs change the brain in ways that make quitting very hard, even for those who want to.
- People falsely believe that because some drugs are legally prescribed for medical pain relief, they pose no danger. Prescription drugs should be taken under close supervision of a physician.

The goal of University Hospitals is to provide awareness, education and promote available resources for the problem of drug addiction. **The Crisis Text Line:** Text **4hope** to **741741** for multiple counties.

UH ELYRIA MEDICAL CENTER

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

SCREENINGS

May be canceled due to inclement weather. No screenings on holidays.

Blood Pressure Screenings

First Wednesday of each month

8:30 – 10 a.m.

UH Avon Health Center
1997 Healthway Drive, Avon

Second Wednesday of each month

9:30 – 11 a.m.

Avon Senior Center
Community Meeting Room
36786 Detroit Road, Avon

Third Tuesday of each month

12:30 – 2 p.m.

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

Glucose Screenings

Tuesdays | 7–9 a.m.

January 22 • February 19 • March 26 •
April 16 • May 7 • June 18
UH Elyria Medical Center Lobby
630 East River Street, Elyria

Stroke Awareness Day (Blood Pressures and Glucose Testing)

Tuesday | 8 – 11 a.m.

May 7
UH Elyria Medical Center Lobby
630 East River Street, Elyria

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 a.m. – 2:30 p.m.

Avon Lake Senior Center
100 Avon Belden Road, Avon Lake

Thursday, April 18

10:00 a.m. – 12 p.m.

Avon Senior Center
36786 Detroit Road, Avon

SENIOR RESOURCE FAIR

Tuesday, April 9

11a.m – 1p.m.

UH Elyria Medical Center Cafeteria
630 East River Street, Elyria

WELLNESS TALKS & EVENTS

Breast Health Talk

with Dr. Keith Warner
Wednesday, January 16
6 p.m.

Gates Auditorium
UH Elyria Medical Center
125 Broad Street, Elyria

Breast Cancer World Café

Using a World Café model, breast cancer patients listen and share strategies to support one another.

Tuesday, February 12

3:00 - 4:40 p.m.

UH Elyria Medical Center Cafeteria
125 Broad Street, Elyria

Diversity Health Talk: Blurring the Lines

Tuesday, February 12

11:30 a.m. – 12:30 p.m.

Gates Auditorium
UH Elyria Medical Center
125 Broad Street, Elyria

Women's Health Expo

Screenings, information and talks.

Saturday, March 16

10:00 a.m. – 1:00 p.m.

Gates Auditorium
UH Elyria Medical Center
125 Broad Street, Elyria

Bariatric & Weight Management

with Dr. Munshi

Thursday, April 25

6:00 p.m.

Gates Auditorium
UH Elyria Medical Center
125 Broad Street, Elyria

Finding the Right Fit after Breast Cancer Surgery

Tuesday, May 7

6:00 p.m.

Gates Auditorium
UH Elyria Medical Center
630 East River Street, Elyria

CLASSES & COMMUNITY PROGRAMS

Diabetes Education Program

This program provides information and support for anyone living with diabetes. **Individual diabetes sessions** are available. Call Kim Horvath, for more information **440-284-5709**.

Diabetes Education Group Classes

(You must attend an individual diabetes session before attending group classes.)

Wednesdays, 10 a.m. – 12 p.m.

March 6, 13, & 20

Wednesdays, 6 – 8 p.m.

May 15, 22, & 29

Healthy Lifestyle Medical Nutrition Therapy

Program offers nutrition counseling with a registered dietitian/nutritionist to manage weight, cholesterol, blood sugar, food allergies or other conditions which may be better controlled by diet. A physician referral is required. For more information including session times, call Kim Horvath, MEd, RDN, LD, CDE at **440-284-5709**.

SUPPORT GROUPS

Music, Health and Wellness

Thursdays, 7 – 8 p.m.

