

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.										
Equitas Health		8/5/2017	9/9/2017	1:00 - 3:30 PM	4400 N High St., # 300	Columbus	43214	Franklin	Brittany Cotrell	(614) 340-6700
Signature Healthcare		8/7/2017	9/18/2017	2:00 - 4:30 PM	375 Glenn Ave	Washington CH	43160	Fayette	Judy Havens	(740) 335-7282
Indian Lake Villa		8/10/2017	9/21/2017	1:00 - 3:30 PM	601 Lincoln Blvd	Russels Point	43348	Logan	Teresa Fisher	(419) 236-5628
Pickaway County YMCA		8/22/2017	9/26/2017	3:00 - 5:30 PM	440 Nicholas Dr	Circleville	43113	Pickaway	Susie Bidwell	(740) 477-1661
VAMC Georgetown Outpatient Clinic		8/23/2017	9/27/2017	1:00 - 3:30 PM	474 Home St	Georgetown	45121	Brown	Carla Cox	(800) 582-7277
The Homestead at Logan Acres		8/23/2017	9/27/2017	1:00 - 3:30 PM	2739 CR 91	Bellefontaine	43311	Logan	Kathryn Sherer	(937) 599-7066
Cleveland Heights Senior Center		9/5/2017	10/10/2017	9:00 - 11:30 AM	1 Monticello Blvd	Cleveland Heights	44118	Cuyahoga	Rose Bobbitt	(216) 421-1350
United Senior Services - Enon		9/6/2017	10/11/2017	1:30 - 4:00 PM	7571 Dayton-Springfield Rd	Fairborn	45324	Clark	Cindy Coffman	(937) 323-4948
Southern Ohio Medical Center		9/11/2017	7/27/2017	1:00 - 3:30 PM	1805 27th St	Portsmouth	456626	Scioto	Carla Cox	(800) 582-7277
Midview Grafton Library		9/15/2017	10/20/2017	1:30 - 4:00 PM	983 Main St	Grafton	44044	Lorain	Rose Bobbitt	(216) 421-1350
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
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
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.										
Gerlach Center		8/2/2017	9/6/2017	1:00 - 3:30 PM	3724 Olentangy River Rd	Columbus	43214	Franklin	Jane Acri	(614) 645-3866
Terrace Ridge Apartments		8/3/2017	9/7/2017	12:00 - 2:30 PM	1312 McKaig Ave	Troy	45373	Miami	Rebecca Williams	(937) 332-9297
Severance Tower		8/9/2017	9/13/2017	1:00 - 3:30 PM	25 Severance Circle	Cleveland Heights	44118	Cuyahoga	Aimee Dutton	(844) 872-4644
Skyline Towers		8/10/2017	9/14/2017	10:00 - 12:30 PM	2250 Community College Ave	Cleveland	44115	Cuyahoga	Aimee Dutton	(844) 872-4644
YMCA Countryside		8/18/2017	9/22/2017	11:00 - 1:30 PM	1699 Deerfield Rd	Lebanon	45036	Warren	Cara Ebel	(513) 346-1424
University Towers		8/22/2017	9/23/2017	10:00 - 12:30 PM	1575 E Boulevard	Cleveland	44106	Cuyahoga	Aimee Dutton	(844) 872-4644
VAMC Georgetown Outpatient Clinic		8/23/2017	9/27/2017	10:00 - 12:30 PM	474 Home St	Georgetown	45121	Brown	Aimee Dutton	(844) 872-4644
Mount Herman Good Samaritan Foundation		8/28/2017	10/9/2017	10:00 - 12:30 PM	7401 Woodland Ave	Cleveland	44104	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	Aimee Dutton	(844) 872-4644
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
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		11/8/2018	12/13/2017	1:00 - 3:30 PM	1805 27th St	Portsmouth	45662	Scioto	Carla Cox	(800) 582-7277
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										
