

Education And Community Events Guide

UH ELYRIA, PARMA AND ST. JOHN MEDICAL CENTERS
July – December 2017 Class and Event Schedule



UH Elyria Medical Center
630 East River Street
Elyria, OH 44035

UH Parma Medical Center
7007 Powers Boulevard
Parma, OH 44129

UH St. John Medical Center
29000 Center Ridge Road
Westlake, OH 44145



Class and Event Schedule | July – December 2017

TABLE OF CONTENTS

UH Elyria Medical Center	3
UH Parma Medical Center	6
UH St. John Medical Center	13



Register early to reserve your place before classes fill up or to minimize the chance of a class being canceled because too few have signed up.

Listings are free of charge or are accompanied by a fee, as noted.

CLASS AND SEMINAR REFUND/REGISTRATION POLICY

Where applicable, please note the dates and times of classes – confirmations are not sent.

Same-day registration is accepted if a class is not full or canceled, but register early to ensure placement.

- Class times and course instructors are subject to change. We reserve the right to cancel a class if too few are enrolled.
- A class will be canceled three days prior to the class date if too few are enrolled.

- Participants will receive a full refund if a class is canceled by the Medical Center or Health Education Center.

- If a student withdraws from a course requiring a fee, a refund – less a \$5 processing fee per class – is given if a verbal or written request is received five business days before the start of the first class. Cancellations received less than five days before the first day of class will be credited by gift certificate, less a \$5 processing fee.

- No refunds will be given on or after the first class. No exceptions will be made. Decisions to maintain classes are based on enrollment. Students assume the risk of any change in their personal affairs or health which may impact their ability to attend classes.

- Refunds are not available for one-session programs or for not attending a class.

WEATHER-RELATED CANCELLATIONS

Daytime and evening class cancellations due to weather will be aired over local television stations. With weather-related cancellations, some classes may not be able to be rescheduled. In this case, no refunds will be issued.

REGISTER NOW.

- Community Events & Screenings
- Health & Wellness Sessions
- Parenting Classes



COMMUNITY EVENTS & SCREENINGS

Blood Pressure and Glucose Screenings

Tuesdays | 7 – 9 a.m.

- July 11
- September 12
- October 10
- November 14
- December 12

UH Elyria Medical Center lobby
630 East River Street, Elyria

UH Elyria Medical Center Health and Safety Fair

**Saturday, August 12
9 a.m. – 12 p.m.**

UH Amherst Health Center
254 Cleveland Avenue, Amherst

United Way Health Fair and Screening

**Thursday, September 21
8 a.m. – 12 p.m.**

El Centro
2800 Pearl Avenue, Lorain

Blood pressure, stroke risk, cholesterol, blood sugar and bone density assessments.

Flu vaccines are available.

Senior Health Fair

**Wednesday, September 27
10 a.m. – 2 p.m.**

10 a.m. – 12 p.m. Health Fair
12 – 12:30 p.m. Light Lunch
12:30 – 2 p.m. Music Bingo with
Kenny "G" Gilder

UH Avon Health Center
1997 Healthway Drive, Avon

Nutrition Talk

**Wednesday, October 11
11:30 a.m. – 12 p.m.; 6 – 6:30 p.m.**

UH Avon Health Center
1997 Healthway Drive, Avon

Blood Pressure, Glucose, Cholesterol and Bone Density Screening

**Tuesday, October 17
12:30 – 2 p.m.**

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

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

2017 Health and Wellness Expo

**Wednesday, November 1
10 a.m. – 1 p.m.**

Lorain County Community College
1005 North Abbe Road, Elyria

Blood Pressure, Glucose, Cholesterol and Bone Density Screening

**Monday, November 6
12:30 – 2 p.m.**

Avon Health Center
1997 Healthway Drive, Avon Lake

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

Blood Pressure and Glucose Screening

**Wednesday, November 15
7:30 – 9 a.m.**

UH Avon Health Center
1997 Healthway Drive, Avon

Lorain County Medical Society Health Fair

For details, call Suzanne at the Lorain County Medical Society:
440-934-6825

HEALTH & WELLNESS SESSIONS

All About You Women's Health and Wellness

This free women's health membership program offered by UH Elyria and St. John medical centers provides health and wellness education, support and encouragement in all areas of a woman's life. For more information or to become an All About You member, visit UHHospitals.org/allaboutyou or call 877-597-6348.

Diabetes Awareness and Support Group

Wednesdays | 6 – 7 p.m.

- July 5 "Diabetes Basics"
- August 2 "Know your ABCs of Diabetes"
- September 6 "Diabetes and Diet"
- October 4 "Diabetes and Exercise"
- November 1 "Holiday Eating and Diabetes"
- December 6 "Stress Management and Diabetes"

A 30-minute presentation followed by a 30-minute group interaction.

UH Elyria Medical Center
630 East River Street, Elyria
Diabetes Education Office

Take the "A" elevator to the basement and turn left. The office is on the left.

For details, call Kim Horvath, MEd, RD, LD, CDE: 440-284-5709.

Diabetes Education

Wednesdays | 6 – 8 p.m.

- September 13, 20 and 27
- October 11, 18 and 25

Tuesdays | 10 a.m. – 12 p.m.

- November 7, 14 and 21
- December 5, 12 and 19

UH Elyria Medical Center
(individual and group classes)
630 East River Street, Elyria

UH Avon Health Center
*(individual instruction only;
no group classes)*
197 Healthway Drive, Avon

The Diabetes Education program at UH Elyria Medical Center and UH Avon Health Center provides information and support for anyone with diabetes. Whether diabetes is a new diagnosis or improved blood sugar control is needed, we are here to help. We offer individual and group sessions in Elyria and individual sessions in Avon.

There must be at least five participants to hold group classes.

A physician referral is required to participate. Many insurance plans cover diabetes education; contact your insurance provider to verify coverage.

The program is recognized by the American Diabetes Association.

For more information, call:
440-284-5709.

Healthy Habits for a Healthy Lifestyle

Tuesdays | 6 – 7 p.m.

