

Healthy U Workshops Calendar 2017

Don't See a Workshop in your area? Please contact your local Area Agency on Aging by calling toll-free 1-866-243-5678

Program Type	Workshop Location	Start Date	End Date	Time	Address	City	Zip	County	Registering Contact	Phone Number
Healthy U: Chronic Disease Self-Management - Workshops help adults of any age gain confidence in their ability to manage symptoms and understand how their health problems affect their lives. Individuals participate in an interactive workshop 2 1/2 hours a week for 6 weeks.										
	Mentor Senior Center	10/2/2017	11/6/2017	2:30 - 5:00 PM	8500 Civic Center Blvd	Mentor	44077	Lake	Rose Bobbitt	(216) 421-1350
	Hopeton Village	10/4/2017	11/8/2017	1:00 - 3:30 PM	153 University Dr	Chillicothe	45601	Ross	Carla Cox	(800) 582-7277
	Alzheimer's Assn Miami Valley Chapter	10/5/2017	11/9/2017	1:00 - 3:30 PM	31 W Whipp Rd	Dayton	45459	Montgomery	Rebecca Hall	(937) 610-7013
	Preble County Council on Aging	10/10/2017	11/14/2017	9:30-12:00 PM	800 E St Clair St	Eaton	45320	Preble	Holly Steele	(937) 456-4947
	Cincinnati VA Medical Center	10/10/2017	11/14/2017	10:00-12:30 PM	474 Home St	Georgetown	45121	Brown	Carla Cox	(800) 582-7277
	Senior Citizens Resources, Inc.	10/16/2017	11/20/2017	9:30 - 12:00 PM	3199 Devonshire Rd	Cleveland	44109	Cuyahoga	Rose Bobbitt	(216) 421-1350
	Family Health Services of Darke County	10/27/2017	12/8/2017	2:00 - 4:30 PM	5735 Meeker Rd	Greenville	45331	Darke	Jane Urlage	(937) 547-2319
Healthy U: Diabetes Self-Management - Workshops are tailored specifically for adults living with Pre-Diabetes/Type 2 Diabetes. Individuals participate in an interactive workshop 2 1/2 hours a week for 6 weeks.										
	Clifton Plaza Apartments	9/19/2017	10/24/2017	1:00 - 3:30 PM	11430 Clifton Blvd	Cleveland	44102	Cuyahoga	Stacey Rokoff	(216) 512-0222
	Rust United Methodist Church	9/20/2017	10/25/2017	2:00 - 4:30 PM	128 Groveland Street	Oberlin	44074	Lorain	Stacey Rokoff	(216) 512-0222
	True Vine Church	9/20/2017	10/25/2017	2:00 - 4:30 PM	737 18th Street	Elyria	44035	Lorain	Stacey Rokoff	(216) 512-0222
	Community Partnership on Aging S Euclid	9/21/2017	10/26/2017	12:30 - 3:00 PM	1370 Victory Dr	South Euclid	44121	Cuyahoga	Rose Bobbitt	(216) 421-1350
	Cedar Ext High Rise	9/21/2017	10/26/2017	1:00 - 3:30 PM	2320 E 30th St	Cleveland	44115	Cuyahoga	Mabruk Quabili	(844) 472-4644
	Second Baptist Church	9/25/2017	10/30/2017	12:00 - 2:30 PM	427 Chapman Lane	Elyria	44035	Lorain	Stacey Rokoff	(216) 512-0222
	Visiting Angels	9/25/2017	10/30/2017	10:00 - 12:30 PM	9019 Colerain Ave	Cincinnati	45251	Hamilton	Nora Dashley	(513) 923-4466
	Miamisburg Senior Adult Center	9/27/2017	11/1/2017	1:00 - 2:30 PM	305 East Central Ave	Miamisburg	45342	Montgomery	Ann Finnicum	(937) 866-8999
	New Creation Baptist Church	09/27/2017	11/01/2017	6:30 - 9:00 PM	1929 W 23rd St	Lorain	44052	Lorain	Stacey Rokoff	(216) 512-0222
	Antiock Baptist Church	09/27/2017	11/01/2017	3:30 - 6:00 PM	3035 Toledo Ave	Lorain	44055	Lorain	Stacey Rokoff	(216) 512-0222
	NCR Carnegie Tower at Fairfax	09/28/2017	11/02/2017	10:00 - 12:30 PM	8920 Carnegie Ave	Cleveland	44106	Cuyahoga	Aimee Dutton	(844) 472-4644
	Area Agency on Aging 5	10/5/2017	11/9/2017	12:00 - 2:30 PM	2131 Park Ave West	Ontario	44906	Richland	Megan Thomas	(567) 247-6503
	Central Community House	10/6/2017	11/10/2017	10:00 - 12:30 PM	1150 E Main St	Columbus	43205	Franklin	Roderick Aldridge	(614) 252-3157
	Luther Pines	10/17/2017	11/21/2017	10:00 - 12:30 PM	805 S Mumaugh Rd	Arcadia	45804	Allen	Dancie Mohler	(419) 222-7723
	Southern Ohio Medical Center	11/8/2017	12/13/2017	1:00 - 3:30 PM	1805 27th St	Portsmouth	45662	Scioto	Carla Cox	(800) 582-7277
	Ambleside Tower	11/14/2017	12/19/2017	1:00 - 3:30 PM	2190 Ambleside	Cleveland	44106	Cuyahoga	Aimee Dutton	(844) 472-4644
Diabetes Empowerment Education Program (DEEP) - Workshops provide participants with tools to better manage Pre-Diabetes/Diabetes and is based on principles of empowerment and adult education. Individuals participate in an interactive workshop 2 hours a week for 6 weeks										
	Muskingham Valley Health Center - AM SESSION	9/19/2017	10/24/2017	9:00 - 11:00 AM	716 Adair Avenue	Zanesville	43701	Muskingham	Aimee Dutton	(844) 472-4644
	Muskingham Valley Health Center - PM SESSION	9/19/2017	10/24/2017	2:00 - 4:00 PM	716 Adair Avenue	Zanesville	43701	Muskingham	Aimee Dutton	(844) 472-4644
	Coshocton Senior Center	09/28/2017	11/02/2017	1:00 - 3:00 PM	201 Browns Lane	Coshocton	43812	Coshocton	Aimee Dutton	(844) 472-4644
	Muskingham Cnty Center for Seniors/ AM SESSION	10/03/2017	11/07/2017	9:00 - 11:00 AM	160 N Fourth St	Zanesville	43701	Muskingum	Aimee Dutton	(844) 472-4644
	Muskingham Cnty Center for Seniors/ PM SESSION	10/03/2017	11/07/2017	6:00 - 8:00 PM	160 N Fourth St	Zanesville	43701	Muskingum	Aimee Dutton	(844) 472-4644
	Country Club Rehabilitation Campus	10/11/2017	11/15/2017	9:00 - 11:00 AM	860 E Iron Ave	Tuscarawas	44622	Tuscarawas	Aimee Dutton	(844) 472-4644
	Buckeye Hills Regional Council - AAA 8	10/12/2017	11/16/2017	1:00 - 3:00 PM	1400 Pike St	Washington	45750	Washington	Aimee Dutton	(844) 472-4644
	Kate Love Simpson Library	10/12/2017	11/16/2017	2:00 - 4:00 PM	358 E Main St	Morgan	43756	Morgan	Aimee Dutton	(844) 472-4644
	Madison Senior Center	10/20/2017	12/01/2017	10:00 - 12:00 PM	2938 Hubbard Rd	Lake	44057	Lake	Aimee Dutton	(844) 472-4644
	Noble County Health Department	10/24/2017	11/28/2017	1:00 - 3:00 PM	44069 Marietta Rd	Noble	43724	Noble	Aimee Dutton	(844) 472-4644
A Matter of Balance - Participants meet in small groups in community settings once a week for 8 weeks (or twice a week for 4 weeks), where they learn to view falls as controllable, set realistic goals, change their environment to reduce risk factors and exercise to increase.										
	Charles Lathrem Senior Center	9/20/2017	11/8/2017	1:00 - 3:00 PM	2900 Glengarry Dr	Dayton	45420	Montgomery	Vickie Carraher	(937) 296-3356
	Journey to Hope	9/26/2017	11/14/2017	1:30- 3:30 PM	703 Compton Rd	Cincinnati	45231	Hamilton	Diane Kinsella	(513) 931-5777

