



4

*Keep your kids busy
at camp this summer*

6

*Summer safety:
What you need to know*

7

*Don't let knee pain
slow you down*

11

*New Emergency Department
opening in July*

Soap Box Derby Senior Day

Seniors from Northeast Ohio are invited to Derby Downs for the Soap Box Derby Senior Day, presented by Cleveland Clinic Akron General. Ticket includes a trip down Derby Downs in an adult Soap Box Derby car, access to health screenings and informational tables. Complimentary lunch will be served between 11 a.m. and 3 p.m.

When: Aug. 30
Time: 10 a.m.-4 p.m.
Where: Soap Box Derby, 789 Derby Downs Drive, Akron
Cost: \$14. Tickets available April 23 at Akron General Health & Wellness Centers, Akron area AAA branch offices and the Soap Box Derby Headquarters office.
Call us: 330.733.8723, ext. 20

Kids Day of Safety and Play

Join us for this free day of family fun! Enjoy music, arts and crafts, games and other hands-on activities, meet first responders, get a free child identification kit or visit the farmers market!

When: June 2
Time: 9 a.m.-2 p.m.
Where: Public Square, Medina
Cost: Free
Call us: 330.721.5992

Healthy Women: The Art of Being Well

This engaging two-hour program focuses on stress relief and mindfulness for women. Take time to focus, reflect and celebrate your life! Participants will work with Cleveland Clinic caregivers from the Arts & Medicine Institute to design a lovely piece of artwork to enjoy for years to come. No artistic talent is required, just an open mind and willing spirit. Refreshments will be served.

When: May 23
Time: 5:30-7:30 p.m.
Where: Health & Wellness Center, Green
Cost: Free
RSVP: Register online at clevelandclinic.org/ComeLearnWithUs

Medina Farmers Market

Sponsored by Cleveland Clinic Medina Hospital, the Medina Farmers Market kicks off its 2018 season with homegrown fresh produce from local growers. To find a farmers market near you, visit localharvest.org/akron-oh.

When: Saturdays, beginning May 19 through mid-October
Time: 9 a.m.-1 p.m.
Where: Public Square, Medina
Cost: Free
Call us: 330.721.5992

Rock the Lock Summer Concerts

Enjoy a variety of concerts this summer at the Lock 3 amphitheater in downtown Akron, sponsored by Akron General. Concerts run each weekend from Memorial Day to Labor Day. For the latest events at Lock 3, visit lock3live.com.

Let's Move Summit County Expo

Celebrate motherhood and healthy babies at this free expo geared toward the whole family! Summit County Council member Paula Prentice is hosting the 5th annual Let's Move it! Summit County event focusing attention on infant mortality in our community. Organizations, including Akron General, will participate, offering families, new mothers and mothers-to-be the opportunity to enjoy fun games and activities, browse vendor tables, win prizes, enjoy a free lunch and listen to a panel session about healthy babies.

When: May 12
Time: 10 a.m.-2 p.m.
Where: Buchtel Community Learning Center,
1040 Copley Road, Akron
Cost: Free
Register: co.summit.oh.us/council
Questions: letsmovesummitcounty@summitoh.net

NUTRITION, WEIGHT-LOSS AND FITNESS

Sugar School

Want to know what to eat to help control your blood sugar and lose weight? Sugar School will teach you in just one night. Reservations are required.

When: May 10, Aug. 9
Time: 7-9 p.m.
Where: Lodi Hospital
Cost: \$20 per person, \$30 per couple
Call us: 330.948.5546

Get moving.

Akron General LifeStyles offers a variety of aquatics programs, swimming lessons, lifeguard training classes and the latest group exercise classes at all of our Health & Wellness Centers. For more information, stop by their front desk or visit akrongeneral.org/lifestyles.

Bariatric Weight-Loss Surgery Information Sessions

Led by a bariatric surgeon, these sessions give an overview of the different types of weight-loss surgeries offered and the support provided by Akron General's accredited Bariatric Center. The risks, benefits and possible outcomes of surgery are also discussed. Monthly support groups are also offered for post-operative patients, but pre-operative patients are welcome to attend. Please call or go online for details.