- September 19 and 26
- October 3, 10, 17 and 24
(no class on October 31)
- November 7 and 14

UH Avon Health Center
197 Healthway Drive in Avon

Turn left at the front door to find the Conference Room.

Diet and exercise are the keys to good health. Losing five to ten percent of your weight can provide many health benefits. Join us for an eight-week weight management program that offers weekly weigh-ins, a nutrition plan, health topics and group support. Blood pressure assessments, blood sugar assessments and waist measurements will be taken at the beginning and end of the program.

There must be at least five participants to hold group classes.



PARENTING

All classes take place at UH Elyria Medical Center, 630 East River Street in Elyria.

For more information or to register for any class or tour, call 440-329-7466 or visit UHElyria.org, then click on “Classes.”

Childbirth Prep Class

Learn about labor and the birth process including breathing and relaxation techniques; comfort skills; the use of medications and anesthesia; and more. Bring a pillow and blanket with you to class. Fee: \$60 per couple.

One-day sessions: *(all day)*

Saturdays | 8:30 a.m. – 4:30 p.m.

- July 8
- August 12
- September 2
- October 14
- November 11
- December 9

Two-day sessions: *(attend both days)*

Fridays | 6:30 – 9:30 p.m.

Saturdays | 9:30 a.m. – 1:30 p.m.

- July 21 and 22
- August 25 and 26
- September 22 and 23
- October 27 and 28
- November 17 and 18
- December 15 and 16

Breastfeeding Class

Learn basics of breastfeeding, including how and why it is so beneficial to your baby and you. Fee: \$20 per person.

Mondays | 6:30 – 9:30 p.m.

- July 10
- August 14
- September 11
- October 9
- November 6
- December 4

Baby Care Class

We review the basics of newborn care to provide you with the practical information you need to care for your baby. Fee: \$20 per couple. *(Dates and times are listed in the next column.)*

Mondays | 6:30 – 9:30 p.m.

- July 17
- August 21
- September 18
- October 16
- November 13
- December 11

Family Birth Center Tours

Tours of the UH Elyria Medical Center Birth Center are free of charge.

Tours begin Sundays at 2 p.m.

- July 9
- August 20
- September 10
- October 8
- November 12
- December 10

Grandparenting Today Class

This free class helps transition you to the new role of a grandparent by discussing changes in infant care and what creates a safe home environment. Topics include infant diapering, breastfeeding and car seat safety, as well as what it is like being a grandparent.

Mondays | 6:30 – 8 p.m.

- July 24
- August 28
- September 25
- October 30
- November 27
- December 18

Infant/Child CPR Class

Learn the valuable skill of infant and child CPR. You will leave with very important information about what to do, as well as actual experience from performing CPR on our mannequins. Fee: \$20 per person.

Wednesdays | 6:30 – 8:30 p.m.

- July 19
- August 23
- September 20
- October 18
- November 15
- December 20

Prepared Childbirth Refresher/Scheduled C-Section Class

For experienced parents, this birthing class reviews the labor and birth process; pushing and breathing techniques; Cesarean birth; and recovery. Fee: \$20 per couple.

Mondays | 6:30 – 8:30 p.m.

- July 10
- August 21
- September 18
- October 16
- November 20
- December 11

Breastfeeding Support Group

A lactation consultant will be available to answer your questions during this free session. Bring your baby; a scale will be available for a weight check.

Mondays | 11 a.m. – 12 p.m.

Wednesdays | 6 – 7 p.m.

Fridays | 11 a.m. – 12 p.m.

HypnoBirthing® The Mongan Method

HypnoBirthing uses relaxation and self-hypnosis techniques to promote confidence, calm and comfort during the birthing experience, and eliminate fear and tension. For more information, visit Hypnobirthing.com.

This five-class course meets for 2.5 hours once a week over five weeks and is best taken during the second trimester. Fee: \$60 per couple.

Sundays | 6:30 – 9 p.m.

- September 10, 17 and 24
- October 1 and 8

REGISTER NOW.

Classes and sessions are held at UH Parma Health Education Center, 7300 State Road in Parma, unless otherwise noted.

Office hours:

Monday – Thursday: 8:30 a.m. – 4:30 p.m.

Friday: 8:30 a.m. – 12 p.m.

Saturday and Sunday: Closed.



Unless otherwise stated, register for events requiring a fee with a credit card by calling **440-7-HEALTH (743-2584)** or faxing **440-743-4535**. You may register in person at University Hospitals Parma Health Education Center during regular weekday office hours. Registration and required payments for all programs are due before the first class date.

You may verify all announced cancellations by calling 440-743-4878.

YOU & YOUR HEALTH: FREE PRESENTATIONS

To register for the following classes, call 440-743-4932 unless otherwise noted.

Medical Weight Loss Information Session

**First Wednesday of every month
6 – 7 p.m.**

- July 5
- August 2
- September 6
- October 4
- November 1
- December 6

Learn about our New Directions Medically Supervised Weight Loss program. These sessions are held at the UH Parma Medical Center Metabolic Clinic, Medical Arts Center 2, 6707 Powers Boulevard, Suite 303 in Parma.

Call 440-743-2995 for more information and to register.

NEW! Lung Cancer Information Session

Tuesday, August 1 | 6 – 7 p.m.

In this session, you will learn about the risk factors, screening process and treatments for lung cancer. Presented by Aryavarta Kumar, MD, Oncologist, the session will be held at UH Parma Medical Center Auditorium, 7007 Powers Boulevard in Parma.

Bariatric Surgery Information Session

Second Tuesday of every other month | 5:30 – 6:30 p.m.

- August 8
- October 10
- December 12

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

Sessions are held at UH Parma Medical Center Auditorium, 7007 Powers Boulevard in Parma.

Call 216-844-5274 for more information and to register to attend. Details are also available at UHhospitals.org/weightloss.



Cholesterol: Should I Worry?

**Thursday, September 14
6 – 7 p.m.**

Learn the latest information about the risks and benefits of cholesterol, presented by internal medicine physician Bradley Banko, MD, MS.

