



CITY OF WARRENSVILLE HEIGHTS

ROAD TO WELLNESS

Health Fairs

Join us and receive Free health screenings including, but not limited to: Blood Pressure, Cholesterol, Blood Sugar, Blood Oxygen Level, BMI, Balance, Health Risk Assessments, and more. The event will also include a vendor fair, give-aways, and raffle prizes.

November 15, 2016 | 9:00 am - 12:00 pm
March 7, 2017 | 9:00 am - 12:00 pm
June 20, 2017 | 9:00 am - 12:00 pm



Wednesday Night Wellness

Join your neighborhood expert monthly for lite dinner and learn about common medical conditions and what you can do to maintain a healthy lifestyle, from 4:30 - 6:30 pm.

September 21 | Stress Management
October 19 | Understanding Hearing Loss
December 7 | Falls Prevention in Older Adults
December 21 | Holiday Blues
February 15 | The Truth About Women's Heart Disease
March 15 | Common Gastrointestinal Disorders
April 19 | Kidney Disease
June 21 | Men's Health: Live Long and Stay Strong!



View full schedule at Warrensville.hChoices.com

Fitness Classes *Call for Pricing

YOGA (M & F - 9:30 am)	LINE DANCING (M - 12:30 pm)
ZUMBA (W - 12 pm)	TAI CHI (W - 10:15 am)
BALLROOM DANCING (T/Th - 6:30 pm)	PILATES (Th - 3:00 pm)
AEROBICS (M & Th - 2:00 pm)	WALKING GROUP (F - 10:00 am)

To register, call the civic and senior center at 216-587-1250.



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