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	YMCA ME Lyons	9/26/2017	11/14/2017	2:00 - 4:00 PM	8108 Cough Pike	Cincinnati	45244	Clermont	Judy Barnes	(513) 474-1400
	Southwest General Hospital Center	10/2/2017	10/25/2017	10:00 - 12:00 PM	18607 Bagley Rd	Middleburg Hts	44130	Cuyahoga	Rose Bobbitt	(216) 421-1350
	Collingwood Recreation Center	10/2/2017	10/30/2017	12:00 - 2:00 PM	16300 Lakeshore Blvd	Cleveland	44110	Cuyahoga	Rose Bobbitt	(216) 421-1350
	MetroHealth Old Brooklyn Center	10/3/2017	10/27/2017	10:00 - 12:00 PM	4229 Pearl Rd	Cleveland	44109	Cuyahoga	Rose Bobbitt	(216) 421-1350
	Cincinnati VAMC Georgetown Outpatient	10/16/2017	11/20/2017	10:00 - 12:00 PM	474 Home St	Georgetown	45121	Brown	Carla Cox	(800) 582-7277
	Mayfield Village Senior Center	10/18/2017	12/6/2017	2:00 - 4:00 PM	6621 Wilson Mills Rd	Mayfield Village	44143	Cuyahoga	Rose Bobbitt	(216) 421-1350
	Ohio Health - Westerville Rec Center	10/25/2017	12/13/2017	2:00 - 4:00 PM	64 E Walnut St	Westerville	43081	Franklin	Ann Goodman	(614) 566-9301
	West Side Community House/Friendship Sr Cntr	10/30/2017	12/17/2017	10:00 - 12:00 PM	9300 Lorain Ave	Cleveland	44102	Cuyahoga	Rose Bobbitt	(216) 421-1350
	Mercy McAuley Center	11/14/2017	12/12/2017	1:00 - 3:00 PM	906 Scioto St	Urbana	43078	Champaign	Brenda Sills	(937) 528-6359
Healthy U: Chronic Pain- Workshops help participants who live with back pain, nerve pain, fibromyalgia and other types of chronic pain to improve their confidence in managing their symptoms and daily activities. Individuals participate in an interactive workshop 2 1/2 hours a week for 6 weeks.										
	The Homestead at Logan Acres	10/11/2017	11/15/2017	1:00 - 3:30 PM	2739 CR 91	Bellefontaine	43311	Logan	Kathryn Sherer	(937) 599-7066