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 Boulevard, 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’OEUVRES

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

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 Community Services
29694 Center Ridge Road, Westlake

For details, call 877-597-6348.

University Hospitals
Education and Community Events Schedule
January – June 2019

AVON HEALTH CENTER
ELYRIA MEDICAL CENTER
ST. JOHN MEDICAL CENTER

St. John Medical Center
300 Bryson Lane, Bay Village
440-752-3315

Lakewood Senior Center
28955 Hilliard Boulevard, Lakewood
440-827-5440

Westlake Center for Community Services
29694 Center Ridge Road, Westlake
440-539-9415

Westshore Family YMCA
1575 Columbia Boulevard, Westlake
440-827-5440

Lakewood Senior Center
16024 Madison Avenue, Lakewood
440-827-5440.

Great Northern Mall, North Olmsted near the food court.
Call Matt at 440-752-3315 for details.

29160 Center Ridge Road, Suite R, Westlake
440-539-9415.

29000 Center Ridge Road, Auditorium B
440-827-5440.

29000 Center Ridge Road, Auditorium A
440-827-5440.

29000 Center Ridge Road, Auditorium B
440-827-5440.

29000 Center Ridge Road, Auditorium A
440-827-5440.

29000 Center Ridge Road, Auditorium B
440-827-5440.

University Hospitals
Education and Community Events Schedule
January – June 2019

AVON HEALTH CENTER
ELYRIA MEDICAL CENTER
ST. JOHN MEDICAL CENTER

St. John Medical Center
300 Bryson Lane, Bay Village
440-752-3315

Lakewood Senior Center
28955 Hilliard Boulevard, Lakewood
440-827-5440

Westlake Center for Community Services
29694 Center Ridge Road, Westlake
440-539-9415

Westshore Family YMCA
1575 Columbia Boulevard, Westlake
440-827-5440

Lakewood Senior Center
16024 Madison Avenue, Lakewood
440-827-5440.

Great Northern Mall, North Olmsted near the food court.
Call Matt at 440-752-3315 for details.

29160 Center Ridge Road, Suite R, Westlake
440-539-9415.

29000 Center Ridge Road, Auditorium B
440-827-5440.

29000 Center Ridge Road, Auditorium A
440-827-5440.

29000 Center Ridge Road, Auditorium B
440-827-5440.

29000 Center Ridge Road, Auditorium A
440-827-5440.

University Hospitals
Education and Community Events Schedule
January – June 2019

AVON HEALTH CENTER
ELYRIA MEDICAL CENTER
ST. JOHN MEDICAL CENTER

St. John Medical Center
300 Bryson Lane, Bay Village
440-752-3315

Lakewood Senior Center
28955 Hilliard Boulevard, Lakewood
440-827-5440

Westlake Center for Community Services
29694 Center Ridge Road, Westlake
440-539-9415

Westshore Family YMCA
1575 Columbia Boulevard, Westlake
440-827-5440

Lakewood Senior Center
16024 Madison Avenue, Lakewood
440-827-5440.

Great Northern Mall, North Olmsted near the food court.
Call Matt at 440-752-3315 for details.

29160 Center Ridge Road, Suite R, Westlake
440-539-9415.

29000 Center Ridge Road, Auditorium B
440-827-5440.

29000 Center Ridge Road, Auditorium A
440-827-5440.

29000 Center Ridge Road, Auditorium B
440-827-5440.

29000 Center Ridge Road, Auditorium A
440-827-5440.

University Hospitals
Education and Community Events Schedule
January – June 2019

AVON HEALTH CENTER
ELYRIA MEDICAL CENTER
ST. JOHN MEDICAL CENTER

St. John Medical Center
300 Bryson Lane, Bay Village
440-752-3315

Lakewood Senior Center
28955 Hilliard Boulevard, Lakewood
440-827-5440

Westlake Center for Community Services
29694 Center Ridge Road, Westlake
440-539-9415

Westshore Family YMCA
1575 Columbia Boulevard, Westlake
440-827-5440

Lakewood Senior Center
16024 Madison Avenue, Lakewood
440-827-5440.

Great Northern Mall, North Olmsted near the food court.
Call Matt at 440-752-3315 for details.

29160 Center Ridge Road, Suite R, Westlake
440-539-9415.

29000 Center Ridge Road, Auditorium B
440-827-5440.

29000 Center Ridge Road, Auditorium A
440-827-5440.

29000 Center Ridge Road, Auditorium B
440-827-5440.

29000 Center Ridge Road, Auditorium A
440-827-5440.
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.
**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.

**Seniors Resource Fair**
Tuesday, April 9
11 a.m. – 1 p.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
Boyton 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.
“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.

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**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 Uhospitals.org/Fitness or contact Renee Barrett, Program Manager, at 440-988-6822 or Renee.Barrett@UHhospitals.org.

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**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.

**Skin Care Open House**  
Tuesday | 5-7 p.m.  
May 7  
Contact Dana at 440-988-6828 for more information.