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*Beat breast cancer with
a regular mammogram*

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What you need to know*

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*Reducing infant mortality rates:
Know your risk factors for early delivery*

A Night of Music

Cleveland Clinic Akron General Women's Board presents this special concert by Face 2 Face, a Billy Joel and Elton John Tribute Band. Proceeds support patients and employees in need. Raffle tickets are also available for a 1 in 300 chance to win \$10,000 cash.*

** Winner need not be present. If a minimum of 100 tickets is not sold, Akron General Foundation reserves the right to make the drawing a 50/50 raffle.*

When: Sept. 8
Time: 6-8 p.m. VIP event; 8 p.m. program and concert
Where: Akron Civic Theatre, 182 S. Main St., Akron
Cost: \$25 concert only, VIP tickets for \$200 or \$500 each
Call us: 330.344.6888 for raffle tickets or Akron Civic Theatre at 330.253.2488 for concert tickets
Online: akrongeneral.org/WomensBoard

Wayside Wellness Fair Featuring Talk by Dr. Michael Roizen

Join us for this 2nd annual fair offering health and wellness information, free health screenings, free healthful food and beverage samples and wellness speakers, including a keynote presentation by Michael Roizen, MD, nationally known wellness expert and bestselling author. Dr. Roizen is Chairman of the Wellness Institute for Cleveland Clinic, and author of the #1 *New York Times* bestseller *Real Age: Are You as Young as You Can Be?*

Michael Greger, MD, author of *New York Times* bestseller *How Not to Die*, will also speak. Sponsored by Wayside Furniture.

When: Sept. 22
Time: Wellness Fair 10 a.m. – 4 p.m.; Dr. Roizen at 11 a.m.; Dr. Greger at 2:30 p.m.
Where: Akron Civic Theatre, 182 S. Main St., Akron
Cost: Free. Tickets required – available at Wayside Furniture, Mustard Seed Market & Café; Akron Civic Theatre box office; Cleveland Clinic Akron General Health & Wellness Centers; and the information desk in Akron General's main lobby.
Call us: 330.535.3179 for information or 330.253.2488 for tickets

Come Cook With Us: Healthy Seasons Eatings

Join us for an interactive cooking program that encourages healthy eating during the holidays. Participants are invited to gather around the test kitchen of the Akron-Canton Regional Foodbank to sample healthy holiday dishes and get tips on how to lighten your holiday meal. You'll hear from local guests about their favorite holiday memories and the foods closely associated with them. Akron General's Chef Steve Dent will prepare a tasty holiday dish and explain some of the ways to keep sugar and salt in check to manage conditions such as diabetes. Teri Lash-Ritter, MD, Cleveland Clinic family medicine specialist, will moderate the program. All participants will take home recipe cards and will be entered into a drawing

for four tickets to Cirque Dreams Holidaze at E.J. Thomas Hall.

When: Nov. 8

Time: 6-7:30 p.m.

Where: Akron-Canton Regional Foodbank, 350 Opportunity Parkway, Akron

Cost: Free

RSVP: Register online at clevelandclinic.org/ComeCookWithUs

Paint the Park Pink

The City of Akron, Cleveland Clinic Akron General, Main Street Gourmet and Stewart's Caring Place kick off October – Breast Cancer Awareness Month – with an event that celebrates the lives of all who have fought the breast cancer battle.



Breast cancer survivors, friends and family members will have an opportunity to visit the art table to customize a pre-painted pink rock with markers. When the rock is completed, participants will walk the Towpath to Lock 2 (behind the RubberDucks stadium) to place their rock in what will become a permanent memorial to all those who have fought the breast cancer battle.

This will also be an opportunity for the community to support “Muffins for Mammograms,” an Akron General Foundation fund that supports education, screening, and outreach for breast cancer, as well as other cancers. Famous Main Street Gourmet muffins will be available to purchase the day of the event. Bringing together past

patients, their families and friends will help raise awareness about the importance of early detection, as well as support the Muffins for Mammograms fund.