When: May 10
Time: 6 p.m.
Where: Akron General, Boardroom
Cost: Free
Call us: 330.344.1950
Online: akrongeneral.org/bariatric

NuFit: Nutrition and Fitness Education for a New You!

Bring a friend and join us for this FREE program that provides the latest information on nutrition and fitness: new recipes, facts and myths, and tips from our experts. Reservations are encouraged.

When: May 1 (Stow), 3 (Medina), 8 (Bath), 17 (Wadsworth), 22 (Green)
Nutrition: Mediterranean Diet
Fitness: Benefits of Rest Days and Stretches for Sore Muscles

When: June 5 (Stow), 7 (Medina), 12 (Bath), 21 (Wadsworth), 26 (Green)
Nutrition: Chronic Pain Eating Plan
Fitness: Chronic Pain Exercise

When: July 3 (Stow), 5 (Medina), 10 (Bath), 19 (Wadsworth), 24 (Green)
Nutrition: Creative Meals with Basic Foods
Fitness: Creative Body Weight Exercises

When: Aug. 2 (Stow), 7 (Medina), 14 (Bath), 16 (Wadsworth), 28 (Green)
Nutrition: Healthy Eating for the Aging Adult
Fitness: Exercise and Rehabilitation (PT & OT) Integration

Time: 6-7 p.m.
Where: Health & Wellness Center, Stow
Medina Hospital, Conference Center
Health & Wellness Center, Bath
Wadsworth Public Library, 132 Broad St., Wadsworth
Health & Wellness Center, Green

Cost: Free
Call us: 330.945.3100 (Stow)
330.721.5992 (Medina)
330.665.8100 (Bath)
330.334.5761 (Wadsworth)
330.896.5000 (Green)

Dining with Diabetes

A cooking series for those with diabetes or who are at risk for diabetes. Includes cooking demonstrations, taste testing and healthy meal planning, all presented by certified diabetes educators and a professional chef.

When: May 16 & 23
Time: 6-8 p.m.
Where: Akron General, Frasche Classroom
Cost: \$10 for both nights
Call us: 330.344.7791

Good Health in Store: Supermarket Tours for Diabetes

A registered dietitian helps individuals with diabetes learn how to enjoy a variety of foods as part of a healthy diet. Provides a unique opportunity for hands-on experience reading food labels, determining portion sizes, deciding which foods are best, learning what to avoid and knowing when you can “bend the rules.” The tour is open to everyone. Reservations are required.

When: Aug. 1
Time: 10:30-11:30 a.m.
Where: Miller’s Market, 711 Wooster St., Lodi
Cost: Free
Call us: 330.948.5546

Delay the Disease – Parkinson’s Exercise Class

A life-changing fitness and mobility program expressly designed for people with Parkinson’s disease. Led by certified OhioHealth Delay the Disease instructors, the program improves the physical, mental and emotional realities of patients with Parkinson’s. Please call for more information or to register.

When: Wednesdays
Time: 2-3 p.m.
Where: Heath & Wellness Center, Bath
Time: 3-4 p.m.
Where: Heath & Wellness Center, Stow
Cost: \$25/year
Call us: 330.869.6014 (Bath)
330.945.3150 (Stow)

Nutrition Services

Struggling with weight loss? Trying to lower your cholesterol or blood pressure? Looking for increased energy and stamina? Our registered dietitians offer consultations to help you reach your goals for a happier, healthier you.

Call us: 330.665.8022 (Health & Wellness Centers)
330.948.5546 (Lodi Hospital)
330.344.6122 (Akron General)

LifeStyle Weight Management Program – 10 Weeks to a Healthier Body

A life-changing program led by a registered dietitian and certified personal trainer who will show you everything from working out to dining out. This program includes weekly nutrition workshops, an online meal planning program and personal training sessions. Transform your body and learn the skills you need for long lasting change. Call for more information.

Call us: 330.665.8022

Meal Planning Made Easy

Biometrics is a meal planning program designed by registered dietitians and consulting chefs to help you achieve your wellness goals. This web-based program creates a personalized meal plan based on an appropriate calorie level for you, including a detailed daily meal plan with three meals and three snacks per day, grocery shopping lists and healthy recipes. Call for more information.

