



Fairview Lakewood Lutheran

Cleveland Clinic hospitals

January, February and March, 2011

Healthy Happenings

Community Health Calendar



Reservations required for screenings and events.

Call 1-877-234-FITT (3488) unless otherwise noted

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Cancellation Policy

If the Fairview Hospital Wellness Center closes, you can find out from a variety of news sources including many radio and television stations.

Screenings and events are free and require reservations unless otherwise noted.

Please call toll-free 1.877.234.FITT (3488).

Health Screenings

All screenings are free unless otherwise noted.

Blood Pressure Screenings

A blood pressure reading is one indicator of cardiac wellness and general health. Blood pressure screenings are available on a walk-in basis. **Free. No reservations necessary.**

Fairview, Lakewood and Lutheran Hospitals

Offered first Monday

9–11 a.m.

Dwyer Memorial Senior Center
300 Bryson Lane, Bay Village

12:30–3:30 p.m.

Rocky River Office on Aging
21014 Hilliard Blvd., Rocky River

Offered the fourth Tuesday

8:30–10:30 a.m.

Great Northern Mall, North Olmsted

Offered the first Wednesday

9–11 a.m.

Lakewood Office on Aging East
12400 Madison Ave., Lakewood

Offered the second Wednesday

9:30 a.m.–noon

Fairview Hospital Wellness Center
3035 Wooster Rd., Rocky River

1–3:30 p.m.

Barton Center

14300 Detroit Ave., Lakewood

9–11 a.m.

Lakewood Office on Aging West
16024 Madison Ave., Lakewood

Offered Tuesday, Jan. 11 and March 8

9 a.m.–noon

West Park/Fairview YMCA

15501 Lorain Ave., Cleveland

Offered Tuesdays,

Jan. 11, Feb. 15 and March 15

1:30–2:30 p.m.

Brooklyn Senior Center

7727 Memphis Ave., Brooklyn

Fairview Hospital

Diabetes Screenings

Individuals at high risk of developing diabetes include people 45 years old and older; those who are overweight; physically inactive; and minority populations such as African Americans, Latinos, and Native Americans. Fast for two hours prior to appointment. This is a finger-prick test.

Mondays, Jan. 17, Feb. 21 and March 21, 9–11 a.m.

Fairview Park Senior Center, 20769 Lorain Rd., Fairview Park

For reservations, call 440.356.4439

Wednesdays, Jan. 19, Feb. 16 and March 16, 9–11 a.m.

Rocky River Senior Center, 21014 Hilliard Blvd., Rocky River

For reservations, call 440.333.6660

Mondays, Jan. 24, Feb. 28 and March 28, 9–11 a.m.

French Creek YMCA, 2010 Recreation Lane, Avon

For reservations, call 440.934.9622

Fairview Hospital

Foot Screening

This screening offers a consultation with board-certified podiatrist, Michael Shlonsky, DPM.

Saturday, Jan. 22, 9–noon

Fairview Hospital Wellness Center

3035 Wooster Rd., Rocky River

Free. Reservations: toll free 1.877.234.FITT (3488)



Michael Shlonsky,
DPM

Fairview Hospital

Glaucoma/Low Vision Screening for Adults Only

Co-Sponsored by Fairview Hospital Community Outreach and the Cleveland Sight Center.

Thursday, Feb. 10, 1:30–3 p.m.

Fairview Hospital Wellness Center

3035 Wooster Rd., Rocky River

Free. Reservations: toll free 1.877.234.FITT (3488)

Fairview and Lakewood hospitals

WISH Breast Cancer Screening

This event includes a clinical breast exam by a nurse practitioner and a screening mammogram for UNINSURED women 40 years old and older. Sponsored by the WISH Program of Fairview and Lakewood hospitals, the National Breast Cancer Foundation, and the Community West Foundation.

Saturday, Feb. 26, 9 a.m.–1 p.m.

Elyria Family Health Center

303 Chestnut Commons Dr., Elyria

Call 216.476.4673 for reservations.