Jan 24 • Feb 21 • March 21 • April 25 •
May 23 • June 27

Boynton Room, 3rd floor, Training and Development Department, Elyria Medical Center. Call Samantha at **440-326-4510**.

Neurological/Stroke

Fourth Thursday of each month

3:30 – 4:30 p.m.

UH Avon Rehabilitation Hospital
37900 Chester Road, Avon.
For details call Tanya at **440-695-7111**.

Diabetes Awareness

Wednesdays, 6 – 7 p.m.

January 9 • February 13 • March 13 •
April 10 • May 8

UH Elyria Medical Center Diabetes Education Office, 630 East River Street, Elyria. For details, call Kim Horvath, MEd, RDN, LD, CDE at **440-284-5709**.



UH ELYRIA MEDICAL CENTER cont'd

CHILDBIRTH & PARENTING

UH Elyria Medical Center
630 East River Street, Elyria.
For details or to register, visit UHElyria.org
and click "Classes" or call **440-329-7466**.

Childbirth Prep Class

One & two day sessions

Baby Care Class

Breastfeeding Class

Breastfeeding Support Group

Infant/Child CPR Class

Family Birth Center Tours

HypnoBirthing®

Grandparenting Today Class

Music, Mommy, Daddy & Me

Wednesdays, 5 - 6 p.m.

Contact Samantha Huffman, MT-BC
at **440-326-4510** for music class.

"Life isn't about waiting for the storm to pass... It's about learning to dance in the rain."

You've heard this quote before, usually in reference to dealing with a personal struggle, conflict, or in reference to managing a chronic illness. Chronic illnesses, such as heart disease and high blood pressure, some cancers and diabetes are long-lasting conditions, age inclusive, that usually can be controlled but not cured.

Many chronic diseases are preventable and are linked to lifestyle choices that are within your own hands to change. Even if you already have diabetes, heart disease, or another chronic condition, eating more healthful food, getting more exercise, even a daily brisk walk, monitoring with screenings to identifying new problems, maintaining a healthy weight, can help better manage your illness, avoid complications, and prolong your life. Many people find that taking an active part in the care of a chronic health condition can help them feel stronger and better able to deal with life's hurdles.



The goals of University Hospitals are to help individuals prevent and manage the effects of their chronic illness and enhance their quality of life, by putting them at the center of solutions.

THE FITNESS CENTER AT UH AVON HEALTH CENTER: SPECIALTY CLASSES

UH Avon Health Center is located at 1997 Healthway Drive, Avon | Classes below are free of charge and open to members of the community, ages 15 and older. Pre-registration is required by calling **440-988-6801**. A photo ID is required upon check-in. Those under 18 must be accompanied by a legal guardian to sign a liability waiver. For more information, visit UHhospitals.org/Fitness or contact Renee Barrett, Program Manager, at **440-988-6822** or Renee.Barrett@UHhospitals.org.

Aqua Pilates

Second Monday of each month
10 a.m.

Beginner Yoga Class

Second Saturday of each month
11:30 a.m.

Beginner Spinning Class

Last Saturday of each month
10:15 a.m.

Race Day

Last Sunday of each month
January – April 11 a.m.

POUND® Fitness

Saturdays | 11:30 a.m.
January 12 • February 9 • March 9 •
April 13 • May 4 • June 1

Intro to Tai Chi

Saturdays | 11:30 a.m.
January 19, February 23

Balance Wellness Presentation

Monday | 11:30 a.m.
February 25

Beyond Cancer: Cancer Wellness Education

Tuesday | 11:30 a.m.
January 8

Nutrition Talk:

Help Prevent Chronic Disease with a Healthy Diet

Tuesday | 11:30 a.m.
March 26

Glucose screening 10:30 a.m. prior to
the talk

Tuesday | 6 – 6:45 p.m.
May 28

No glucose screening, talk only.

Skincare Open House

Tuesday | 5-7 p.m.
May 7

Contact Dana at **440-988-6828**
for more information.