



Community Connections

East
Edition

Formerly Journey to Wellness

February 2012

Cleveland Clinic is committed to helping you make positive health and wellness choices. We invite you and your family to take advantage of the programs offered in your community.

Look inside for:

- Health Talks & Special Events Calendar
- Upcoming Health Screenings
- Fitness Activities Schedule
- Healthwise Connection Events **HWC**
- Support Group Information

February 2012

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Health Talks & Special Events

Cleveland Clinic Health Talks

■ The Latest on Prostate Issues

Speakers:

Khaled Fareed, MD – “Understanding Your Prostate Symptoms”
J. Stephen Jones, MD, FACS, MBA – “PSA: Good, Bad or Simply Misunderstood?”

Free. To attend, please call 216.444.3641 or 800.548.8502 or visit clevelandclinic.org/healthtalks

- **Thursday, Feb. 2 / 6 p.m. registration; 6:30–8 p.m. program**
Beachwood Family Health and Surgery Center, 26900 Cedar Rd., Beachwood

■ Blood Thinners and Your Heart

Speakers:

Jason Confino, MD – “Atrial Fibrillation: Controlling Your Heart Rhythm”
Joseph Martin, MD, FACC – “Blood Thinners: Why Does My Heart Need Them?”
Angela Sanders, PharmD – “Coumadin and What’s the Name of the New Drug?”
Beth A. Czerwony, MS, RD, LD – “Blood Thinners: What Can I Eat?”

Free. To attend, please call 216.444.3641 or 800.548.8502 or visit clevelandclinic.org/healthtalks

- **Tuesday, Feb. 21 / 6 p.m. registration; 6:30–8 p.m. program**
Twinsburg Family Health & Surgery Center, Lower Level, 8701 Darrow Rd., Twinsburg

■ How Kidney Disease Can Affect Your Heart **HWC**

Join nephrologist Michael Ganz, MD, as he explains the relationship between your heart and kidneys, and the damage kidney disease can do to your heart. Learn how to care for yourself to protect all your organs. *Sponsored by HCR Manor Care Euclid Beach.* **Free. Reservations required. 877.390.1732 or visit clevelandclinic.org/HWC**

- **Wednesday, Feb. 1 / 10 a.m. hot breakfast; 10:30 a.m. program**
Free Healthy Heart screenings will be offered 9–11 a.m.
Helen S. Brown Senior Center, 16100 Euclid Ave., East Cleveland

■ Healthy Solon Wellness Experience

As part of the Healthy Solon Initiative, the City of Solon and Cleveland Clinic have teamed up to develop these weekly programs to help individuals lose holiday weight gain.

All programs run from 6–8 p.m. and are held at the Solon Recreation Center, 35000 Portz Parkway, Solon

- **Thursday, Feb. 2** – Nutrition Health Talk
- **Thursday, Feb. 9** – Mat Pilates Fitness Class
- **Thursday, Feb. 16** – Healthy Heart Talk
- **Thursday, Feb. 23** – TRX Circuit Fitness Class

■ Heart Smart **HWC**

Join cardiologist Augustus A. Beck, MD, as he explains heart-healthy numbers and ways to keep your heart healthy. *Sponsored by Heather Hill-Provider Services Inc.* **Free. Reservations required. 877.390.1732 or visit clevelandclinic.org/HWC**

- **Tuesday, Feb. 7 / 9:30 a.m. hot breakfast; 10 a.m. program**
Ross C. DeJohn Community Center, 6306 Marsol Rd., Mayfield Heights

■ What Is a Heart Attack?

Heart attacks are a leading killer of both men and women in the United States. Join us for this informative health session to learn more about the causes, symptoms, diagnosis, and treatment of heart attacks. This program is in partnership with Independence Family Health Center and Marymount Hospital. Light refreshments included. **Free. To register, call 216.587.8138.**

- **Wednesday, Feb. 8 / 6–7 p.m.**
Cuyahoga County Public Library, Independence Branch, 6361 Selig Dr., Independence

Continued

■ Give from the Heart Blood Drive

Give the gift of life! Enjoy delicious food, compliments of Landerhaven, as well as entertainment and raffle prizes. All donors receive a free gift for giving.

Appointments encouraged; walk-ins welcome. 800.GIVE.LIFE

- **Tuesday, Feb. 14 / 7 a.m.–7 p.m.**

Executive Caterers at Landerhaven, 6111 Landerhaven Dr., Mayfield Heights

■ Heart to Heart **HWC**

Join cardiologist Michael Koch, MD, as he explains the risk factors and treatments available for heart disease. *Sponsored by HCR Manor Care of Willoughby.* **Free. Reservations required: 877.390.1732** or visit clevelandclinic.org/HWC

- **Wednesday, Feb. 15 / 9 a.m. breakfast; 9:30 a.m. program**

Wickliffe Senior Center, 900 Worden Rd., Wickliffe

■ The Rhythm of Your Heart **HWC**

Join Jason L. Confino, MD, FACC, of Cleveland Clinic's Department of Cardiovascular Medicine Heart and Vascular Institute, as he discusses risk factors, symptoms, diagnosis, and treatment of atrial fibrillation, a common heart rhythm problem. *Sponsored by Medical Service Company and Aurora Manor.* **Free. Reservations required: 877.390.1732** or visit clevelandclinic.org/HWC

- **Monday, Feb. 20 / noon lunch; 12:30 p.m. program**

Free Healthy Heart screenings will be offered 10 a.m.–noon.