The session is held at UH Parma Medical Center Auditorium, 7007 Powers Boulevard in Parma. Free, non-fasting cholesterol screenings will also be available.

NEW! Dysphagia (Difficulty Swallowing)

**Tuesday, October 3
5:30 – 6:30 p.m.**

Swallowing difficulties (*dysphagia*) are more common than you would think. It can lead to significant health problems if not treated. When does it typically occur? How does it affect you? What can you do to improve or prevent it?

These questions and more will be discussed during this presentation by a UH Parma Medical Center clinical speech therapist.

Joint Replacement Information Session

This one-time information session is designed for patients scheduled for or considering total joint replacement surgery at UH Parma Medical Center. Call 440-743-4024 for dates and times.

NEW! YMCA Diabetes Prevention Program

Did you know that losing a modest amount of weight and increasing your physical activity can help you prevent or delay type 2 diabetes? The YMCA's Diabetes Prevention Program can help you reach your healthy living goals.

The year-long, small-group program designed for people at high risk for diabetes. The results of this program have been shown to reduce the number of new cases of diabetes by 58 percent. The reduction is even greater for adults over the age of 60.

Generous financial scholarships are available. For more information, leave a message at 440-574-0580 or email healthyliving@clevelandY.org. You do not have to be a YMCA member to participate in this program.

PERSONAL WELLNESS

To register for the following classes and programs, call 440-743-4932 unless otherwise noted.

NEW! Keeping a Healthy Heart

Tuesday, August 15

5:30 – 6:30 p.m.

Learn what you can do to keep your heart healthy. We will discuss why it is important to be aware of your numbers for blood pressure, cholesterol (total as well as LDL and HDL) and know what you can do to lower some of those numbers. The session is taught by the Nurse Manager of CICU from UH Parma Medical Center and held at UH Parma Medical Center Auditorium, 7007 Powers Boulevard in Parma. One session. Fee: \$10.

NEW! Answers for Knee and Hip Pain

Tuesday, August 29

5:30 – 6:30 p.m.

**Thursday, November 2
10 – 11 a.m.**

Learn about the anatomy of the knee and hip. The causes of knee and hip pain, diagnosis, treatment, diet, exercise, medications and alternative care methods will also be covered in this one-session presentation, led by Therese Lord, Doctor of Physical Therapy from UH Parma Medical Center. Fee: \$10.

NEW! Hearing and the Older Adult

**Thursday, September 21
6 – 7 p.m.**

Our ability to hear often changes as we get older. We will discuss why it is important to have your hearing checked regularly, as well as some signs and symptoms associated with hearing loss. In this single session, we will clear up common misconceptions about hearing aids and offer tips on navigating the health care system with regard to treating hearing issues. Fee: \$10.

NEW! Balance and Fall Prevention

**Thursday, October 19
5:30 – 6:30 p.m.**

Learn the definition of a fall, who is at risk for falls and different ways to prevent them. This session also covers what can contribute to falls, including dizziness, and options for treatment. A few basic exercises to help and/or maintain your balance will also be discussed. The single session is moderated by Therese Lord, Doctor of Physical Therapy from UH Parma Medical Center. Fee: \$10.

NEW! Healthy Eating, Planning and Recipe Makeover

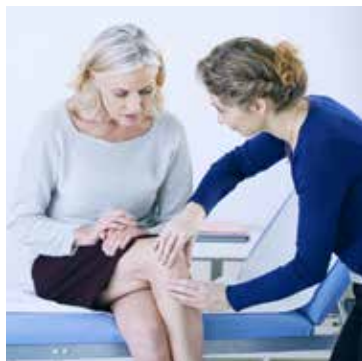
**Wednesday, November 8
6 – 7 p.m.**

Learn how to plan healthy meals and modify recipes that taste good and are good for you. This one-time session is taught by a registered dietitian. Fee: \$10.

NEW! Staying Fit While Inside

**Thursday, November 9
11 a.m. – 12 p.m.**

Learn how to stay fit and healthy during the cold months ahead. We will teach you easy exercises for all levels with minimal equipment that you can do all winter long without having to leave your home. One session. Fee: \$10.



"Age Well, Be Well" Club

Join this fast-growing membership club from University Hospitals for adults 55 and older. This program helps older adults stay active and socially engaged. The club is FREE to join and offers a variety of benefits including monthly activities, a walking club, yoga classes, support groups, free newsletters, a calendar of events, free Age Well-Be Well magazines and a free subscription to the Center for Lifelong Health/Better Living e-newsletter, special events, programs and more.

To register, call 440-743-4932 or visit UHhospitals.org/AgeWell.

Beyond Driving with Dignity

In this session, a certified professional will help you make appropriate driving-related decisions. The three-hour self-assessment includes a workbook and resources. Call 440-743-2777 for information and registration.

Low-Cost Immunizations

Offered by the Cuyahoga County Board of Health

Located at 5550 Venture Drive, Parma
For an appointment call 216-201-2041 or visit: ccbh.net/immunization-clinics

Dates listed for these multiple-class programs refer to start dates:

Yoga

Attain body awareness, relaxation and body/mind balance through a system of exercises and breathing. Dress comfortably. Bring a small blanket or towel and a water bottle to all classes. Yoga mats are provided. Classes are open to ages 16 and older. Sign up for two days a week and receive a \$5 discount.

BEGINNERS / GENTLE

FOUR SESSIONS: \$40

Wednesdays | 7 – 8:30 p.m.

- July 12
- August 9

SIX SESSIONS: \$60

Mondays | 7 – 8:30 p.m.

- September 11
- October 23

SIX SESSIONS: \$60

Wednesdays | 7 – 8:30 p.m.

- September 13
- October 25

MODERATE

FOUR SESSIONS: \$40

Thursdays | 7 – 8:30 p.m.

- July 13
- August 10

Six sessions: \$60

Thursdays | 7 – 8:30 p.m.

- September 14
- October 26

Chair Yoga

These sessions are for people with physical limitations and who feel they cannot keep pace in a regular yoga class. The focus will be on body awareness, breath and relaxation.

