



**University Hospitals**  
St. John Medical Center  
A CATHOLIC HOSPITAL

# BRING IT ON!

## Senior Wellness & Walking Challenge

### **WHO HAS THE VERY BEST SENIOR CENTER AROUND? JOIN THE SENIOR WELLNESS AND WALKING CHALLENGE AND FIND OUT!**

**Who:** Spring Challenge: Dwyer, North Olmsted and Rocky River Senior Centers  
Fall Challenge: Avon, North Ridgeville and Westlake Senior Centers

**What:** A 6-week health and wellness program for seniors

**When:** The program kicks-off on **April 29, 2016** at UH St. John Medical Center and runs through **June 10, 2016** for the Spring Challenge and **August 12, 2016** through **September 23, 2016** for the Fall Challenge.

**About the Program:** The program begins and ends with a health and wellness screening from UH SJMC Community Outreach nurses, and includes:

- Screenings for cholesterol, blood glucose, blood pressure, BMI and waist circumference. Screenings will be conducted from 10:00am – 1:00pm on April 29 and June 10 and August 12 and September 23 at UH SJMC Auditorium B, Building 2
- A free pedometer so participants can track their steps
- The opportunity to warm-up with a UH SJMC physical therapy health professional and walk the UH SJMC campus track with other program participants
- A variety of health and wellness presentations from UH SJMC health professionals

The program will end with an awards ceremony and luncheon, where prizes will be awarded for those who take the most steps and those who see the greatest decrease in cholesterol, BMI, blood pressure and weight.

If your senior center isn't on the list, call UH SJMC Community Outreach at **440-827-5440** to participate.

[stjohnmedicalcenter.net](http://stjohnmedicalcenter.net)