Aurora Senior Center, 129 Pioneer Trail, Walker Building, Aurora

■ Living Fit and Staying Healthy in East Cleveland

A Healthy Lifestyle Program designed to help you live healthier and longer through exercise, education and nutrition. **Free. Registration required.**

Call 216.692.8269 after Feb. 1.

Exercise: Gospel Aerobics: Stretch It, Strengthen It and Tone It!

Health Education Session: "Forks Over Knives" – The Movie

Nutrition: Healthy cooking demo and fellowship meal with Mrs. G's Good 'n Plenty Restaurant

- **Monday, Feb. 20 / 5:30–8 p.m.**

Windermere United Methodist Church, 14035 Euclid Ave., East Cleveland

■ Shake That Smoothie!

Smoothies are a delicious snack or meal on the go. Full of fruits, yogurt and healthy ingredients...or are they? Taste samples and take home recipes as we learn how to make heart-healthy smoothies. **Free. To register, call 216.587.8138.**

- **Tuesday, Feb. 21 / noon–1 p.m.**

Marymount Hospital, Auditorium A

■ Living Fit and Staying Healthy in Lee-Harvard, Cleveland

Heart-healthy recipes, fitness demonstration, blood pressure screenings and fellowship meal. Heart Healthy Menu of the Month by Mrs. G's Catering of Good n' Plenty Restaurant. **Free. Reservations required. 216.491.6425**

- **Tuesday, Feb. 21 / 5:30–8 p.m.**

Harvard Community Services Center, 18240 Harvard Ave., Cleveland

■ A Heart-Healthy Event **HWC**

Join cardiologists from Hillcrest Hospital to learn more about coronary artery disease. Information from the hospital's cardiopulmonary services on respiratory therapy, pulmonary function testing, echocardiography, EKG, stress testing, EEG, cardiac and pulmonary rehabilitation, cardiac catheterization lab and diagnostic procedure center. Healthy Heart screenings include blood pressure, glucose and total cholesterol levels. **Free. Reservations required. 877.390.1732** or visit clevelandclinic.org/HWC

- **Thursday, Feb. 23 / 5:30 p.m. registration and screenings; 7 p.m. program**

Mayfield Church, 7747 Mayfield Rd., Chesterland

New Quarterly Program

■ For Men Only: Let's Talk About It! Session I – The African-American Male: An Endangered Species?

Speaker is Charles Modlin, MD, of Cleveland Clinic. Open to men of all ages. Includes healthy heart screenings (no fasting required) and a light, heart-healthy supper. Bring a friend, win a prize! Limited seating. **Free. Reservations required. 216.692.8269**

- **Thursday, Feb. 23 / 6–8 p.m.**

Stephanie Tubbs Jones Health Center,

■ Jazz Up Your Heart

February is American Heart Month, and we're celebrating in style. Jazz up your heart knowledge with presentations on keeping your heart healthy. Includes dinner. **Reservations required. \$10 per person.** Cash, checks and major credit cards accepted. **216.491.6425**

- **Thursday, Feb. 23 / 6–8 p.m.**

Catered Elegance, 1160 Broadway Ave., Bedford

Ongoing Events

■ Computer Orientation

Knowledgeable volunteers provide hands-on instruction on using e-mail and Internet sites, including finding health resources.

Free. Registration required. 216.491.6690

- **Mondays / 9:30 a.m. or 11:15 a.m.**

South Pointe Hospital, Building A, Community Health Resource Center (near cafeteria)

■ Benefits CheckUp® Service for Seniors

A service of The National Council on Aging, Benefits CheckUp® helps people connect to government programs that can help pay for prescription drugs, healthcare, utilities and other needs.

- **Available by appointment: 216.491.6690**

South Pointe Hospital, Building A, First Floor, Community Health Resource Center (near cafeteria)

■ Fit Youth!

Fit Youth! is a 12-week weight-management program that helps kids and families learn to make healthy lifestyle changes. The session includes weekly meetings with a pediatric psychologist, registered dietitian, exercise physiologist and pediatrician. **Pre-registration required. Call for dates, times and locations.**

- Beachwood: 216.378.6240 (prompt 7)
- Fairview Wellness Center in Rocky River: 440.899.5731
- Independence: 216.986.4128
- Strongsville: 440.878.3026
- Willoughby Hills: 440.516.8359
- Wooster: 330.287.4580

■ The Total Experience

This Total Joint Replacement Pre-Surgery Education Class prepares individuals for total hip or total knee replacement. Classes cover the entire process. Recommended for anyone considering or scheduled for total joint replacement surgery. It is best to attend the class at the hospital where your surgery will be scheduled. **Free. Pre-registration required. Call for dates, times and locations.**

- Euclid Hospital: 216.692.7564
- Hillcrest Hospital: 440.312.8533
- Marymount Hospital: 216.587.8108
- South Pointe Hospital: 216.491.7787

■ Walk with a Doc

Walk with a Doc combines a casual 1.5- to 3-mile walk with a brief informative talk by Cleveland Clinic Family Health Center physicians. Topics based upon the physician's specialty and the requests of participants. No registration required.