Wood County Committee on Aging		8/2/2017	9/6/2017	9:30 - 11:30 AM	305 N Main St	Bowling Green	43402	Wood	Aimee Dutton	(844) 872-4644
Franciscan Village Senior Living		8/2/2017	9/6/2017	12:00 - 2:00 PM	3648 Rocky River Dr	Cleveland	44111	Cuyahoga	Aimee Dutton	(844) 872-4644
Oakleaf Village of Columbus		8/4/2017	9/8/2017	12:00 - 2:00 PM	5500 Karl Rd	Columbus	43229	Franklin	Aimee Dutton	(844) 872-4644
Family Fellowship Church of Christ		8/10/2017	9/21/2017	1:00 - 3:00 PM	4410 E Johnstown Rd	Gahanna	43230	Franklin	Aimee Dutton	(844) 872-4644
Sandusky County Senior Center		8/7/2017	9/11/2017	9:30 - 11:30 AM	109 S Front St	Fremont	43420	Sandusky	Aimee Dutton	(844) 872-4644
Good Shepherd Villa		8/25/2017	9/29/2017	2:00 - 4:00 PM	726 Center St	Ashland	44805	Ashland	Aimee Dutton	(844) 872-4644
Cambridge Arms		8/29/2017	10/3/2017	1:30 - 3:30 PM	3751 Eastern Hills Ln	Cincinnati	45209	Hamilton	Aimee Dutton	(844) 872-4644
Erie County Senior Center		8/30/2017	10/4/2017	2:00 - 4:00 PM	620 E Water St	Sandusky	44870	Erie	Aimee Dutton	(844) 872-4644
Joyce M Davis Senior Center		8/30/2017	10/4/2017	2:30 - 4:30 PM	300 Cumberland St	Caldwell	43724	Noble	Aimee Dutton	(844) 872-4644
Jackson City Library		8/31/2017	10/12/2017	1:00 - 3:00 PM	21 Broadway St	Jackson	45640	Jackson	Aimee Dutton	(844) 872-4644
Mahoning County District Bd of Health		9/13/2017	10/18/2017	5:30 - 7:30 PM	50 Westchester Dr	Austintown	44515	Mahoning	Aimee Dutton	(844) 872-4644

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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.										
	Pickaway County Public Library	8/2/2017	8/25/2017	1:00 - 3:00 PM	1160 N Court St	Circleville	43113	Pickaway	Jennifer Driesbach	(740) 474-7534
	Wesley Community Center	8/14/2017	9/11/2017	10:00 - 12:00 PM	3730 Delphos Ave	Dayton	45417	Montgomery	Taffie Turner	(937) 204-6744
	Area Agency on Aging 3	8/30/2017	10/4/2017	12:00 - 2:00 PM	200 E High St., 2nd Fl	Lima	45801	Allen	Dancie Mohler	(419) 922-7723
	Family Health Services of Darke County	9/1/2017	10/20/2017	2:00 - 4:00 PM	5735 Meeker Rd	Greenville	45331	Darke	Jane Urlage	(937) 547-2319
	Huber Heights Senior Center	9/1/2017	11/3/2017	12:30 - 2:30 PM	6428 Cambersburg Rd	Huber Heights	45424	Montgomery	Pat Larson	(937) 233-1999
	Perry County District Library	9/6/2017	9/22/2017	1:00 - 3:00 PM	117 S Jackson St	New Lexington	43764	Perry	Debbie Goodrich	(740) 743-1602
	YWCA Piqua	9/12/2017	10/17/2017	1:00 - 3:00 PM	418 N Wayne St	Piqua	45356	Miami	Beth Royer-DeLong	(937) 773-6626
	Ohio Living Home Health & Hospice Center	9/18/2017	10/6/2017	1:00 - 3:00 PM	1110 Fifth Ave	Youngstown	44504	Mahoning	Mona Mangiarelli	(330) 744-5071
	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
	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
	Ohio Health - Westerville Rec Center	10/25/2017	12/13/2017	2:00 - 4:00 PM	64 E Walnut St	Westerville	43081	Franklin	Workshop Registration	(614) 566-9301