Muffins for Mammograms® is a trademark of Main Street Gourmet, Inc. and is used under license by Cleveland Clinic Akron General. All money raised by or through, or donated to, the Muffins for Mammograms program is managed and distributed by Cleveland Clinic Akron General Foundation to provide mammograms to women in the community.

When: Oct. 6

Time: 10 a.m.-noon

Where: Lock 3, 200 S. Main St., downtown Akron

NUTRITION, WEIGHT LOSS AND FITNESS

Healthy Green Health Challenge

Join us for this free 8-week health challenge with health screenings, weekly health education and access to Akron General LifeStyles in Green. Winners will be determined by participation and weight loss with weekly raffles and prizes. Registration is required. Seating is limited.

When: Screenings Sept. 8 and Oct. 27 (8 a.m.-noon); Classroom sessions Tuesdays, Sept. 11-Oct. 23

Time: 6-7 p.m.

Where: Health & Wellness Center, Green

Cost: Free

Call us: 330.721.5992





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: Sept. 4 (Stow), 6 (Medina), 11 (Bath), 20 (Wadsworth), 25 (Green)

Nutrition: Meal Planning 101

Fitness: Benefits of Group Exercise and Personal Training

When: Oct. 2 (Stow), 4 (Medina), 9 (Bath), 18 (Wadsworth), 23 (Green)

Nutrition: Healthy Snacks to Go

Fitness: Importance of Flexibility and Range of Motion

When: Nov. 1 (Medina), 6 (Stow), 13 (Bath), 15 (Wadsworth), 27 (Green)

Nutrition: Holiday Eating

Fitness: Ways to Stay Motivated

When: Dec. 4 (Stow), 6 (Medina), 11 (Bath), 18 (Green), 20 (Wadsworth)

Nutrition: Meal Replacements

Fitness: Machines vs. Free Weights

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)

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

Dining with Diabetes

Two-session program open to anyone with diabetes, at-risk for diabetes or who wants more information on diabetes. The class will include demonstrations on how to prepare meals that are healthy and use less fat, salt and sugar without sacrificing flavor.

When: Sept. 12 & 19

Time: 6-8 p.m.

Where: Akron General, Atwood classroom

Cost: \$10 for both sessions

Call us: 330.344.7791

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: Sept. 13, Oct. 11, Nov. 8

Time: 6-7 p.m.

Where: Akron General, Boardroom

Cost: Free

Call us: 330.344.1950

Online: akrongeneral.org/bariatric

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.

Time: 9-10 a.m.

When: Sept. 8

Where: Chippewa Inlet Trail (Rt. 42 Entrance)

When: Sept. 22

Where: Lake Medina (Rt. 18 Entrance)

Cost: Free

Call us: 330.721.5992

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: Sept. 27, Nov. 1
Time: 7-9 p.m.
Where: Lodi Hospital
Cost: \$20 per person, \$30 per couple
Call us: 330.948.5546

Good Health in Store: Supermarket Tour 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.” This tour is open to everyone. Reservations are required.

When: Nov. 7
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 Ohio Health 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)

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.

Sports Performance Training

90-minute sessions focus on flexibility, agility, speed, power, strength and endurance to make your high school and middle school student a better athlete. Free trial session is provided to any athlete interested in joining. Flexible after-school and weekend training times. Call for more details.

Where: Health & Wellness Centers in Green and Stow
Call us: 330.896.9829 (Green) or 330.945.3150 (Stow)
Online: akrongeneral.org/sportsperformance

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 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)
330.721.5315 (Medina)



Host a healthy holiday party.

Concerned about watching your calories or sticking to a special diet during the holidays? Volunteer to host the festivities. Controlling food choices is easier when you're in charge of the holiday spread. It's an opportunity to introduce guests to the healthy foods you've discovered and enjoy.