Call us: 330.665.8022



Cardiopulmonary Rehabilitation

Monitored exercise and education program for people with cardiac or pulmonary disease. Designed to help participants learn self-management of their overall health with emphasis on prevention, risk factors and exercise. Call for details.

Phase II Monitored Programs

Monitored exercise, strength and education program. Generally covered by insurance. Offered three days per week at Health & Wellness Center, Bath; Akron General; and Medina Hospital.

Phase III Maintenance Programs

One-hour sessions of this supervised six-month, self-pay program. Monthly enrollment. Available at our Health & Wellness Centers, Lodi Hospital and Medina Hospital.

Call us: 330.665.8088 (Bath/Green/Stow)
330.344.7640 (Akron General)
330.948.5502 (Lodi)
330.721.5313 (Medina)

Come Cook With Us! Series

Join us for this four-week healthy cooking series in collaboration with The Medina Restaurant Group. We'll be digging into meal planning, seasoning and spices, healthy grilling and cooking healthy with some of the hottest new equipment!

When: May 2, 9, 16 & 23
Time: 6-7 p.m.
Where: Medina Community Recreation Center, Community Room, 855 Weymouth Road, Medina
Cost: Free
Call us: 330.721.5992

Healthy Strides in Medina

Join us for a casual 1-2 mile outdoor walk preceded by a brief informative talk by a Cleveland Clinic caregiver or other local expert. Topics change each session based on leader's specialty. No registration required. This program is in collaboration with Medina County Parks. Please check the calendar at medinacountyparks.com (under Programs and Activities) to confirm location, as walks meet in a different Medina County Park each time.

When: Second and fourth Saturdays of the month, beginning May 12
Time: 9-10 a.m.
Cost: Free
Call us: 330.721.5992

SUMMER CAMPS

Junior Golf Camps

See the "Golf Events" category on page 9 for details.

LifeStyles Summer Camp

Campers ages 5-14 will enjoy gym games, swimming, rock wall climbing and much more! Bring a lunch. Before and after care is available for an additional fee. Campers may attend all week or select specific day(s) including field trips. Open to the public. View details online and stop by the front desk to register.

When: June 4-Aug. 17
Time: 9 a.m.-4 p.m.
Where: Health & Wellness Center, Bath
Health & Wellness Center, Green
Health & Wellness Center, Stow
Cost: Daily rates start at \$40; weekly rates start at \$150
Call us: 330.665.8139 (Bath)
330.896.5007 (Green)
330.945.3131 (Stow)
Online: akrongeneral.org/lifestyles

Stay hydrated.

Jazz up your water with lemon, cucumber and mint. Keep sipping on fluids through the day to avoid dehydration.



HEALTH EDUCATION EVENTS

Cancer Survivorship Celebration

Join cancer survivors, family members, friends, oncology professionals and caregivers for an evening of celebration. Includes a boxed meal, a one-hour performance by magician/entertainer Rick Smith, Jr. and a hands-on art demonstration by an art therapist. Registration is required by May 30.

When: June 6
Time: 5:30-7:30 p.m.
Where: Health & Wellness Center, Green
Cost: Free
Call us: 330.344.1418

Family and Friends CPR

Teaches the lifesaving skills of adult, child and infant CPR, as well as choking rescue. This is not a certification course.

When: June 7
Time: 5-7 p.m.
Where: Lodi Hospital, Lower Level, Boardroom
Cost: Free
Call us: 330.948.5544

COMMUNITY BENEFITS

Quit Smoking

Akron General is pleased to offer community residents a FREE seven-session smoking cessation class using the American Lung Association's Freedom from Smoking program. Taught by Tobacco Treatment Specialists.