FOUR SESSIONS: \$32

Tuesdays | 6:30 – 7:30 p.m.

- July 11
- August 8

SIX SESSIONS: \$48

Tuesdays | 6:30 – 7:30 p.m.

- September 11
- October 23



SCREENINGS

Appointments are required by calling 440-743-4932. All screenings are held at UH Parma Health Education Center unless otherwise noted. *NEW:* Evening screenings are now available. See below for changes in dates and times.

FREE SCREENINGS

Blood Pressure Screening (Walk-In)

First and third Wednesdays of each month | 1 – 2 p.m.

- July 5 and 19
- August 2 and 16
- September 6 and 20
- October 4 and 18
- November 1 and 15
- December 6 and 20

Third Wednesday of every other month | 5 – 7 p.m.

- July 19
- September 20
- November 15

Glucose Screening (Walk-In)

First Wednesday of each month 1 – 2 p.m.

- July 5
- August 2
- September 6
- October 4
- November 1
- December 6

Third Wednesday of every other month | 5 – 7 p.m.

- July 19
- September 20
- November 15

Prostate Cancer Screening

**Monday, September 18
6 – 7:30 p.m.**

September is National Prostate Cancer Awareness Month. This screening is open to men age 50 and over who have never been screened before, or those who have not been screened within the last year and are not seeing a urologist.

Screenings are held at UH Parma Medical Center Seidman Cancer Center, 6525 Powers Boulevard in Parma, Medical Arts Center 3, second floor. An appointment is required.

Balance Screening

**Thursday, October 12
10 a.m. – 1 p.m.**

Conducted by a physical therapist from UH Parma Medical Center. An appointment is required.

SCREENINGS WITH A FEE

Each of the following screenings takes place on the third Wednesday of every other month:

- July 19
- September 20
- November 15

Bone Density Screening

Testing is done on the heel without socks or pantyhose. An appointment is required. Fee: \$15

- 9 – 11 a.m.
- 5 – 6:30 p.m.

Cholesterol Screening

Includes total cholesterol, HDL, LDL, triglycerides and blood sugar. A 12-hour fast is recommended for best results. An appointment is required. Fee: \$30

- 9 – 11 a.m.

NEW! Non-Fasting Cholesterol Screening

Includes total cholesterol, HDL and blood sugar. No fasting necessary. An appointment is required. Fee: \$15

- 5 – 6:30 p.m.

Combined Bone Density and Cholesterol Screenings

Both screenings will be completed at the same appointment. An appointment is required.

- 9 – 11 a.m. (Fee: \$40)
- 5 – 6:30 p.m. (Fee: \$25)

Pneumococcal Vaccine Clinics

Call 440-743-4932 for details and to schedule an appointment.

EMS TRAINING

Presented by the UH EMS Training & Disaster Preparedness Institute Educational opportunities:

- Paramedic training
- EMT – Basic
- ACLS, PALS, ITLS
- Instructor courses in CPR, ACLS, PALS and ITLS are also available.

For more information or to register for classes, call 440-743-4970.

EMT Basic Training

Daytime and evening classes available, and includes paramedic training. Call for dates and times.

Basic Life Support for Health Care Providers

Saturdays | 9 a.m. – 2 p.m.

Call for information on times.

- July 8
- August 12
- September 9
- October 14
- November 11
- December 9

For those who need a credential card documenting successful CPR course completion. The program covers adult and pediatric CPR, two rescuer CPR, foreign-body airway obstruction and AED. One session: \$65

SUPPORT GROUPS

All groups convene at UH Parma Health Education Center unless otherwise noted.

Alzheimer's Support

**First Tuesday of each month
7 – 8:30 p.m.**

For caregivers only:
Call 440-743-2660 for details.

**Second Friday of each month
1:30 – 3 p.m.**

For caregivers and memory-impaired individuals:
Call 440-743-4847 for details.

NEW! Creative Connections Through Art

**Held on the second Monday
of every month | 2 – 3 p.m.**

- July 10
- August 14
- September 11
- October 9
- November 13
- December 11

This free program offers a monthly arts enrichment session to engage individuals affected by dementia, as well as their care partner (spouse, child or other caregiver). Each session provides hands-on experiences in visual arts, music and storytelling. Participants learn how art and imagination fuel the mind at any point on life's journey.

The program is sponsored by the Carolyn L. Farrell Foundation. To participate, please preregister by calling 440-414-0434. Space is limited; early registration is encouraged.

Food Addicts Anonymous

Fridays | 10 – 11 a.m.

Call 440-237-3967 for details and to register.

Parkinson's Disease Support

**Second Tuesday of every month
1 – 2:30 p.m.**

Call 216-524-6354 for details and to register.

Post-LSVT Speech Therapy Support

**Second Tuesday of every month
11:30 a.m. – 12:30 p.m.**

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

Call 440-743-4160 for details and to register.

New Perspectives: Weight Management Support

**Fourth Wednesday of every
month | 6 – 7 p.m.**

This program offers education and support for bariatric surgery patients and others interested in weight loss surgery, and is held at UH Parma Medical Center, Medical Arts Center 2, 6707 Powers Boulevard, Suite 303 in Parma.

Call 216- 844-5274 to register.

Shared Grief Support

This program is a seven-week grief support group offered by bereavement care providers.

Evening groups available four times a year.

Contact Amy Quinlan at 440-743-4944 for location details and more information.

Stroke & Arthritis Information and Support

**Third Monday of every month
1 – 2:30 p.m.**

Call 440-743-4041 for information.

Look Good ... Feel Better® Program

This program is designed for women undergoing cancer treatment to help with appearance-related side effects. Call 1-800-227-2345 for more information and to register.

The Well-Being Retreat

The Well-Being Retreat helps relieve suffering through psychosocial support, spiritual care and renewal in a comfortable, convenient setting. Most important, these supportive services provide the best gift of all to people coping with cancer – the gift of peace – during an extremely trying time in their lives.