YOUTH CAMPS

LifeStyles Youth Day

Out of school for the day? Hop on over to LifeStyles for a fun-filled day of games, swimming, rock climbing and more. Bring a lunch, a friend and have the best day off of school! Please stop by the front desk of any Health & Wellness Center to register.

When: Oct. 12, Nov. 26
Time: 9 a.m. – 4 p.m.
Where: Health & Wellness Center, Bath
Health & Wellness Center, Green
Health & Wellness Center, Stow
Cost: Lifestyles members \$30 for first child, \$25 for additional children, Guests \$35
Call us: 330.665.8131 (Bath), 330.896.5007 (Green), 330.945.3141 (Stow)
Online: akrongeneral.org/lifestylescamp

Winter Break Camp

We have the camp that will keep your children busy during winter break. Campers will enjoy gym games, swimming, rock wall climbing and much more! Ages 5-14 are welcome. Bring a lunch and energy for the best winter break. Before and after care is available for an additional fee. Please stop by the front desk of any Health & Wellness Center to register.

Time: 9 a.m. – 4 p.m.
When: Dec. 19-21, 26-28, 31; Jan. 1-2
Where: Health & Wellness Center, Stow
When: Dec. 21, 26-28, 31; Jan. 1-4
Where: Health & Wellness Center, Bath
When: Dec. 26-28, 31; Jan. 1-2
Where: Health & Wellness Center, Green
Cost: \$35/day LifeStyles members; \$40/day Guests
Call us: 330.945.3141 (Stow), 330.665.8131 (Bath), 330.896.5007 (Green)
Online: akrongeneral.org/lifestylescamp

MATERNITY

Maternity and Childbirth Preparation Classes

Visit akrongeneral.org/maternityevents to explore our comprehensive childbirth class offerings (listed below). To register for a tour, or download a labor and delivery packet, visit akrongeneral.org/baby. 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

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: Nov. 4
Time: 1-3 p.m.
Where: Akron General main lobby
Cost: Free



Beat breast cancer WITH A REGULAR MAMMOGRAM.



**By Andrew Fenton, MD, medical director,
Akron General Cancer Institute**

October is National Breast Cancer Awareness Month, so you may be thinking about your upcoming mammogram appointment. You're not alone. Women ages 40 and older should have a yearly mammogram, as well as a yearly clinical

breast exam. However, you may have a lot of questions about your upcoming appointment or what a screening mammogram really entails.

During a screening mammogram, the breast is X-rayed in two different positions: from top to bottom and from side to side. When a mammogram is viewed, breast tissue appears white and opaque (cloudy), and fatty tissue appears darker and translucent (semitransparent).

On a screening mammogram, questionable abnormalities sometimes need additional evaluation. With further examination, most of these questionable abnormalities are found to be normal breast tissue or benign (non-cancerous) tissue.

Before the test

Discuss any recent changes or problems in your breasts with your healthcare provider before getting the mammogram. If you are pregnant or think that you may be, or are breastfeeding, please tell

your physician. To minimize discomfort during compression, you may want to consider scheduling your appointment 7-10 days after the start of your period.

On the day of the test

Don't wear body powder, cream, deodorant or lotion on your torso. After checking in for your appointment, you will be asked to remove all clothing above the waist and will be given a hospital gown to wear.



This test is performed by registered mammography technologists, and the X-rays are interpreted by board-certified radiologists.

During the test

Going through a mammogram for the first time can be uncomfortable, but it is nothing to be worried about. The technologist will position the breast on a breast support and then a compression (squeezing) is applied with a plastic paddle while the X-rays are taken. There may be discomfort or pressure during the 3-5 second period of compression; however, compression is necessary to obtain the clearest possible picture with the least amount of radiation. Cooperation is essential to obtain clear mammograms, but please inform the technologist if the compression feels excessive.