- **Beachwood Chapter: Every Saturday, 8:30 a.m.**

Beachwood Place, 26300 Cedar Rd., Beachwood (meet in Food Court) **216.839.3000**

- **Solon Chapter: Every Saturday, 8:30 a.m.**

Beachwood Place, 26300 Cedar Rd., Beachwood (meet in Food Court) Twinsburg Fitness Center, 10084 Ravenna Rd., Twinsburg **440.519.6800**

- **Twinsburg Chapter: Every Saturday, 8:30 a.m.**

Twinsburg Fitness Center, 10084 Ravenna Rd., Twinsburg **330.888.4000**

- **Willoughby Hills Chapter: Every Saturday, 9 a.m.**

Great Lakes Mall, 7850 Mentor Ave., Mentor (meet in Food Court) **440.943.2500**

Cleveland Clinic offers an incredible range of health screenings for you to better monitor and maintain your health. The majority of these opportunities are available at no cost and occur on a regularly scheduled basis, so it's even easier for you to participate.

■ Blood Pressure Screenings

Free. Available on walk-in basis.

- **Daily / 24 Hours**

Sagamore Hills Medical Center Emergency Department
863 West Aurora Rd. (Route 82), Building One, Sagamore Hills

- **Monday through Friday / 7:30 a.m.–3:30 p.m.**

Euclid Hospital, Pre-Admission Testing Department

- **Tuesdays / 9–11 a.m.**

South Pointe Hospital, Building A,
Community Health Resource Center, (off the cafeteria)
Information: 216.491.6690

- **Tuesday, Feb. 14 / 10 a.m.–noon**

Hillcrest Hospital Atrium
Information: 440.312.4784

■ Heart Check: Healthy Heart Screening

Free risk screening provided by health professionals from Euclid Hospital. Discuss your personal results with a registered nurse. Limited to 50 participants.

Reservations recommended. 216.261.5300

- **Wednesday, Feb. 8 / 10 a.m.–noon**

Euclid Public Library, 631 East 222nd St., Euclid

■ Healthy Heart Screenings

Free screening to determine cholesterol, glucose and blood pressure levels. No fasting required. Discuss results with a registered nurse. No reservations required.

- **Monday, Feb. 20 / 10 a.m.–noon**

Aurora Senior Center, 129 Pioneer Trail, Walker Building, Aurora

- **Tuesday, Feb. 21 / 2–4 p.m.**

Hillcrest Hospital Cafeteria

- **Wednesday, Feb. 1 / 9–11 a.m.**

Helen S. Brown Senior Center, 16100 Euclid Ave., East Cleveland

- **Wednesday, Feb. 15 / 9 a.m.–noon**

South Pointe Hospital, Building B, Commons Area

- **Wednesday, Feb. 15 / 3–5 p.m.**

Stephanie Tubbs Jones Health Center, 13944 Euclid Ave., East Cleveland

- **Thursday, Feb. 23 / 5–7 p.m.**

Mayfield Church, 7747 Mayfield Rd., Chesterland

■ Hypertension Screening Program: “Know Your Numbers”

Blood pressure, weight and blood glucose screenings. *Sponsored by the Stephanie Tubbs Jones Health Center's Community Wellness Department.*

Free. Information: 216.692.8226

- **Tuesdays, Feb. 14, 28 / 11 a.m.–12:30 p.m.**

Helen S. Brown Senior Center, 16100 Euclid Ave., East Cleveland

- **Wednesdays, Feb. 1, 15 / 11 a.m.–12:30 p.m.**

East Cleveland Public Library, 14101 Euclid Ave., East Cleveland

- **Wednesday, Feb. 22 / 12:30–2 p.m.**

University Heights Public Library, 13866 Cedar Rd., University Heights

- **Thursdays, Feb. 2, 16 / 2:30–4 p.m.**

Antioch Tower Apartments, 8920 Carnegie Ave., Cleveland

- **Thursdays, Feb. 9, 23 / 2:30–4 p.m.**

Owl's Nest Apartments, 2020 Taylor Rd., East Cleveland

- **Fridays, Feb. 10, 24 / 11 a.m.–12:30 p.m.**

Jewish Community Center at Council Garden Apartments,
2501 North Taylor Rd., Cleveland Heights

- **Friday, Feb. 17 / 1–2:30 p.m.**

Community Circle II Apartments, 8925 Hough Ave., Cleveland

■ Stroke Risk Assessments

Learn your risk for stroke at one of these free screenings. A simple blood pressure check and family health history will help to create a picture of your stroke risk. A “File of Life” emergency medical file, risk assessment form and stroke literature will be provided to each participant. **Free.** No fasting or registration necessary.