This special retreat area is offered to those using UH Seidman Cancer Center at UH Parma Medical Center, 6525 Powers Boulevard in Parma.

For more information, call 440-743-4748.

PARENTING

Classes listed below will be held in a third-floor conference room of UH Parma Medical Center, 7007 Powers Boulevard in Parma. Call 440-743-4932 to register.

Prepared Childbirth

FOUR SESSIONS: \$80

(No charge for a support person.)

Thursdays | 7 – 9 p.m.

- July 6, 13, 20, 27
- August 31; September 7, 14, 21
- October 26; November 2, 9, 16

TWO SESSIONS: \$80

(No charge for a support person.)

Saturdays | 8:30 a.m. – 12:30 p.m.

- August 12 and 19
- October 14 and 21
- December 2 and 9

Parents-to-be will learn about the process of labor and birth; breathing and relaxation techniques; comfort skills; the use of medications and anesthesia; Cesarean birth; and postpartum recovery. Please bring a blanket and two pillows to class.

Prepared Childbirth Review

ONE SESSION: \$40

(No charge for a support person.)

Saturdays | 8:30 a.m. – 12:30 p.m.

- August 12
- October 14
- December 2

This is a refresher class for parents who have previously taken our Prepared Childbirth classes. Please bring a blanket and two pillows to class.

Preparing to Breastfeed

ONE SESSION: \$20

(No charge for a support person.)

Tuesdays | 7 – 8 p.m.

- July 11
- September 12
- November 7

Moms will learn the fundamentals and practical information about breastfeeding. Fathers are welcome.

Breastfeeding Support Group

Mondays | 10 a.m. – 12 p.m.

A lactation consultant will be available for breastfeeding support and to answer your questions during this free session. Bring your baby; a scale will be available for a weight check.

Infant Care Class

ONE SESSION: \$30

Thursdays | 6:30 – 9:30 p.m.

- August 17
- October 19
- December 7

Saturdays | 9:30 a.m. – 12:30 p.m.

- July 15
- September 16
- November 18

Learn about the world of your newborn. Topics include normal newborn appearance; growth and development; choosing a pediatrician; car seat safety; safe sleep practices; newborn care; and when to call your doctor. For parents who are adopting a child, a letter of completion will be provided. This is a great class for grandparents, too.

Daddy Boot Camp

ONE SESSION: \$20

Saturdays | 9:30 a.m. – 12:30 p.m.

- August 5
- November 4

This program is for fathers only and is taught by veteran dads. It's a one-day, three-hour course in a relaxed, comfortable setting. Learn the best way to hold, feed and cuddle your new baby. You will have the opportunity to interact with real babies with the help of our instructors who are skilled in baby care. This program is presented by the Cuyahoga County Fatherhood Initiative.

Maternity Tours

Held the third Saturday of each month | 1 – 2 p.m.

- July 15
- August 19
- September 16
- October 21
- November 18
- December 16

Tours of the Maternity Unit at UH Parma Medical Center are free of charge. You will learn about our admitting procedure, unit routine and visiting policies. Siblings may attend if they are not ill.

Participants will meet in the main lobby of UH Parma Medical Center, 7007 Powers Boulevard in Parma.

NEW! Medications in Pregnancy and Lactation

ONE SESSION: \$10

Free of charge if you are registered for any Parenting class.

Mondays | 6 – 7 p.m.

- August 28
- October 16

Pregnant and breastfeeding women should avoid unnecessary exposure to medication. However, this approach isn't always practical. Many pregnant women may need to take over-the-counter (OTC) medications. While OTC medications are generally safe when used as directed, pregnant and breastfeeding women should exercise additional caution when taking them.

Moderated by a clinical pharmacist from UH Parma Medical Center, this class is intended to offer information that weighs the benefits and risks of OTC medications that may be used during pregnancy and lactation.

REGISTER NOW.

- Community Services and Resources
- Comprehensive Health Screenings
- Blood Pressure Screenings
- Health Matters
- Support Groups
- Free Wellness Events, Classes and Resources
- Childbirth and Parenting Classes



COMMUNITY SERVICES AND RESOURCES

Community Assistance Information

Call 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 can include listings of local support groups as well as resources for food, housing, employment, counseling and volunteer opportunities.

Health Care Access

This program is designed as a resource to access health care services for the uninsured. Referrals can be made by any person or group including community agencies, churches and physician offices. Contact 440-827-5250 for details.

Low-Cost Immunizations

Fridays | 9 a.m. – 3:30 p.m.

Affordable immunizations are offered by the Cuyahoga County Board of Health and are accessible at UH St. John Medical Center Community Outreach, 29160 Center Ridge Road, Suite R in Westlake. An appointment is required. For more information, call 216-201-2041 or visit ccbh.net/immunization-clinic.

Deaf Access Program (DAP)

DAP teaches deaf people self-advocacy skills in order to improve both access to and quality of their health care, and promotes cultural and linguistic diversity among caregivers. The program provides an on-site deaf advocate and American Sign Language (ASL) interpreter to deaf and hard-of-hearing patients around the clock. For information, call 216-370-7318.

Concussion Management Program for Student Athletes

UH St. John Medical Center offers student athletes the opportunity to establish balance and cognition baselines with free tests. Taking this step before an injury occurs creates an invaluable baseline for measuring injury impact. This results in a faster and more successful rehabilitation, and provides objective information to help clinicians make safe return-to-play decisions. Call 440-414-6050 for more information.

Senior Supper Club

Men and women over the age of 60 may apply for a Supper Club card. Seniors can pick up a card from the Westlake Center for Community

Services or the North Olmsted Senior Center. Once they have their card, they may come to the cafeteria at UH St. John Medical Center and receive a 40 percent discount on all food except bottled beverages 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, 4 – 7 p.m. Be sure to bring your card with you.

Blood Donation

11 a.m. – 3 p.m.

- July 11
- September 8
- November 10

In partnership with LifeShare Community Blood Services, UH St. John Medical Center hosts blood drives on the hospital campus every other month beginning in July in Building 2, Auditorium B.