When: Tuesdays, June 12-July 17 or Tuesdays, July 31-Sept. 11
Time: 1:30-3 p.m.
Where: Akron General, Heart and Vascular Center, Cardiac Rehab Classroom, Room 1544

When: Tuesdays, May 15-June 19, additional class on June 7
Time: 5:30-7 p.m.
Where: Lodi Hospital, Lower Level, Boardroom

Cost: Free
Call us: 330.948.5532 (Lodi)
330.344.7640 (Akron)

Look Good...Feel Better®

Akron General's McDowell Cancer Institute offers this American Cancer Society's program to help women offset appearance changes due to cancer treatment. Two-hour, hands-on workshops led by a trained cosmetologist cover skin care, makeup application, nail care and style tips. Participants receive personal attention and a complimentary cosmetic kit (for cancer patients only). Free parking. Please call to register and pick a location, date and time convenient for you.

Cost: Free
Call us: 800.227.2345

Speaker's Bureau Topics

What do you know about hypertension, stroke, diabetes and cancer? Let our Akron General health professionals come to your group or nonprofit organization to present on one of these topics, each of which has been identified as a significant health issue in the most recent Community Health Needs Assessment conducted by Akron General. This free service is one way we are working to improve our community's health. Please allow at least three weeks for scheduling.

Call us: 330.344.7101

Alcohol and Drug Recovery Center

The Cleveland Clinic Akron General Alcohol and Drug Recovery Center (ADRC) serves as an outpatient department for patients suffering from drug or alcohol addiction. Assessment, Intensive Outpatient (IOP), Aftercare, and Medication-Assisted Treatment (Vivitrol and Suboxone) in conjunction with counseling services are available. No referral necessary. Call to schedule an assessment or with questions.

Where: Akron General Medical Office Building, Fairlawn
3600 W. Market St., Suite 102
Call us: 330.436.0950

Eat fresh fruit.

Summer is a great time for fresh fruit. Add your favorite berries to your morning cereal or oatmeal. Try fresh watermelon or cherries for dessert.

Summer safety: What you need to know.



**By Melani Sherman, MD, emergency medicine,
Akron General**

As school lets out and temperatures rise, the unofficial start to summer begins. Unfortunately, summer also coincides with an increased number of emergency department visits. The good news is that there are some easy tips that can keep everyone safe this year, while still enjoying all of the festivities.

Don't get burned

Who doesn't love a good cookout or campfire? As grilling and campfire season picks up, so too do the number of burns seen in emergency departments.

Make sure your grill is well ventilated and located in a safe area away from the house and foot traffic. Use flameproof gloves and long cooking utensils to avoid burns. Keep children away from the grill. If you use propane, be sure to completely close the tank valve when you're finished and regularly check the line for any leaks.

Similarly, campfires should be well supervised and located in a fire pit or other contained area. Keep a safe distance from the fire and set a boundary line to keep children safe. Do not wear loose-fitting or flammable clothing near the fire. Never use gasoline, lighter fluid or other combustibles to start or fuel a campfire.

You may be surprised to learn that burns can occur after the fire has been "extinguished." Day-old campfire coals can remain extremely hot; be sure to extinguish campfires completely by stirring water into the ash until it cools.

Spark fireworks safety

Although a sight to see, fireworks pose a serious safety risk if not handled correctly. Don't strike the match until you know state and

local policies on fireworks and have read all label directions and warnings carefully.

Keep children in sight and out of harm's way. According to the National Council on Fireworks Safety, more than 50 percent of sparkler-related injuries occur in children age 14 and under.

Light only one firework or sparkler at a time, and never relight a failed firework. Fireworks shouldn't be pointed or tossed at other people or used indoors. A source of water should always be kept nearby. Drench used fireworks in water before placing in the trash.

Safety through prevention

Being proactive and practicing preventive safety measures, like those mentioned above, can help keep you and your family safe this summer. Just in case, though, it's important to be prepared in case of an emergency. Know the fastest route to the closest emergency facility ahead of time and if the situation is life-threatening, call 911 immediately. Paramedics can start treatment during transport if necessary.

If you need emergency care, [Cleveland Clinic Akron General](#) or [Medina Hospital](#) is around the corner with six emergency departments located in downtown Akron, Bath, Green, Lodi, Medina and Stow.



Don't let knee pain slow you down.

By Jeffrey Yang, Jr., MD, sports medicine, Akron General



Is knee pain slowing you down or keeping you from doing the things you love? You're not alone. In fact, more than one-fourth of American adults suffer from knee pain and that number jumps to more than one-third for adults in their mid-50s or older.