Lakewood Hospital

Diabetes Alert Day Screenings

Are you one of 5.7 million Americans who have diabetes and don't even know it? Find out on American Diabetes Alert day. You will receive FREE blood sugar, cholesterol, blood pressure and eye screenings. For best results, do not eat or drink (except water) eight hours before the screening. Everyone screened will be entered in a raffle for a Giant Eagle gift certificate. No registration required.

Tuesday, March 22, 6:30–9 a.m. or 2:30–4:30 p.m.

Lakewood Hospital, 14519 Detroit Ave., Lakewood

No reservations required

Health Forums and Talks

Unless otherwise noted, health forums are free of charge. Reservations are required so reserve early as space is limited. Please call toll-free **1.877.234.FITT (3488)**.

Fairview Hospital

Grief Recovery Outreach Workgroup (G.R.O.W.)

G.R.O.W. is an action program to help individuals move beyond loss.

Thursdays Jan.3–March 17, 6:30–8 p.m.

Wellness Center, 3035 Wooster Rd., Rocky River

Fee. For reservations, call **216.476.7067**

Cleveland Clinic at Home

So...You have a Stroke, What's Next?

Strokes are the third leading cause of death in America each year. They also contribute to serious, long-term disability. Join a team of experts from Cleveland Clinic at Home who will discuss signs and symptoms of stroke, quick attention, rehabilitation techniques and lifestyle changes. Refreshments sponsored by Riverview Pointe.

Tuesday, Jan. 11, 5–6:30 p.m.

Registration begins at 5 p.m., lecture 5:30 p.m.

Riverview Pointe, 9027 Columbia Rd., Olmsted Falls

Free. For reservations, call **440.427.8884**

Lakewood Hospital

Causes, Risk Factors and Prevention of Colon Cancer

Colon cancer is one of the leading causes of death in our country, but it is quite preventable. Ryan Williams, MD, Cleveland Clinic, colorectal surgeon, will discuss what you can do today to prevent colon cancer tomorrow. Lunch will be served.

Tuesday, Jan. 11, noon–1 p.m.

Westlake Library, 27333 Center Ridge Rd., Westlake

Free. Reservations: toll free **1.877.234.FITT (3488)**



**Ryan Williams,
MD**

Lakewood Hospital

\$20/person, non-refundable

Start a Heart Heartsaver CPR/AED Courses

Instruction provided in one-person adult, child and infant rescuer CPR and management of foreign-body airway obstruction as well as instruction in the automated external defibrillator for adult and child. Make checks payable to The Lakewood Foundation Start a Heart Program and mail to: Lakewood Hospital, C/O the EMS and Trauma Coordinator, 14519 Detroit Ave., Lakewood, OH 44107

Wednesday, Jan. 12, Feb. 9, March 9, 6–9 p.m.

Lakewood Fire Department, Station #1, 14601 Madison Ave., Lakewood

For more information, call 1.216.227.2481

Disclaimer: The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association and any fees charged for such a course do not represent an income to the Association.

Lutheran Hospital

Urinary Incontinence

Urinary incontinence is a problem for an estimated 17 million Americans. Most of the time there is a solution. Kalish Kedia, MD, board-certified urologist, will discuss the problem of urinary incontinence along with the latest treatment options available.

Wednesday, Jan. 12, noon–1 p.m., lunch served

Lutheran Hospital Castele Learning Center

1730 W. 25th St., Cleveland

Free. Reservations: toll free 1.877.234.FITT (3488)



Kalish Kedia, MD

Lutheran Hospital

Wound Healing

Lutheran Hospital's Wound Healing Center offers the latest in wound-healing techniques and technologies including hyperbaric oxygen therapy. Our team of experts offer clinical expertise in all major areas to provide you with exceptional wound care that improves the quality of life.

Monday, Jan. 17, noon–1 p.m.