For dates and information about donating blood at other locations, visit lifeshare.cc or call 866-644-LIFE (5433).

Cancer Rehab Program

Only 30 percent of cancer survivors receive the rehabilitation services they need following treatment. Certified lymphedema therapist Christine Zitello, OTR/L, physical therapist Diane Washburn, PT, and speech therapist Kelly Manuszak, MA, CCC-SLP lead this program. They are specially trained in cancer rehab and can treat pain, fatigue, weakness and “chemo brain” that may occur following cancer treatments. Call 440-414-6050 for more details.

COMPREHENSIVE HEALTH SCREENINGS

These resources offer blood pressure, glucose, cholesterol and bone density screenings unless otherwise noted. Fasting is not required for these screenings and no reservations are needed. Screenings may be canceled due to inclement weather.

Wednesday, July 26

11:30 a.m. – 2 p.m.

(glucose and cholesterol only)

North Olmsted Senior Center
28114 Lorain Road, North Olmsted

Wednesday, September 27

9 – 11 a.m.

Rocky River Senior Center
21014 Hilliard Boulevard, Rocky River

Thursday, October 5

10 a.m. – 12 p.m.

Westlake Center for Community Services
29694 Center Ridge Road, Westlake

Wednesday, October 11

9:30 – 11:30 a.m.

Lakewood Senior Center
16024 Madison Avenue, Lakewood

Wednesday, November 15

10 a.m. – 12 p.m.

North Ridgeville Senior Center
7327 Avon Belden Road,
North Ridgeville

BLOOD PRESSURE SCREENINGS

Closed on all holidays and on days with inclement weather.

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

Fourth Monday of each month 9 – 11 a.m.

Dwyer Memorial Senior Center
Community Meeting Room
300 Bryson Lane, Bay Village

First Wednesday of each month 10 a.m. – 12 p.m.

French Creek YMCA, main lobby,
2010 Recreation Lane, Avon

Second Wednesday of each month | 9 – 11 a.m.

Lakewood Senior Center
16024 Madison Avenue, Lakewood

First Monday of each the month 10 – 11:30 a.m.

North Olmsted Senior Center
Community Meeting Room
28114 Lorain Road, North Olmsted

Second Monday of each month 12:30 – 3 p.m.

Rocky River Senior Center
Community Meeting Room
21014 Hilliard Boulevard, Rocky River

Every Monday excluding holidays 12:30 – 2 p.m.

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

Fourth Monday of each month 6 – 8 p.m.

Westlake Recreation Center
28955 Hilliard Boulevard, Westlake

First Wednesday of each month 9 – 11 a.m.

Westshore Family YMCA
1575 Columbia Road, Westlake

HEALTH MATTERS

UH St. John Medical Center Community Outreach

All sessions are held at 29160 Center Ridge Road, Suite R in Westlake.

Call 877-597-6348 for more information or to make a reservation.

American Heart Association Heartsaver CPR/AED

**Saturday, August 26
9 a.m. – 12 p.m.**

Includes adult, child and infant CPR. Limited space is available. A minimum of six participants are needed to conduct the class. Not intended for health care providers. Fee: \$30 per person.

American Heart Association Heartsaver First Aid

**Saturday, October 7
9 a.m. – 12 p.m.**

This program addresses the general principles of first aid; medical and environmental emergencies; and injury emergencies. Fee: \$30 per person.

Infant CPR and First Aid

**Saturday, November 4
9 a.m. – 12 p.m.**

This free course is intended for any lay person with a newborn up to one year of age.

SUPPORT GROUPS

UH St. John Medical Center Community Outreach

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

Call 1-877-597-6348 for more information or to make a reservation.

Caregiver's Club

**Third Tuesday of each month
11:30 a.m. – 1 p.m.**

This group focuses on individuals who are faced with the challenges of overseeing a parent or spouse through their senior years. Reserve your seat by calling 877-597-6348 Monday – Friday, 10 a.m. – 6 p.m.

Mood Disorder Support Group

Tuesdays | 7 – 8:30 p.m.

We offer support for those living with depression and bipolar disorders. Our vision is one of hope and that together we can strive for wellness and recovery. For more information, call Bobby Klinko (440-539-9415) or Laura Vanni (216-267-5923).

Gamblers Anonymous

Saturdays | 10 – 11 a.m.

Call Matt at 440-752-3315 or Gamblers Anonymous at 626-960-3500 for a meeting in your area, or visit gamblersanonymous.com.

Hope Group

**First Wednesday of each month
5:30 – 7:30 p.m.**

This support group is designed for newly diagnosed breast cancer patients and for breast cancer survivors. Reserve your place by calling Joyce at 440-827-5459.

Grief Recovery Program

Wednesdays | 12:30 – 2 p.m.

- September 6, 13, 20, 27
- October 4, 11, 18, 25
- November 1 and 8

Grief is a normal and natural reaction to loss. This 10-week program will provide guidance to those who wish to resolve their loss. For more information call John Monnin, M.Ed. at 216-654-9300. The program is sponsored by Crossroads Hospice.

Neurological/Stroke Support Group

**Fourth Thursday of each month
3:30 – 4:30 p.m.**

**UH Avon Rehabilitation Hospital,
37900 Chester Road in Avon.**

We welcome you to join us in an open, supportive and relaxed environment. You will experience peer support, educational guest presentations and emotional support for stroke survivors and families. Patients and family members are welcome. Reservations are not required and attendance is free. The group facilitator is Tanya. Call 440-695-7111 for information.

Diabetes Support Group

**Third Thursday in the following
months | 7:30 – 9 p.m.**

- August 17
- September 21
- October 19
- November 16

**UH St. John Medical Center
Westlake Family Health Building
26908 Detroit Road, Suite 300
in Westlake.**

Call DeAna Rodriguez, RN, CDE at 440-827-5341 for information.

Note that the July 20 picnic will take place on the UH St. John Medical Center cafeteria patio, 6 – 7:30 p.m.