Many knee problems are the result of the aging process and continual wear and stress on the knee joint. Other knee problems are the result of an injury or a sudden movement that strains the knee. Since knee pain often impacts how you walk or run, it can lead to additional issues, such as back or hip pain, if left untreated.

There are some steps you can take to help prevent knee injuries:

- Keep your knees and the muscles that support them strong and flexible. Warm up before activities.
- Avoid activities that stress your knees, such as deep knee bends or downhill running.
- Wear shoes with good arch supports. Avoid or limit wearing high-heeled shoes, especially if you're prone to knee problems.
- When playing contact sports, wear the right shoes that are made for the surface you are playing or running on, such as a track or tennis court. Replace running shoes every 300 to 500 miles or about every 3 months.
- Wear knee guards during sports or recreational activities, such as volleyball or rollerskating.

Despite prevention strategies, almost everyone will experience some type of acute or short-term knee pain. Short-term pain that develops slowly or as a result of overuse can usually be treated at home with the RICE technique: rest, ice, compression and elevation. In addition, you can take over-the-counter nonsteroidal anti-inflammatory drugs (NSAIDs) to help relieve pain, swelling and inflammation.

If pain persists for two weeks without improving or if your knee pain is the result of an impact injury that caused a "pop," significant pain or swelling, you should see a physician. Orthopedic physicians specialize in treating injuries that affect the bones, joints and ligaments of the body, including the knee. He or she will review your full health history, conduct a physical exam and order any diagnostic tests, like an X-ray, that may help determine the cause of your knee injury.

We can help develop an individualized treatment plan that can involve pain management, physical or occupational therapy, lifestyle changes or the use of braces or corrective devices. In serious cases, we may look at surgical treatment options, if needed.

If you have chronic, long-term knee pain, call Cleveland Clinic Akron General's Orthopedic Center at 330.344 BONE (2663) to schedule an appointment. Office locations are available in downtown Akron, Bath, Green, Munroe Falls and Stow.



Keep Medicine Out of Reach

To reduce the chances of medications getting into the wrong hands, the Outpatient Pharmacy at Akron General is distributing drug deactivation pouches along with dispensed opioid prescriptions. These pouches make it easy and convenient for individuals to destroy unused prescription medicine in their own homes. Akron General is one of many partners in the Detera Project, which involves Summit County Community Partnership distributing 40,000 pouches throughout the community. If each pouch is used to capacity, there will be 1.3 million fewer pills available to fall into the wrong hands. Pouches are also available at Acme Fresh Market pharmacies.

Call us: 330.208.5499

Dispose of Unused Medication Properly (DUMP)

You can also safely dispose of unused pills, capsules or liquids by taking them to one of the DUMP box locations in the county provided by Summit County Public Health. These free-standing boxes are at most local police stations and are clearly marked. Visit scphoh.org to find a location near you. Please follow these guidelines when disposing of prescription and over-the-counter medications.

- Never flush unused medications down the toilet or throw them in the trash.
- Keep medicines in their original container.
- Black out your name and address.
- Secure the container.
- Deposit medicine in the disposal box at participating sites.

Call us: 330.926.5600

GOLF EVENTS

Challenge Golf Classes

Ideal for individuals who have experienced a stroke, amputation, head trauma, spinal cord injury, orthopedic condition or other illness or injury who would like to resume playing golf or learn for the first time.

When: May 5, 12 & 19

Time: 9-10 a.m.

Where: Challenge Golf Course

Cost: \$17 per class

Call us: 330.784.5400

Golf Fitness Clinic

The most efficient golf swing is not the same for every golfer. PGA Professional and manager of Challenge Golf, Ron Tristano, will provide a basic evaluation of your golf swing including stance, ball position, grip, ball contact and balance/endurance. Physical therapists and a LifeStyles TPI certified personal trainer will provide information on exercises, stretching and balance training that will help improve your golf game. Call to reserve a spot.

When: May 24

Time: 1:30-3 p.m.