After the test

After examining the films, the radiologist may ask the technologist to obtain additional images or a breast ultrasound for a more precise diagnosis. This is a routine measure. These diagnostic mammograms require a radiologist to be present during the screening, so they may need to be scheduled for a different time and place.

You may have temporary skin discoloration or mild aching from the compression in the breast area. You can take aspirin or ibuprofen to relieve the discomfort, if you are not allergic to these medications. Generally, you will be able to resume your usual activities immediately.

To schedule an appointment, call Akron General's Reflections Breast Health Center at 330.344.BRST (2778) or visit akrongeneral.org/reflections. Office locations are available in downtown Akron, Bath, Green, Lodi, Tallmadge and Stow.



Bone cancer: What you need to know.



By Timothy Marks, MD, orthopedic surgeon, Akron General

Osteosarcoma is the most common type of cancer that originates in the bone. It most often affects the long bones, such as thigh bone (femur), shin bone (tibia), and upper arm bone (humerus), and usually occurs near the ends of the bones where the fastest growth is taking place (growth plates). Other less common locations for osteosarcoma include the pelvis, skull and jaw.

Osteosarcoma most often affects pre-teens and teens; the average age at diagnosis is 15. This may be related to the "growth spurt" most children experience at this age. However, in about 10 percent of cases, osteosarcoma can occur in adults in their 60s and 70s from secondary bone abnormalities.

Osteosarcoma is slightly more common in African-Americans. Before adolescence, it occurs equally in boys and girls. After adolescence, it occurs slightly more often in boys or men, possibly because of a longer period of skeletal growth.

Osteosarcoma accounts for about 3 percent of all childhood cancers. It is the third most common cancer in adolescence (after lymphomas and brain tumors); it is the most common primary bone tumor in children. Between 400 and 1,000 new cases of osteosarcoma are diagnosed in the United States each year.

The causes of osteosarcoma are unknown; however, there are some known risk factors, including rapid bone growth, such as during a child's growth spurts; exposure to radiation (from treatment for another type of cancer and may take several years to occur); and genetic factors.

Dr. Marks is fellowship-trained in musculoskeletal oncology and treats both adults and adolescents for all types of benign/malignant/metastatic tumors. Call Akron General's Orthopedic Institute at 330.344.BONE (2663) to schedule an appointment. Office locations are available in downtown Akron, Bath and Munroe Falls.

Give back.

Support the vital patient care programs of Akron General through a donation to the Akron General Foundation. Make a donation by phone at **330.344.6888** or online at akrongeneral.org/giving.

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, Sept. 25-Nov. 6

Time: 1:30-3 p.m.

Where: Akron General, Heart and Vascular Center, Cardiac Rehab Classroom, Room 1544

When: Tuesdays, Oct. 16-Nov. 20, additional class on Nov. 8

Time: 5:30-7 p.m.

Where: Lodi Hospital, Lower Level, Boardroom

Cost: Free

Call us: 330.344.7640 (Akron)
330.948.5532 (Lodi)

National Prescription Drug Take Back Day

Akron General invites all residents to use the U.S. Drug Enforcement Administration's National Prescription Drug Take Back Day as an opportunity to dispose of unwanted, unneeded and expired prescription medicines.

When: Oct. 27

Time: 10 a.m. – 2 p.m.

Where: For disposal locations, visit rxdrugdropbox.org

Look Good...Feel Better

Akron General's 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

Alcohol and Drug Recovery Center

The 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



Yield: 7 servings

- 1 large, ripe banana, peeled and broken into chunks
- 1 cup sweet potato, cooked, skin removed
- 8 ounces extra firm tofu
- 15 ounces canned pumpkin
- 1 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 5 teaspoons real maple syrup

Pumpkin, Sweet Potato and Banana Mousse

Forget pumpkin pie, start a new holiday tradition with this sweet low-calorie dessert. Top with roasted walnuts or chocolate and your guests will never know it is packed with vitamins, nutrients, protein and fiber! This mousse tastes even better the next day and can be prepared up to three days in advance!