Better Breathers Club

**First Tuesday of every other even
month | 1 – 2:30 p.m.**

**UH St. John Medical Center
Westlake Family Health Building
26908 Detroit Road, Suite 300 in
Westlake.**

This is a support group designed for people living with lung disease. For more information, contact Lynn Gorton at 440-250-2042 or Lynn.Gorton@UHhospitals.org.

A Second Chance: A Lung Transplant Support Group

**Second Monday of every other
even month | 6 – 8 p.m.**

**UH St. John Medical Center
Westlake Family Health Building
26908 Detroit Road, Suite 300
in Westlake.**

This support group is for anyone who is considering or has received a lung transplant. Family and friends are welcome. For details, contact Lynn Gorton at 440-250-2042 or Lynn.Gorton@UHhospitals.org.

Food Addicts Anonymous

**UH St. John Medical Center
29000 Center Ridge Road,
Building 2 in Westlake.**

One group meets every Friday evening in Auditorium B at 7 p.m. Another group meets every Sunday evening in Auditorium A at 6 p.m. Call Kay at 216-548-3366 or Gloria at 440-327-9492 for more information.

Overeaters Anonymous

Sundays | 10 – 11 a.m.

**UH St. John Medical Center
Building 2, Auditorium B
in Westlake.**

FREE WELLNESS EVENTS, CLASSES AND RESOURCES

“Age Well, Be Well” Club

The Age Well, Be Well Club helps adults 55 years of age and over stay active and socially engaged. Membership is free and offers a variety of benefits, including:

- Activities such as movie nights, “Healthy Plate” dinner series, and “Get Connected” computer classes
- Walking clubs
- Yoga classes
- Support groups
- Free newsletters and calendars
- Free Age Well, Be Well magazines
- Free subscription to Center for Lifelong Health/Better Living eNewsletter
- Special events and programs

Call 1-844-312-LIFE (5433) or visit UHHospitals.org/AgeWell for more information. Club membership is available at all University Hospitals medical centers.

All About You Women’s Health and Wellness

This free women’s health membership program offered by UH Elyria and St. John medical centers provides health and wellness education, support and encouragement in all areas of a woman’s life. For more information or to become an All About You member, visit UHHospitals.org/allaboutyou or call 877-597-6348.

Walk for Wellness!

UH St. John Medical Center Walkers Program/ Great Northern Mall
Second Wednesday of every month | 9 - 10 a.m.

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 have launched this mall walking program. The mall is walker-friendly, climate controlled, has level surfaces and is a safe environment. One lap around the mall is .96 miles. Follow the footsteps on the floor to learn other health tips.

Walkers meet near the food court, 4954 Great Northern Mall in North Olmsted.

Community Outreach nurses will provide blood pressure screenings from 9:30 - 11 a.m.

Roundtable Health Talk Series

Thursdays | 6 – 8 p.m.

- | | |
|--------------|---|
| July 27 | “Obesity and Bariatric Surgery” |
| August 24 | “Failure of Imagination: The Opiate Problem” |
| September 28 | “Alternative Therapies Including Music, Art and Herbal Therapies for Your Health” |
| October 26 | “Aneurysms” with keynote speaker Dr. Christopher Smith |

These free, multidimensional talks will be held at UH St. John Medical Center, Building 2, Auditorium B, 29000 Center Ridge Road in Westlake. Reservations are required. Call 877-597-6348.

Bring It On! Senior Walking and Wellness Challenge

Thursday, August 3:

- North Ridgeville Senior Center 9 – 11 a.m.
- Lakewood Senior Center 11 a.m. – 12 p.m.
- Rocky River Senior Center 11:30 a.m. – 12:30 p.m.
- North Olmsted Senior Center 12:30 – 3:30 p.m.

Friday, August 4:

- Westlake Senior Center 9 a.m. – 12 p.m.
- Avon Senior Center 12 – 1 p.m.
- Bay Village Senior Center 1 p.m. – 4 p.m.

Who has the best Senior Center around? Join the Senior Walking and Wellness Challenge and find out. Seven Senior Centers will be participating. Begin and end this six-week walking challenge with a free pedometer and health screenings: cholesterol, glucose, blood pressure, BMI and waist circumference. Prizes will be awarded for greatest improvements in screening results and most steps taken.

Kick-off dates for the screenings are August 3 and 4 in Building 2, Auditorium B on the UH St. John Medical Center campus. Ending dates for the program including rescreenings are Thursday, September 14 and Friday, September 15 at the same location. The time and place of the awards ceremony will be announced at a later date.

Please register for this six-week wellness event at your participating area Senior Center.

For details, contact UH St. John Medical Center Community Outreach at 440-827-5440.

Get Connected

**Fourth Tuesday of each month
4:30 p.m. – 6:30 p.m.**

- September 26
- October 24
- November 28

The “Get Connected” class is designed to teach members about the Internet. Each class will be taught by Internet-savvy high school students and includes information on what the Internet is, the benefits of using the Internet and Internet safety. Classes will provide Age Well, Be Well members with one-on-one instruction on setting up an email account, how to browse the Web and how to view their personal health records via MyUHCare.

Get Connected is held in the UH St. John Medical Center Education Department, 29160 Center Ridge Road, Suite E in Westlake.

Senior Resource Fair

**Thursday, November, 30
11 a.m. – 1 p.m**

Learn about in-home and senior living housing options. Talk to elder law attorneys and local hospice representatives. A light lunch will be provided and gift cards will be given away. This free community event will be held at UH St. John Medical Center, 29000 Center Ridge Road in Westlake, Building 2, Auditoriums A & B.

Audiology Screenings

UH St. John Medical Center
Speech & Audiology,
Building 2, Suite 290
29000 Center Ridge Road, Westlake

Must be 18 years and older.
To schedule a screening appointment,
call 440-835-6160.

Balance Screenings

UH St. John Medical Center
Westlake Family Health Building
26908 Detroit Road, Suite 300
in Westlake.

Please call to schedule an
appointment, space is limited:
440-414-6050.

Continuing Education Programs

Please visit UHStjohn.org and click
the “Community Outreach” tab
for a complete listing of our
continuing education programs.
Call 877-597-6348 to register.