Where: Fox Den Golf Course, Driving Range, 2770 Call Road, Stow

Cost: Free

Call us: 330.784.5400



Reduce your risk of skin cancer.

- Wear a wide-brimmed hat and sunglasses, when possible.
- Limit your sun exposure between the hours of 10 a.m.-4 p.m.
- Use sunscreen with an SPF of 30 or higher on all exposed skin, even on cloudy days. Re-apply every two hours and after swimming or sweating.
- Avoid tanning beds. The UV (ultraviolet) light can cause skin cancer.

Also, remember to check your skin carefully and if you see anything changing, growing or bleeding on your skin, see your doctor. If you need a doctor, visit akrongeneral.org or call 330.344.CARE (2273).

Junior Golf Camps

For kids ages 7-14 who wish to learn the basics of the game. Three sessions offered.

When: June 11-14; June 25-28; July 9-12
Time: 9 a.m.-noon
Where: Challenge Golf Course
Cost: \$99 for one golfer; \$180 for two golfers from same family
Call us: 330.784.5400

Advanced Junior Golf Program

An eight-week program for experienced golfers ages 10-15 who wish to expand their game and learn advanced skills on new courses.

When: Wednesdays, June 13-Aug. 1
Time: 1-3 p.m.
Where: Challenge Golf Course
Cost: \$150
Call us: 330.784.5400

7th Annual Akron General Invitational

Includes 18 holes of golf, cart, lunch, dinner, prizes and raffle. Format is two best balls of four. Each team will have a fore-caddie. Call to be a sponsor of the event, for registration or more information. Proceeds benefit the Challenge Golf program.

When: June 18
Time: 10:30 a.m.
Where: Congress Lake Club, 1 East Drive, Hartville
Call us: 300.344.6888

Tom Gearhart Memorial Golf Outing

A day of awareness for people of all abilities. Format is nine hole scramble. Get your twosome together now. Call to be a sponsor of the event, for registration or more information. Proceeds benefit the Challenge Golf program.

When: July 7
Where: Challenge Golf Course
Cost: \$55 includes golf, cart, steak lunch and prizes
Call us: 330.784.5400

Bridgestone Invitational at Firestone Country Club

Volunteers are needed to work the concession stands. Plan to volunteer and spend the rest of the day watching the tournament. Proceeds benefit the Challenge Golf program.

When: Aug. 1-5
Call us: 330.784.5400

MATERNITY

Before Baby Fair

Tour the New Life Center, visit various information booths, enter a raffle for gifts and enjoy refreshments and free parking at this FREE maternity health fair. Informational seminars will be held in the surgical waiting area.

When: May 6
Time: 1-3 p.m.
Where: Akron General main lobby
Cost: Free

Maternity and Childbirth Preparation Classes

Visit akrongeneral.org/welcomebaby to explore our comprehensive childbirth class offerings (listed below), register for a tour, or download a labor and delivery packet. Call us at 330.344.BABY (2229) with your questions.

- Baby Care for Beginners – A Guide to the First Six Weeks
- Boot Camp for New Dads
- Breastfeeding Essentials Class
- Breastfeeding Beyond the First Six Weeks (after delivery)
- Breastfeeding Support Group: Baby Roos and Mommies Too!
- Childbirth Preparation for First-time Parents
- 'Just the Facts' Express Prep Class
- Infant/Child CPR

SUPPORT GROUPS

Akron General Visiting Nurse Service offers the following FREE programs designed to support and assist grieving persons through the grief process. All programs meet at the Justin T. Rogers Hospice Care Center, unless otherwise noted. To register, please call 330.668.4662.

Growing Through Grief Series

Learn what to expect during the grieving process. Share stories, emotions, victories and hopes, and receive tools for handling the normal grief response.

When: Thursdays, May 10-June 28
Time: 2-4 p.m. or 6-8 p.m.

Interfaith Service of Remembering

Memorial service to remember and honor the deceased members of our community. RSVP required by May 9.

When: May 20
Time: 2-3 p.m.
Where: Bath United Church of Christ, 3980 W. Bath Road, Bath

Healing Journey Support Group

Focus on rebuilding life after the death of a loved one and incorporating hope. Help normalize the grief experience through sharing with others facing similar challenges.