- **Tuesday, Feb. 7 / 9–11 a.m.**

Marymount Hospital, Door 4 Lobby (west end of campus, near ED)

Information: 216.587.8138

- **Tuesdays / 9–11 a.m.**

South Pointe Hospital, Building A, Community Health Resource Center
(off the cafeteria) **Information: 216.491.6690**

■ Hearing Screening and Video Otoscopy

Screening by licensed audiologist. Hearing aid discounts for Healthwise Connection members. **Free. By appointment only. 216.491.6180**

- **Tuesday, Feb. 7 / 10–11:30 a.m.**

South Pointe Hospital, Building A, Audiology Department

■ Mammogram Mondays (through Fridays)

Sponsored by Stephanie Tubbs Jones Health Center (STJHC) in partnership with The National Breast Cancer Foundation and Colgate Palmolive.

This grant-funded program provides free mammogram screenings for qualified women 40 years of age and older with no insurance; no age restriction for women with a family history of breast cancer. Simply obtain a mammogram order from your physician and contact the Stephanie Tubbs Jones Health Center at 216.767.4140 and mention “Mammogram Mondays.” If you do not have a physician, call 216.767.4140 for more information.

Transportation provided as needed within a five-mile radius of STJHC. Uninsured patients requiring follow-up will be referred to STJHC.

- **Ongoing program. Information: 216.761.4140**

Stephanie Tubbs Jones Health Center,
13944 Euclid Ave., East Cleveland

■ Mammogram Screenings by ANGELS

This program is working toward reducing the number of deaths among African-American women by offering early-detection programs, access to screening and empowering breast health practices. Offers free or low-cost mammograms.

- **Ongoing program / Information: 216.491.7827**

Euclid and South Pointe hospitals

■ Let's Get Physical Day at Stephanie Tubbs Jones Health Center: Medicare's One-Time Physical Exam

If you just enrolled in Medicare Part B, you can receive a one-time preventive checkup from a Stephanie Tubbs Jones Health Center physician. The exam consists of a visual acuity screening; measurement of body mass index; and a review of other factors based on the patient's medical and social history, and current clinical standards. Exam must be done within one year of enrollment. Insurance required for services. Medicare Part B accepted (Medicare HMO, PPO and PFFS may cover routine physicals).

- **Ongoing. By appointment only. Information: 216.767.4242**

Stephanie Tubbs Jones Health Center

■ Brain Injury Support Group

Euclid Hospital / 216.738.1806 or 216.658.9996

■ “Staying in Touch” Breast Cancer Support Group

Hillcrest Hospital / 440.312.0270

■ Congestive Heart Failure and Chronic Kidney Disease Support Group

Euclid Hospital / 216.692.8679

■ Diabetes Support Groups

Hillcrest Hospital / 440.312.4399

Euclid Hospital / 216.692.8711

South Pointe Hospital / 216.491.7385

Stephanie Tubbs Jones Health Center / 216.767.4242

■ Grief and Bereavement Support Groups

Love Lives On (miscarriage, loss of infant)

Hillcrest Hospital / 440.312.4692

Grieving the Death of a Loved One

South Pointe Hospital / 216.444.9819

Newly Diagnosed Cancer Patients Receiving Chemotherapy and/or Radiation

Hillcrest Hospital / 440.312.0270

■ Lupus Support Groups

Sponsored by *Life with Lupus Now*, South Pointe Hospital / 216.246.9639

■ Pain Support Group

Cleveland Clinic Pain Management Center at Hillcrest Hospital

Family and friends welcome.

Reservations required. Hillcrest Medical Building 1, 6803 Mayfield Rd., #214, Mayfield Heights / 440.312.4310

■ Parenting Education Support Groups

The following parenting education support groups are sponsored by Hillcrest Hospital.

- **Breastfeeding** / Voice Mail: 440.312.5332
- **New Mothers' Discussion Group** / 440.312.4647
- **Boot Camp for Dads** / 440.312.4647
- **Stork's Nest** / 440.312.4647

■ Prenatal Yoga

Hillcrest Hospital North Campus, \$10 per class

Call for information and registration. 440.312.4647

- **Mondays and Thursdays / 7–8 p.m.**

■ Pulmonary Support Group – Chronic Lung Disease

Euclid Hospital / 216.692.8781

■ Sarcoidosis Support Group

Euclid Hospital / 216.692.8969

South Pointe Hospital / 216.246.9639

■ Sexual Assault: Educational Support for Adult Survivors

Cleveland Rape Crisis Center, Hillcrest Hospital North Campus (west entrance) 216.619.6194, ext. 118

■ Stroke Education Support Groups

Euclid Hospital Health Center; call for dates and times. **216.692.7476**

■ Stroke Support Group

“*Nutrition Against Stroke*”