Place banana in a food processor, and process until smooth. Add tofu and pulse until smooth. Add remaining ingredients and pulse until smooth. Stop to scrape down sides of bowl, and pulse again to thoroughly mix. Spoon mixture into individual bowls or one large bowl, cover and refrigerate for at least one hour before serving. Garnish with dark chocolate or toasted walnuts and pecans, then serve!

Nutritional facts per 1/2 cup serving: 120 calories; 15mg sodium; 10g sugars; 0mg cholesterol; 0g saturated fat; 5g fiber; 5g protein; 22g carbohydrate

Recipe courtesy of Wellness Institute Executive Chef Jim Perko, CEC, AAC.



Reducing infant mortality rates: Know your risk factors for early delivery.



By Jennifer Savitski, MD, chair, obstetrics and gynecology, Akron General

More than 1,000 Ohio babies die each year before their first birthday, putting Ohio's infant mortality rate as the fourth worst in the country, according to the Ohio Department of Health.

Preterm birth (before 37 weeks) is the leading cause of infant mortality. Being born prematurely can cause short-term complications like breathing and feeding difficulties, but can also have a lifelong impact through birth defects or other chronic health issues.

There are several factors that we can address to help a mother prevent a premature delivery.

- If a woman has had a **prior preterm birth**, studies have shown that her risk of having another baby prematurely can be reduced by taking the hormone Progesterone. This hormone helps the uterus relax and prevents contractions, which could lead to preterm delivery.
- **Wait at least 18 months** after having a baby to get pregnant again. Long-Acting Reversible Contraception, which includes intrauterine devices (IUDs) and an implant that is inserted just under the skin of a woman's arm, can help improve the spacing rate between pregnancies. Both the IUD and implant can be easily removed when the woman wants to get pregnant.

- **Quit smoking.** Smoking cigarettes during pregnancy is one of the most significant factors contributing to poor pregnancy outcomes including miscarriage, premature delivery, stillbirth and low birth weight. Women who quit before or during pregnancy can reduce or eliminate these risks.
- **Don't drink alcohol,** use illegal drugs or misuse prescription opioids (such as oxycodone). Chemicals pass through the mother's blood into the baby through the umbilical cord and can cause miscarriage, birth defects, stillbirth and a range of lifelong disabilities. If you need help, talk with your obstetrician or another healthcare professional for guidance. When taken under a doctor's care, opioids are safe for both you and your fetus, though it is important to take the medication only as prescribed.

One of the most important things a woman can do when she's pregnant is to see a doctor and then keep regularly scheduled prenatal doctor visits. The doctor will be able to monitor both your health and the baby's, helping to catch issues early on.

To schedule an appointment with an obstetrician at Akron General Obstetrics and Gynecology, please call 330.344.8565. Office locations are available in downtown Akron, Bath, Green and Hudson.



SCREENINGS

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: Sept. 11 & 22; Oct. 9 & 27; Nov. 13 & 24; Dec. 11 & 22

Where: Health & Wellness Center, Bath

When: Sept. 4 & 15; Oct. 2 & 20; Nov. 6 & 17; Dec. 4 & 15

Where: Health & Wellness Center, Stow

When: Sept. 8 & 25; Oct. 12 & 23, Nov. 10 & 27; Dec. 8

Where: Health & Wellness Center, Green

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

Call us: 330.665.8175

Online: akrongeneral.org/screenings

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 Hospital, Main Entrance Lobby

Cost: Complete lipid profile \$15

Call us: 330.948.5544

Online: lodihospital.org for current schedule

GRIEF SUPPORT GROUPS

Akron General Visiting Nurse Service offers the following FREE programs designed to support and assist grieving persons through the grief process. All of the following programs meet at the Justin T. Rogers Hospice Care Center. To register, please call 330.668.4657.

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: 6-7:30 p.m.