When: Thursdays, July 19-Aug. 30

Time: 2-4 p.m. or 6-8 p.m.



Black Bean and Corn Salad

Yield: 4 servings

- 1/3 cup fresh lime juice
- 1/2 cup olive oil
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/8 teaspoon ground cayenne pepper
- 2 (15 ounce) cans black beans, rinsed and drained
- 1 1/2 cups frozen corn kernels
- 1 avocado - peeled, pitted and diced
- 1 red bell pepper, chopped
- 2 tomatoes, chopped
- 6 green onions, thinly sliced
- 1/2 cup chopped fresh cilantro (optional)

Place lime juice, olive oil, garlic, salt, and cayenne pepper in a small jar. Cover with lid and shake until ingredients are well mixed.

In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions and cilantro. Shake lime dressing and pour it over the salad. Stir salad to coat vegetables and beans with dressing, and serve.

Nutritional facts per serving: 391 calories; 24.5 g fat; 35.1 g carbohydrates; 10.5 g protein; 0 mg cholesterol; 830 mg sodium.

Moving On Support Group

Focuses on supporting those who are moving along the journey of grief and are now beginning to incorporate new behaviors in their lives as they attempt to create their "new normal." Topics change each month.

When: Second Wednesday of each month

Time: 2-3:30 p.m.

Just for Men Grief Support Group

A supportive space to help men journey through their process of grief.

When: Third Wednesday of each month

Time: 5:30-7:30 p.m.

Akron Area Depression and Bipolar Support Alliance

A self-facilitated peer support group hosted by Akron General for patients and adult family and friends. New visitors are welcome to observe and join the conversation as they are comfortable.

When: May 7 & 21; June 4 & 18; July 2 & 16; Aug. 6 & 20

Time: 6:30-8 p.m.

Where: Health & Wellness Center, Bath, 2nd Floor, Library Conference Room

Cost: Free

Call us: 330.665.8171

SCREENINGS

Breast Cancer Screening in Lodi

Breast surgeons will offer clinical breast exams and same-day screening mammograms on age-appropriate patients. This event is available for both uninsured and insured participants. Appointment required.

When: May 10

Time: 8:30 a.m.-noon

Where: Lodi Hospital, Medical Office Building, Suite 102

Call us: 330.948.5544

Health Screenings in Lodi Area

Lodi Hospital offers monthly health screenings at locations throughout Medina and northern Wayne counties. Low-cost cholesterol screenings are available, as well as FREE blood pressure and glucose tests.

When: First Tuesday of the month

Time: 8-11 a.m.

Where: Lodi Community Hospital, Main Entrance Lobby

Cost: Complete lipid profile \$15

Call us: 330.948.5544

Online: lodihospital.org for current schedule



Join us for a
Community Open House
Saturday, July 28
10 a.m.-1 p.m.

New Emergency Department opening in July.

Akron General's new Emergency Department (ED) on the campus in downtown Akron will open in July. The \$49.3 million building will more than triple the size of its existing downtown ED and will help enhance patient experience. The ED will be located on the first floor of the new building and a new second-floor bridge will connect it to the main hospital. As a Level I Trauma Center, as designated by the American College of Surgeons, Akron General offers the technology, expertise and staffing to treat all injuries.

LOCATION KEY

Akron General

1 Akron General Ave., Akron 44307

Alcohol and Drug Recovery Center

3600 W. Market St., Suite 102, Akron 44333

Challenge Golf Course

1596 Flickinger Road, Akron 44312

Health & Wellness Center, Bath

4125 Medina Road, Akron 44333

Health & Wellness Center, Green

1940 Town Park Blvd., Uniontown 44685

Health & Wellness Center, Stow

4300 Allen Road, Stow 44224

Justin T. Rogers Hospice Care Center

3358 Ridgewood Road, Copley 44333

Lodi Hospital

225 Elyria St., Lodi 44254

Medina Hospital

1000 E. Washington St., Medina 44256

NEED DIRECTIONS?

Visit akrongeneral.org or call 330.344.2900 for maps and directions to Akron General locations.