Speaker is Eli Fink, MD, FABPM&R, physiatrist at Cleveland Clinic Rehabilitation Hospital at Euclid Hospital. **No reservations necessary. Walk-ins welcome.**

- **Friday, Feb. 24 / 11 a.m.–12:30 p.m.**

■ Hospital-Based 12-Step Programs

Food Addicts Anonymous

- **Mondays / 7 p.m.**

South Pointe Hospital, Building A, Meditation Room 440.842.2822

- **Mondays / 6:30–8 p.m.**

Hillcrest Hospital, Lower Level, Auditorium C 440.476.4373

Food Addicts in Recovery Anonymous

- **Wednesdays / 6:30 p.m.**

South Pointe Hospital, Building B, WW-1 216.374.0963

Overeaters Anonymous

- **Sundays / 10 a.m.**

Hillcrest Hospital, Ross Auditorium. 216.391.6664

- **Tuesdays / 7:30 p.m. (men only)**

Hillcrest Hospital Cancer Center, Oncology Conference Room, HC-2-301
Call Ralph: 440.951.3570 or Joe: 216.470.3336

Sex and Love Addicts Anonymous (women's meeting)

South Pointe Hospital / 440.886.9663

Fitness / February 2012

■ Line Dancing for Fun and Fitness

Learn and practice line dancing, a fun way to stay fit. Beginners welcome. \$3 per class. No reservations required. **Information: 216.448.0828**

- **Mondays / 5–6 p.m.**

Severance Tower Apartments, Community Room, 25 Severance Circle, Cleveland Heights

- **Thursday, Feb. 9 / 2–3 p.m.**

Euclid Hospital, Waltz Auditorium (before Supper Club)

Free. For reservations, call 877.390.1732

- **Fridays / 10:45–11:45 a.m.**

Mayfield Church, Fellowship Hall, 7747 Mayfield Rd., Chesterland

■ Line Dance Class with Jimmie Jam

Beginners welcome. Information: 216.692.8226

- **Thursdays / 6–8 p.m. (No class on Feb. 23)**

Stephanie Tubbs Jones Health Center

■ Fun with Fitness after 50: Low-Impact Aerobics

Consult your physician before starting a new exercise program or changing your fitness routine. Please wear supportive white-soled tennis shoes.

No reservations required. **Information: 216.448.0828**

- **Tuesdays and Thursdays / 9:15–10:15 a.m.**

Aldersgate United Methodist Church, 4069 Eastwood Ln., Warrensville Heights (behind South Pointe Hospital)
\$1.50 per class.

Continued

You must show your Healthwise Connection card to receive fitness class discounts!

Continued

■ Fun with Fitness after 50: Low-Impact Aerobics

- **Tuesdays and Thursdays / 9:30–10:30 a.m.**
Our Savior Lutheran Church, 2154 SOM Center Rd., Mayfield Heights
\$3 per class.
- **Tuesdays and Thursdays / 11 a.m.–noon**
Boulevard Presbyterian Church, Foster Hall, 24600 Lake Shore Blvd., Euclid
Enter lot from East 248th Street. Ring bell at back door to gain entry.
\$2 per class.

■ “After Work” Fun with Fitness

Aerobics toning, strengthening and fun with Zumba®, an aerobic workout using Latin rhythms and easy-to-follow moves. Please wear loose-fitting clothing and supportive white-soled tennis shoes. Consult your physician before starting a new exercise program or changing your fitness routine. No reservations required. **Information: 216.448.0828**

- **Tuesdays / 4–5 p.m.**
South Pointe Hospital, Building A, Elevator B, Third Floor, Conference Room,
\$2 per class.

■ Intermediate to Advanced Mat Pilates Class

Pilates focuses on core (abdominal and back) muscles. Research shows that it increases overall strength, improves posture and balance, and reduces the risk of back injuries. \$6 per class; payable at each class. Please bring mat or blanket; hand weights optional. **Information: 440.749.6211**

- **Mondays and/or Wednesdays / 5:15–6:15 p.m.**
Euclid Hospital Health Center

■ Pilates

Pilates focuses on core (abdominal and back) muscles. Its main focus is to reduce back injuries and improve balance and coordination. All levels welcome. Wear loose-fitting clothing and comfortable shoes. Bring a mat, towel or blanket. \$4 per class. No reservations required. **Information: 216.448.0828**

- **Fridays / 1 p.m.**
Gates Mills Place, South Tower Party Room (lower level),
6805 Mayfield Rd., Mayfield Heights

■ Tai Chi for Health

Class features gentle, slow-moving exercises for all body types and conditions. Includes seated and standing movements. Free trial visit for those interested in trying one class. Bring soft-soled shoes. No reservations required. Euclid, Highland Heights and Warrensville classes: Six-week series \$30, Drop-ins \$6 per class.

Winter Series II: Tuesdays, Feb. 14–Mar. 27 / 3:30–4:45 p.m.

- Euclid Senior Center, One Bliss Ln., Euclid (north of Lakeshore Blvd. at East 222nd Street)

Winter Series II: Wednesdays, Feb. 15–Mar. 28 / 10–11:15 a.m.

