

CITY OF WARRENSVILLE HEIGHTS Building A Lifesaving Community



FREE HEALTH AND WELLNESS TALKS

Warrensville Heights Civic & Senior Center

4567 Green Road, Warrensville Heights, Ohio 44128

Wednesday, July 20 | 4:30 – 6:30 p.m.
Healthy Food Choices

Wednesday, August 17 | 4:30 – 6:30 p.m.
Reduce Your Risk of Diabetes

Tuesday, September 27 | 1 – 1:30 p.m.
How to Prepare a Healthy Smoothie (Senior Club)

Wednesday, December 7 | 4:30 – 6:30 p.m.
Falls Prevention in Older Adults

Join your neighborhood experts from UH Ahuja Medical Center to learn more about common medical conditions and what you can do to maintain a healthy lifestyle.

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

This is part of the Ohio Department on Aging "Road to Wellness" initiative with State Representative John Barnes Jr. and Mayor Bradley Sellers working together to improve the health of our community.



2016 **HEALTH**
Matters

216-593-5500 | UHAhuja.org

3999 Richmond Road, Beachwood, Ohio 44122