Glucose and Cholesterol Screenings

Akron General Community Access & Wellness Services provides low-cost glucose and cholesterol screenings throughout the community on a regular basis. Schedules with complete dates, times and locations are available online, at the front desks of the Health & Wellness Centers or by calling. No appointment needed.

Time: 8:30-11 a.m.

When: May 1 & 19; June 5 & 16; July 3 & 21; Aug. 7 & 18

Where: Health & Wellness Center, Stow

When: May 8 & 26; June 12 & 23; July 10 & 28; Aug. 14 & 25

Where: Health & Wellness Center, Bath

When: May 12 & 22; June 9 & 26; July 14 & 24; Aug. 11 & 28

Where: Health & Wellness Center, Green

Cost: \$12 to \$58 depending upon the combination of tests

Call us: 330.665.8175

Online: akrongeneral.org/screenings

Give back.

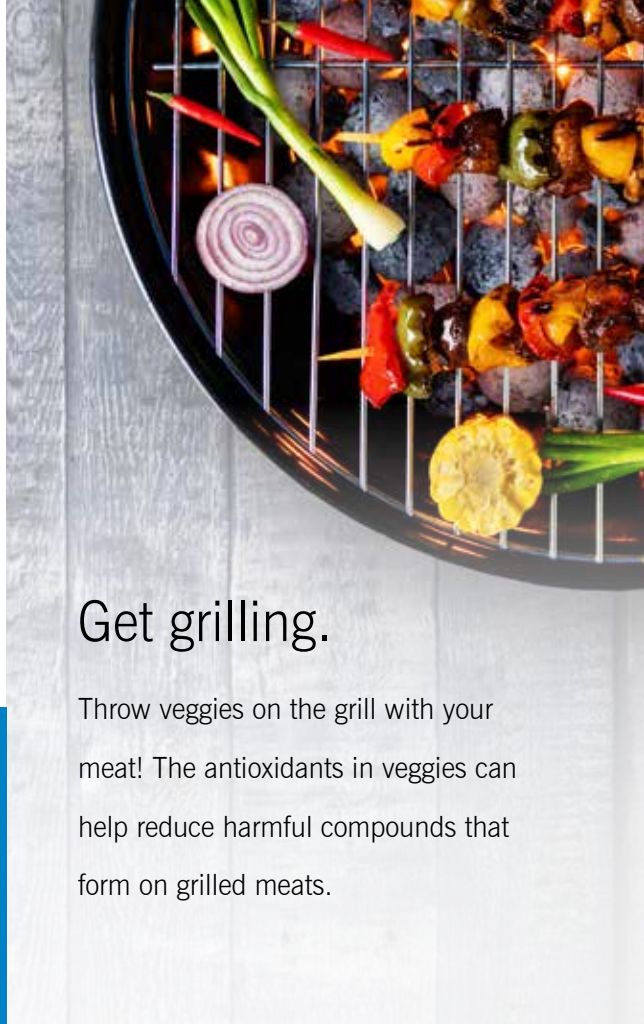
Support the vital patient care programs of Akron General – including the Challenge Golf classes included in this issue – through a donation to the Akron General Foundation. Make a donation online at akrongeneral.org/giving or by phone at 330.344.6888.



1 Akron General Ave., Akron, OH 44307
akrongeneral.org

Get grilling.

Throw veggies on the grill with your meat! The antioxidants in veggies can help reduce harmful compounds that form on grilled meats.



My Good Health Calendar is published as a community service for the friends of Cleveland Clinic Akron General. Call **330.344.2100** to subscribe for FREE. If you would prefer to be removed from the Akron General *My Good Health Calendar* mailing list, please call **330.344.2100** and leave your name and address. *My Good Health Calendar* comes from a wide range of medical experts. If you have concerns or questions about specific content that may affect your health, please contact your healthcare provider. Images from © Getty Images. © 2018 Akron General.



Follow us

My Good Health
CALENDAR AND WELLNESS TIPS

You may be eligible for financial assistance. Call: **330.344.2000** or **866.440.0257** (toll-free). Visit: akrongeneral.org/financialpolicy

Uninsured? Having trouble paying your hospital bill?