- Warrensville Senior and Civic Center
4567 Green Rd., Warrensville Heights (just north of Emery Road)
Six-week series \$12, Drop-ins, \$3 per class.

Winter Series II: Mondays, Feb. 27–Mar. 26 (skip Feb. 20) / 2–3:15 p.m.

- Highland Heights Community Center, 5827 Highland Rd., Highland Heights (behind police/fire station between Bishop and Miner Roads)

Winter Series II: Mondays, Feb. 27–Mar. 26 (skip Feb. 20) / 10–11:15 a.m.

- Severance Tower Apartments Community Center
25 Severance Circle, Cleveland Heights

■ Tai Chi for Health – The Skill to Chill

Experience Tai Chi, the exercise guaranteed to reduce your aches and pains, lower blood pressure and lift your spirits. Class open to all age groups.

Free. No reservations required. **Information: 216.932.7717**

- **Mondays / 5:30–6:30 p.m. (Except third Mondays)**
Windermere United Methodist Church, 14035 Euclid Ave., East Cleveland

■ Arthritis Foundation Tai Chi Program

This no-impact fitness and relaxation program focuses on the entire individual — mind, body and spirit. Instructor is certified by the Arthritis Foundation and is a relaxation strategist. All fitness levels welcome. **Free.** No reservations required. **Information: MLK Civic Center – 216.851.1180; Instructor – 216.314.5371**

- **Wednesdays and Fridays / 12:30–1:30 p.m.**
MLK Civic Center, 14801 Shaw Ave., East Cleveland

■ Tai Chi for Mind, Body and Spirit

Tai Chi for all fitness levels with stretching and QiGong breathing for relaxation. No reservations required. **Information: 216.314.5371**

- **Thursdays, 4:30–5:30 p.m. (No class on Feb. 23)**
Stephanie Tubbs Jones Health Center, 13944 Euclid Ave., East Cleveland

■ Gentle Yoga for Stress Relief and Wellness

Yoga can revitalize and enhance your balance, flexibility, strength, clarity and focus. Wear loose-fitting clothing. Bring a mat, towel or blanket. \$4 per class. No reservations required. **Information: 216.448.0828**

- **Mondays / 1 p.m. or Wednesdays / 10 a.m.**
Gates Mills Place, North Tower Party Room (lower level),
6809 Mayfield Rd., Mayfield Heights

■ Staying on Your Toes

Join our light exercise class designed to concentrate on posture, balance, bone building and fall-prevention strategies. **Free.** **Information: 216.448.0828**

- **Thursdays, Mar. 22–May 10 / 4–4:45 p.m.**
Mayfield Church, Fellowship Hall, 7747 Mayfield Rd., Chesterland

■ Warm Water Exercise

Limited to four individuals; continuous registration. \$24 for six weeks (one day per week). Checks payable to Euclid Hospital. **All classes held at Euclid Hospital Health Center. Reservations: 216.692.7456**

- **Mondays through Fridays / noon–12:45 p.m.**
- **Mondays / 4–4:45 p.m.**
- **Wednesdays / 4:15–5 p.m. or 5–5:45 p.m.**

■ Break Out Fitness Club

Designed by a physical therapist, this unique “health club” caters to the fitness needs of seniors and people with disabilities. Program includes knowledgeable staff, accessible equipment, a motivating atmosphere and a personalized exercise program. **Information: 216.548.5383**

- **Mondays through Fridays / 4:30–8 p.m.**
Euclid Hospital Rehabilitation Center

■ Zumba®

A low-intensity, high-energy, Latin-inspired dance class that is safe and easy to follow—even for beginners! Wear loose-fitting clothing and comfortable shoes. \$3 per class. No reservations required. **Information: 216.448.0828**

- **Wednesdays / 11 a.m.**
Mayfield Church, Fellowship Hall, 7747 Mayfield Rd., Chesterland

You must show your Healthwise Connection card to receive fitness class discounts!

Healthwise Connection: Your Link to a Healthier Life™

Healthwise Connection provides programming to help people 50 years of age and older maintain a healthy and active lifestyle.

For more information, please call **800.775.4HWC (800.775.4492)** or visit **clevelandclinic.org/HWC**.

You are encouraged to register online for many Healthwise Connection programs!
Go to **clevelandclinic.org/HWCevents** for more information.

Healthwise Connection Supper Clubs

See details below for menus, locations and activities. All meals include entrée, side dishes, salad, roll, dessert and beverage. Cost is \$3.50. Payment will be accepted in the cafeteria on the day of the supper. **Reservations must be made in advance (at least two days before the dinner) by calling 216.448.1210.**

Euclid Hospital Supper Club / Euclid Hospital Cafeteria

- **Thursday, Feb. 9 / Beef Stroganoff**
Bingo sponsored by Gateway Retirement Community, Kindred Healthcare Communities and Wickliffe Country Place. Birthday cakes sponsored by HCR Manor Care of Willoughby.

