

University Hospitals Parma Health Education Center
7300 State Road, Parma, Ohio 44134
440-7-HEALTH (743-2584)

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

Friday 8 a.m. – 12 p.m.

Closed Saturday and Sunday

Walk-in: Register during office hours

Phone: 440-743-2584 payment by credit card only

Fax: 440-743-4535 payment by credit card only

(Registration and payment are due before first class)

Online: UHParma.org/classes

Registration starts now!

JANUARY - MARCH 2017 PROGRAMS

Register early to avoid disappointment if your class is full or is canceled because too few have signed up.

Dates listed are start dates

YOU & YOUR HEALTH

To register for classes listed below call 440-743-4932 unless otherwise noted

FREE PRESENTATIONS

NEW! Acupuncture – WHAT IS IT?

Acupuncture is one of the oldest most commonly used medical procedures in the world. It is a technique in which practitioners stimulate specific points on the body, most often by inserting hair-thin needles through the skin. Acupuncture has become recognized as an evidence-based medical system and endorsed by the National Institute of Health. It is used mainly to relieve discomfort associated with a variety of diseases and conditions, including: Neck and back pain, headaches, side-effects of chemotherapy, emotional imbalances, stress management, respiratory issues, sleep disturbances, Women's health and so much more. Presented by a Licensed Acupuncturist at UH Connor Integrative Health Network.

To register call 216-285-4070. Space is limited so register early. Held at the UH Parma Medical Center, Auditorium, 7007 Powers Boulevard, Parma.

Tuesday, January 24 or April 11 5:30 – 6:30 p.m.

Bariatric Surgery Information 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. Free Informational sessions are on the **second Thursday of every other month: January 12; February 9; March 9; April 13; May 11; June 8 5:30 – 6:30 p.m.**

Held at UH Parma Medical Center, Auditorium, 7007 Powers Boulevard, Parma.

Call 216-844-5274 for more information and to register. You may also watch online at www.uhhospitals.org/weightloss

Medical Weight Loss Information Session

Learn about the New Directions Medically Supervised Weight Loss program.

Free info sessions are on the **first Wednesday of every month: January 4; February 1; March 1; April 5; May 3; June 7 6 – 7 p.m.**

Held at the Metabolic Clinic, Medical Arts Center 2, 6707 Powers Boulevard, Ste 303, Parma.

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

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.

Cholesterol: Should I Worry?

Learn the latest information about cholesterol. Presented by Bradley Banko, MD, MS, Internal Medicine. Held at the UH Parma Medical Center, Auditorium, 7007 Powers Boulevard, Auditorium, Parma. Free non-fasting cholesterol screening will be available.

Thursday, February 23 6 – 7 p.m.

Get the Facts on Colon Cancer

March is Digestive Health Month and UH Parma Medical Center and the Digestive Health Institute will highlight two days of education about colon cancer. Colon cancer is the second leading cause of cancer death in the U.S. for men and women combined.

Wednesday, March 29 10:00 a.m. – 3:00 p.m.

Information tables will be located in the hospital lobby including the following: The Digestive Health Institute, Seidman Cancer Center and the Colon Cancer Alliance. T-shirts will be sold with proceeds benefitting colon cancer screening. Scheduling appointments for colonoscopy screening available.

Thursday, March 30 6:00-8:00 p.m.

Roundtable Health Talk Series

Presented by a panel of health care professionals, our speakers will discuss colon cancer, screening guidelines, diagnostic information, surgical options and treatments. Representatives from the Digestive Health Institute will also be available to schedule your colonoscopy appointment. Light refreshments provided.

Call **440-743-4932** for more information and to register.

NEW! 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. 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 join this program.

PERSONAL WELLNESS

To register for the classes listed below call 440-743-4932 unless otherwise noted

Age Well Be Well Club

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

Call 440-743-4932 to register or online at UHhospitals.org/AgeWell.

Be Well Walking Club

Beyond Driving with Dignity

"Beyond Driving with Dignity" 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.

NEW! How to Improve Your Health through Nutrition

March is National Nutrition Month. Come learn about anti-inflammatory foods; what they are and how they help your body and antioxidant rich foods and why they are so good for you. Taught by a registered dietitian from UH Parma Medical Center.

1 session \$15

Wednesday, March 29 5:30 – 6:30 p.m.

NEW! Stay Fit During the Winter Months

Learn what you can do to stay fit and healthy during the winter months. Easy exercises for all levels with minimal equipment will be taught and you don't even have to leave your home.

1 session \$15

Tuesday, January 31 1 – 2 p.m.

NEW! Living a Healthier Lifestyle in the New Year

Do you ring in the New Year with resolutions to eat healthier, lose weight, and exercise more? Do you find that by the time February rolls around, you are back to your old habits and not where you had hoped to be health-wise? If so, this class is for you! You'll learn simple strategies you can easily work into your current routine that won't leave you feeling deprived or frustrated. When it comes to good health, small steps lead to big changes and this class will provide you with tools you can use to take charge of your health and feel your best each day! Taught by a dietitian from UH Accountable Care Organization. Held at the UH Parma Health Education Center, 7300 State Road, Parma.

1 session \$15

Monday, January 30 6 – 7 p.m.

NEW! Over the Counter Medications

Over-the-counter (OTC) medicines are drugs you can buy without a prescription. Although these medications are available without a prescription, they are still serious medications. This class is intended to provide education to help ensure the most common OTC medications are used safely and appropriately. Types of medications discussed will include cough, cold and allergy, pain and inflammation; stomach and gastrointestinal medications, and sleep aids. Taught by a Clinical Pharmacist Specialist from UH Parma Medical Center.

1 session \$15

Thursday, February 9 10 – 11 a.m.

SCREENINGS

Appointments or registration required. Call 440-743-4932. Held at UH Parma Health Education Center unless otherwise noted.
New! Evening screenings available. See below for dates and times.

FREE SCREENINGS

Blood Pressure Screening

WALK-IN

Second and Fourth Wednesdays of every month

January 11 & 25; February 8 & 22; March 8 & 22 from 1 – 2 p.m.

Wednesdays, Every other month

January 11; March 8 from 5 – 7 p.m.

Glucose Screening

WALK-IN

Second Wednesday of each month

January 11; February 8; March 8 from 1 – 2 p.m.

January 11; March 8 from 5 – 7 p.m.

SCREENINGS WITH A FEE

Bone Density Screening

Testing is done on the heel – no socks or pantyhose. By appointment. \$15

Wednesdays, January 11; February 8; March 8 from 9 – 11 a.m.

Wednesdays, January 11; March 8 from 5 – 7 p.m.

Cholesterol Screening

Includes total cholesterol, HDL, LDL, triglycerides and blood sugar. 12-hour fast recommended for best results. By appointment. \$30

Wednesdays, January 11; February 8; March 8 from 9 – 11 a.m.

Combined Bone Density Screening with Cholesterol Screening

Have both screenings completed at the same appointment.

By appointment.

Wednesdays, January 11; February 8; March 8 from 9 – 11 a.m. \$40

Wednesdays, January 11; March 8 from 5 – 7 p.m. \$25

NEW! Non-Fasting Cholesterol Screening

Includes total cholesterol, HDL, and blood sugar. No fasting required. By appointment. \$15

Wednesdays, January 11; March 8 from 5 – 7 p.m.

Pneumococcal Vaccine Clinics

Call 440-743-4932 for an appointment.