

# June

# 2026

**UH Community Wellness Center at Bedford**  
 88 Center Road, Suite 150  
 Bedford, Ohio 44146  
 440-735-4270

**Hours of Service**  
 Monday: 9 a.m. – 5 p.m.  
 Wednesday: 9 a.m. – 7 p.m.  
 Friday: 9 a.m. – 5 p.m.



Registration **REQUIRED** for events in **RED**

Registration opens **May 18<sup>th</sup> @ 9:00am**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12pm <b>Food with Purpose: Men's Health through Nutrition</b> 5:30-6:30pm <b>Sound Bath @ Egbert Park</b>	2 2-3 pm <b>Cooking Demo - Meet the New Dietitian</b>	3 12-1pm <b>Food Strong: Foods that Nourish &amp; Heal Workshop</b> 6-7:30pm <b>Line Dancing</b>	4 9:30am-10:30am <b>Walking Club @ Ellenwood Center</b> 6-7:30pm <b>Crowned &amp; Called: The Esther Wellness Journey</b>	5 12pm <b>Food as Medicine: Chef's Table</b> 8pm <b>Charg'd Up @ Ahuja Field</b>	6
7	8 12pm <b>Tai Chi</b> Biometric Screenings 2-3pm	9 11:30-12:30pm <b>Tech Tuesday</b> 2-3 pm <b>Cooking Demo</b>	10 12-1pm <b>Food Strong: Foods that Nourish &amp; Heal Workshop</b> 5:30-6:30pm <b>Yoga in the Park @ Egbert Park</b>	11 9:30am-10:30am <b>Walking Club @ Ellenwood Center</b>	12 11:00am <b>Chair Yoga</b> 12pm <b>Zumba</b>	13
14	15	16 2-3 pm <b>Cooking Demo</b>	17 12-1pm <b>Food Strong: Foods that Nourish &amp; Heal Workshop</b> 2-4pm <b>Art Therapy</b>	18 9:30am-10:30am <b>Walking Club @ Ellenwood Center</b> 6-7:30pm <b>Crowned &amp; Called: The Esther Wellness Journey</b>	19 	20
21 	22 Biometric Screenings 9:30-11:30am 10:30-11:30am <b>Financial Wellness</b>	23 12pm <b>Physician Talk</b> 2-3 pm <b>Cooking Demo</b> 5:30-6:30pm <b>Tai Chi</b>	24 12-1pm <b>Food Strong: Foods that Nourish &amp; Heal Workshop</b> 5:30-6:30pm <b>Yoga in the Park @ Egbert Park</b>	25 9:30am-10:30am <b>Walking Club @ Ellenwood Center</b>	26 11:00am <b>Chair Yoga</b>	27
28	29	30 11:30-12:30pm <b>Tech Tuesday</b> 2-3 pm <b>Cooking Demo</b> 5:30-6:30pm <b>Zumba</b>				

If you register under the same name more than once, one will be deleted.

# The Bedford Wellness Center Presents..



## **Food with Purpose: Men's Health through Nutrition**

A Men's Health Month workshop exploring how nutrition supports heart health, prostate health, muscle strength, and metabolism, with practical tips for energy-supporting meals.



## **Physician Talk: Arthritis**

Join Dr. Tamar for a conversation on arthritis prevention and management, with practical tips to support joint health and proactive care.



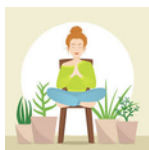
## **Walking Club at Ellenwood Center**

Join us for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. Located at Ellenwood Center Willard Pavilion 124 Ellenwood Avenue Bedford, OH 44146. *Weather permitting.* Call 440-735-2559 to register.



## **Meet the new Dietitian!**

Join Nicole for weekly cooking demos during the month of June that are built to educate and inspire! These sessions are all about simple, flavorful meals that support your health. You'll learn practical cooking skills, try new foods, and discover how nutritious eating can be both easy and delicious. June 2 - Alzheimer's + Brain Awareness, June 9 - Men's Health Week, June 16 - Summer Seasonal Produce, June 23 - Nutrient Dense Delicacies, June 30 - Summer Salads



## **Chair Yoga**

Enjoy a gentle chair yoga session led by Nikki, focusing on flexibility, balance, and relaxation through accessible, seated movements suitable for all levels.



## **Zumba**

Dance your way to better fitness in this upbeat Zumba class led by Felicia, combining energetic music and easy-to-follow moves for a fun cardio workout.



## **Tai Chi**

Relax and recharge with Tai Chi led by Sandy, featuring gentle, flowing movements that support balance, flexibility, and overall mind-body wellness.



## **Line Dancing**

Step, groove, and have fun in this high-energy line dancing class led by Lady Q, featuring easy-to-learn routines that boost coordination, cardio, and confidence.