Hillcrest Hospital Supper Club / Hillcrest Hospital Cafeteria

- **Tuesday, Feb. 21 / Stuffed Peppers**
Free healthy heart screenings 2 to 4 p.m.; free hand massages 2:30–3:30 p.m. (first-come, first-served); supper at 3:30 p.m.; entertainment during supper; bingo to follow. Please consider parking across the street from the hospital at Hillcrest North Campus, 6777 Mayfield Rd. A hospital shuttle circles the campus approximately every 10 minutes and will bring you to the hospital main entrance.
Bingo sponsored by Kindred Healthcare Communities. Free hand massages sponsored by Guardian Medical Monitoring. Entertainment sponsored by HCR Manor Care of Willoughby.

South Pointe Hospital Supper Club / Building A Cafeteria

- **Wednesday, Feb. 8 / Homemade Meat Loaf**
Bingo sponsored by Gateway Retirement Community and Kindred Healthcare Communities. Entertainment sponsored by Healthwise Connection.

Stephanie Tubbs Jones Health Center Supper Club / 2nd Floor Community Room

Free healthy heart screenings 3–5 p.m.; bingo 3:30–4 p.m.; supper 4 p.m.; entertainment during supper.

- **Wednesday, Feb. 15 / Boneless Chicken Breast**
Bingo sponsored by McGregor. Entertainment sponsored by Candlewood Park Healthcare Center.

■ Daily Dinner Special

Stop in Monday through Friday to receive your entire meal for just \$4. Includes choice of one entrée, two side dishes, soup or salad, roll, small beverage (fountain beverage or coffee) and small dessert. You must show your Healthwise Connection membership card to receive this benefit.

- **Euclid Hospital Cafeteria / 4:30–6:30 p.m.**
Weekly menus are available at the cafeteria.
- **Hillcrest Hospital Cafeteria / 4–7 p.m.**
For the day's menu, please call 440.312.4019.
- **South Pointe Hospital Building B Cafeteria / 4–6 p.m.**
For the day's menu, please call 216.491.6000, ext. 45354.

Healthwise Connection Tours

Seats are limited, so call early. **For an informational flier or to register, call JKL Tours at 440.942.5350 or toll-free at 888.927.8977.**

Departs from Orr Skating Rink in Euclid (off Babbitt Road, across from YMCA); Mayfield Village Civic Center (Rt. 91 and Wilson Mills Road); and Mandel Jewish Community Center (26001 S. Woodland Ave., Beachwood).

Call for additional departure locations.

■ Mardi Gras Monday!

- **Monday, Feb. 20 (Mild walking) / 11:30 a.m.–4 p.m.**
\$49 per person. Payment deadline: Friday, Jan. 27.

■ The Mousetrap at the Hanna Theatre

- **Thursday, Mar. 20 (Mild walking) / 9 a.m.–3 p.m.**
\$65 per person. Payment deadline: Monday, Feb. 20.

■ Springtime at Tara Mansion with Grove City Shopping

- **Tuesday, May 9 (Moderate walking) / 7:30 a.m.–6 p.m.**
\$53 per person. Payment deadline: Monday, Apr. 9.

Walking Key

Mild: Up to two blocks at a time, limited steps, mostly even surfaces, some standing, intermittent seating.

Moderate: Up to ¼ mile at a time, stairs, slight changes in surface level, standing or walking required for up to one hour. Those with limited mobility should bring a caregiver capable of and responsible for providing necessary assistance throughout trip.

Strenuous: Long periods of walking, up to one mile at a time, stairs, changes in surface level, standing for long periods. Recommended only for those in good physical condition.

Medline

Medline is a free physician referral and appointment service for Euclid, Hillcrest and South Pointe hospitals, as well as Fairview, Lakewood, Lutheran, Marymount and Medina hospitals on the West Side. Call our free referral line at 866.733.6363, and let Medline take the guesswork out of locating primary care physicians and specialists in your area.

Other Health Information Resources

Cleveland Clinic also offers free access to health information through a variety of additional resources including:

- The Patient and Family Health and Education Center on Cleveland Clinic main campus provides free access to easy-to-understand health information. Staffed by health educators and resource nurses, the center is open 8 a.m. to 5 p.m., Monday through Friday. Call 216.444.3771 for health information requests, or 216.445.9288 for heart, vascular and thoracic questions.
- The Center for Consumer Health Information Online Learning Center at my.clevelandclinic.org/health offers free online interactive health resources. Log on between 10 a.m. and 1:30 p.m. weekdays to chat live with health educators who can provide web resources, help you find a physician, tell you how to get a second opinion, or help you make an appointment. The website also offers a schedule of Online Health Chats led by Cleveland Clinic physicians and health specialists.
- Patients and families who already have a primary care physician at a Cleveland Clinic Family Health Center may use Nurse On Call, a free resource staffed by registered nurses. Nurse On Call is available 24 hours a day, seven days a week, at 216.444.1234 or 800.801.2273.