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, Sept. 20-Nov. 8

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

Good Self-Care While Grieving

Discuss the physical impact grief has on the body, mind and spirit and the importance of good self-care, and receive tips on supporting yourself while grieving.

When: Oct. 10

Time: 2-3:30 p.m.

Kids and Holiday Grief

Support for children ages 6-11 who have experienced a significant loss, such as a parent, sibling or grandparent.

When: Nov. 9 and Dec. 7

Time: 5-7 p.m.

Reducing Holiday Stress

Discuss stress-related concerns for the bereaved during the holiday season. Learn how to balance the reality of grief with the expectations of the holidays. Hear about options for coping with this potentially difficult time of year.

When: Nov. 14

Time: 2-3:30 p.m. or 6-7:30 p.m.

Grief, Loss and Holiday Pain

The grieving process can be especially difficult during special holidays or dates of significance. This session will provide tips to help you through the holiday season. It will also offer tips for family and friends when dealing with a bereaved person.

When: Dec. 12

Time: 2-3:30 p.m. or 6-7:30 p.m.

HEALTH EDUCATION EVENTS

Heartburn Information Sessions

Join us for a lecture and discussion led by our team of experts. Physicians will present information about GERD (heartburn), acid reflux and Barrett's esophagus, as well as available treatment options, including incisionless and minimally invasive surgery.

Time: 6 p.m.

When: Sept. 5

Where: Health & Wellness Center, Green, Conference Room

When: Nov. 7

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

Cost: Free

Call us: 330.344.BURN (2876)

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. RSVP required.

When: Oct. 4

Time: 5-7 p.m.

Where: Lodi Hospital, Lower Level, Boardroom

Cost: Free

Call us: 330.948.5544

Akron General Wellness Fair

This free family health fair will include a variety of wellness activities for children and adults, including information tables, screenings, special group exercise classes and more!

Time: 8:30-11:30 a.m.

When: Oct. 13

Where: Health & Wellness Center, Green

When: Nov. 3

Where: Health & Wellness Center, Bath

Cost: Free

Call us: 330.665.8148

Online: akrongeneral.org/wellnessfair

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

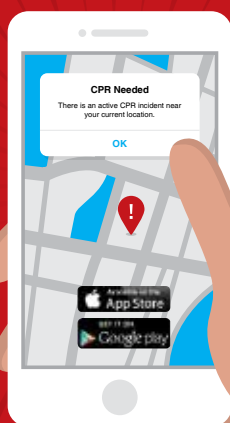
225 Elyria St., Lodi 44254

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.



Save a Life with PulsePoint App

Are you CPR-trained and live or work in the City of Akron? Download the free PulsePoint app to be alerted to sudden cardiac arrests in your immediate vicinity (public buildings only) so you can start CPR in the critical lifesaving minutes before EMS teams arrive. Once installed, select the agency "Akron Fire" on the app.

Cleveland Clinic Akron General Arthritis Expo South

Visit exhibits, hear from the following Akron General orthopedic specialists, and participate in a Q&A session at the end of this free program, co-sponsored by Akron General and the Arthritis Foundation, Great Lakes Region, Northeastern Ohio. Online pre-registration required due to limited space.

- Nikita Hegde, MD, Rheumatologist – Advances in Arthritis Medications
- Timothy Marks, MD, Orthopedic Surgeon – When a Hip or Knee Replacement is Necessary
- Michelle Gant, PT – Balance and Fall Prevention
- Jonathan Streit, MD, Orthopedic Surgeon – Treatment Options for Shoulders and Elbows

When: Sept. 13
Time: 8:30 a.m.-noon
Where: Health & Wellness Center, Green
Cost: Free
Call us: 216.285.2836
Register online: clevelandclinic.org/ArthritisExpoSouth

Control your PORTION SIZES.

Make sure meats are no larger than your palm and your pastas are no larger than your fists. Using a smaller bowl or plate creates a mental illusion and will help control portion sizes.



Cleveland Clinic
Akron General



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