Diabetes Education

DeAna Rodriguez, RN, BSN, CDE
is the clinical coordinator for the
American Diabetes Association-
recognized Diabetes Education
Program at UH St. John Medical
Center. DeAna provides both inpatient
and outpatient support through
one-on-one visits and group classes,
held at UH St. John Medical Center
Westlake Family Health Building,
26908 Detroit Road, Suite 300
in Westlake.

Options are available for those with
no insurance, high deductibles or no
coverage for education programs. For
information, call 440-827-5341, ext. 1.

Dietitian Marge Robison, MPH, RD,
LD is available to provide nutrition
education to those with diabetes,
challenging weight loss goals and
many other nutritional needs.
Call 440-827-5341, ext. 3 for details.

Diabetes Group Classes

Wednesday (first session only); then:
Tuesdays | 6 – 7:30 p.m.

- July 5, 11, 18, 25
- September 5, 12, 19, 26
- November 7, 14, 21, 28

This four-week series includes
education on diabetes self-
management, including what
diabetes is and how it is diagnosed.
The class will teach participants how
to make healthy food choices and
help with meal planning. Ways to
safely incorporate physical activity to
improve blood sugar control and
monitoring will be discussed, as well
as what causes blood sugars to rise
and how to handle these fluctuations.
The class will also cover ways to
protect eyes, heart, blood vessels,
nerves, kidneys and feet.

One-on-one education (Suite 100)
is available for individualized
instruction on diet and meal planning,
insulin administration and blood
glucose monitoring. Counseling for
weight loss and lifestyle modification
also available. Call 440-827-5668 for
information and scheduling/pre-access.

Your Diabetes Matters – Take Ownership of Your Own Health!

**Wednesday, October 11
5 - 7 p.m.**

This free, two-hour, type 2 diabetes
workshop is designed to teach and
reinforce diabetes self-management
skills. Taught by Certified Diabetes
Educator DeAna Rodriguez, RN, BSN,
CDE and Registered Dietitian Marge
Robison MPH, RD, LD, the workshop
will benefit individuals who have
been hospitalized for diabetes or
those who are in need of better
glucose control. The session will be
held at UH St. John Medical Center,
Building 2 Auditorium A. Space is
limited. Call 440-827-5440 for
more information

CHILDBIRTH AND PARENTING

Unless otherwise stated, all classes and sessions take place at UH St. John Medical Center, Building 2, Auditorium B, 29000 Center Ridge Road in Westlake. Reservations are required to participate. Please call 877-597-6348.

Natural Family Planning

Mondays | 6:30 – 9 p.m.

- August 14
- September 11
- October 9

This class series offers a healthy, natural and highly effective way for a couple to understand how a woman’s body functions in order to achieve or postpone pregnancy. The class enhances communication and respect for the gift of life. Couples who practice Natural Family Planning also report greater marital intimacy. The class is taught in a set of three sessions. Participants must attend all three classes. Fee: \$135. Classes are held at UH Westlake Medical Center, 960 Clague Road in Westlake. Reservations are required. Call 440-779-5793.

Holistic Birth Options

**Second Monday of each month
7:30 – 9 p.m.**

This class will cover a variety of birthing options including natural childbirth techniques, the use of hydrotherapy during labor and birth, aromatherapy and therapeutic use of music and relaxation techniques in an effort to achieve a satisfying birth experience. You will be introduced to the services offered by a midwife or doula. The class is free of charge.

Childbirth Classes

*(five-week Tuesday program;
includes infant care)*

Tuesdays | 7 – 9 p.m.

October 10 – November 7

Preparation for childbirth can increase the joyful experience and confidence of the mother-to-be and her partner. In this class, learn about nutrition, exercise, relaxation, breathing techniques, pain management options and the birth process. Fee: \$110.

Childbirth Class: “Just the Facts”

(one Saturday class)

Saturdays | 9:30 a.m. – 4:30 p.m.

- No July class
- August 5
- September 2
- October 7
- November 4
- No December class

This is an overview of the same topics covered in our five-week Childbirth class, condensed for a one-day class experience. Fee: \$85.



The Bradley Method of Prepared Childbirth

Thursdays | 7 - 9:30 p.m.

- September 28 – December 7
- No class on November 23

This is a 10-week program. The Bradley Method focuses on a natural, unmedicated childbirth experience in the absence of medical complications. The class stresses the importance of a healthy baby, healthy mom and healthy family. Emphasis is placed on nutrition, exercise, coaching and the natural process of labor and birth. Fee: \$150.

Infant Care Classes

Tuesdays | 7 – 9:30 p.m.

- July 11
- August 1
- September 5
- October 3
- November 7
- December 5

This class helps to prepare parents in the care of their newborn and what to expect in the first few weeks following delivery. The recommended techniques for bathing, diapering, feeding, and swaddling will be demonstrated and every question you have will be answered. Fee: \$30. There is no charge if you are registered for Childbirth classes (*see above*).

Breastfeeding Class

Second Monday of every other month | 7 – 9:30 p.m.

- July 10
- September 11
- November 13

Prepare for the experience of breastfeeding your newborn prior to your baby's arrival. All of your questions will be answered in this informative session. Fee: \$30.

Breastfeeding Group

Wednesdays | 10 a.m. – 12 p.m.

Join other moms who have experienced the joy of breastfeeding and have all of your questions answered. This group is free of charge and is facilitated by an International Board-Certified Lactation Consultant. It is held at 29160 Center Ridge Road, Suite R in Westlake.

Daddy Boot Camp

Second Monday of every other month | 6:30 - 9 p.m.

- August 14
- October 9
- December 11

Be a part of this informative class to help fathers in their new roles as dads. These sessions include hands-on techniques for diapering, cuddling, swaddling, feeding and bonding. Also discussed is how to best support the new mommy. The class is free of charge and is held at UH St. John Medical Center, Building 2, Auditorium A, 29000 Center Ridge Road in Westlake. Reservations are required. Please call 877-597-6348.





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