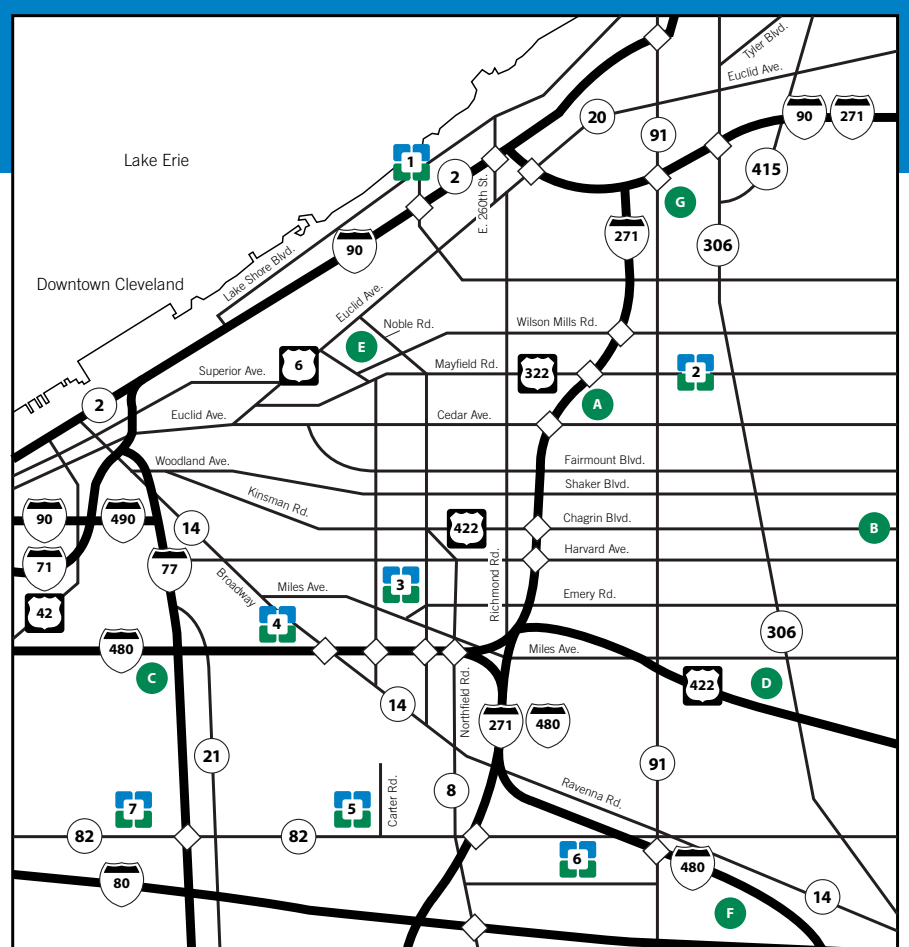
Location Information

Community Hospitals

- 1. Euclid Hospital**
18901 Lake Shore Blvd., Euclid
euclidhospital.org • 216.531.9000
- 2. Hillcrest Hospital**
6780 Mayfield Rd., Mayfield Heights
hillcresthospital.org • 440.312.4500
- 3. South Pointe Hospital**
20000 Harvard Rd., Warrensville Heights
southpointehospital.org • 216.491.6000
- 4. Marymount Hospital**
12300 McCracken Rd., Garfield Heights
marymount.org • 216.581.0500
- 5. Sagamore Hills Medical Center**
863 West Aurora Rd., Sagamore Hills
- 6. South Pointe Hospital
Community Health Resource Center
at the Macedonia Recreation Center**
1494 E. Aurora Rd. (Rt. 82), Macedonia
- 7. Marymount Medical Center**
2001 East Royalton Rd.,
Broadview Heights
440.717.5850

Family Health Centers

- A. Beachwood Family Health & Surgery Center**
26900 Cedar Rd., Beachwood
216.839.3000
- B. Chagrin Falls Family Health Center**
551 E. Washington St., Chagrin Falls
440.893.9393 / 800.232.0263
- C. Independence Family Health Center**
5001 Rockside Rd., Crown Center II
Independence
216.986.4000 / 800.544.6333
- D. Solon Family Health Center**
29800 Bainbridge Rd., Solon
440.519.6800 / 800.648.0022
- E. Stephanie Tubbs Jones Health Center**
13944 Euclid Ave., East Cleveland
216.767.4242
- F. Twinsburg Family Health & Surgery Center**
8701 Darrow Rd., Twinsburg
330.888.4000
- G. Willoughby Hills Family Health Center**
2570 SOM Center Rd., Willoughby Hills
440.943.2500 / 800.807.2888



Cancellation Policy

Call the number listed with the program’s registration information if you are unable to attend an event or if you have questions about refunds. Regularly scheduled events (fitness classes, blood pressure clinics, supper clubs, etc.) will be cancelled whenever

schools in the same community are cancelled. Fitness classes will not meet on legal holidays. Special events (bus trips, health fairs, etc.) are generally not cancelled due to weather unless the State Highway Patrol closes the highways.