Brooklyn Senior Center, noon–1 p.m., lunch served

7727 Memphis Ave., Brooklyn

Monday, Feb. 21

West Side Community House, 11 a.m.–noon, no lunch served

9300 Lorain Ave., Cleveland

Tuesday, March 8

Lutheran Hospital Castele Learning Center, noon–1 p.m., lunch served

1730 W. 25th Street, Cleveland

Free. Reservations: toll free 1.877.234.FITT (3488)

Fairview Hospital

Diagnosis and Treatment of Lymphomas

Join Hamed Daw, MD, medical oncologist, as he discusses the different types of lymphoma, and the current modes of treatment for each. Lunch will be served.

Thursday, Jan. 20, noon–1 p.m.

Cleveland Clinic Cancer Center at Fairview Hospital, first floor conference room, Moll Pavilion, 18200 Lorain Ave., Cleveland

Free. Reservations: toll free 1.877.234.FITT (3488)



Hamed Daw, MD

Lakewood Hospital

Peripheral Artery Disease: Treatment Options

Do you have leg pain that won't go away, foot wounds that just won't heal, or a big difference in the temperature of one leg? You might have peripheral artery disease (PAD). James Bekeny, MD, vascular surgeon, will discuss diagnostic tests and review treatment options.

Wednesday, Jan. 19, 1:15–2 p.m.

Rocky River Senior Center, 21014 Hilliard Blvd., Rocky River

Free. Reservations: toll free 1.877.234.FITT (3488)



**James Bekeny,
MD**

Cleveland Clinic at Home

Heart Failure – Risk to Rehabilitation

Heart disease is the number one disease that kills Americans, and most of us have at least one risk factor. Join a team of experts from Cleveland Clinic at Home who will review the risk factors for heart failure, current therapies and how to achieve your optimal level of heart health. Refreshments sponsored by Riverview Pointe.

Tuesday, Feb. 8, 5–6:30 p.m.

Riverview Pointe, 9027 Columbia Rd., Olmsted Falls

Free. For reservations, call 440.427.8884

Lakewood Hospital

How to Manage Confusion in an Aging Person

Confusion is a common problem with the elderly and can be difficult to manage. Christine Nelson, RN, CNS, from the Geriatric Assessment Program at Lakewood Hospital, will offer helpful ways to cope with a person who is confused. A light lunch will be served at 11:30 a.m.

Tuesday, Feb. 8, noon –1 p.m.

Towne Center Community Campus, 500 Community Dr., Avon Lake, Avon

Free. Reservations: toll free 1.877.234.FITT (3488)

Lutheran Hospital

ABC's of Heart Disease:

Heart **A**ttack and stroke

Blood pressure

Cholesterol and CPR basics

Heart **S**upplements and cholesterol lowering agents

The ABC's of heart disease are an easy way to remember some of the most important heart health issues. Please join Jennifer Andrey, CNS; Allison Naso, clinical pharmacy specialist; and Laurie Dreifke, PT, for a "tag team" lecture and "heart healthy" lunch to learn about the tools to lower your risk for heart attack and stroke.

Wednesday, Feb. 9, noon-1 p.m., lunch served

Light lunch at 11:30 a.m.; talk is noon–1 p.m.

Lutheran Hospital, Castele Learning Center, 1730 W. 25th St., Cleveland

Free. Reservations: toll free 1.877.234.FITT (3488)

Lakewood Hospital

How To Live Well with Congestive Heart Failure

Simone Nader, MD, cardiologist, will review simple ways to improve your overall well being despite the effects that congestive heart failure has on your health.

Wednesday, Feb. 9, 5–6 p.m.

Lakewood Hospital Community Health Center, 1450 Belle Ave.

Free. Reservations: toll free 1.877.234.FITT (3488)

Fairview Hospital

Minimally Invasive Options for Chest Conditions

Join R. Thomas Temes, MD, Cleveland Clinic thoracic and cardiovascular surgeon, as he discusses the advancements of surgical procedures for thoracic (chest) conditions including minimally invasive options and the use of robotics. Dr. Temes is the only Thoracic Surgeon in the Cleveland area performing robotic thoracic surgery. Light dinner provided. Reservations required.

Tuesday, Feb. 15, 6-7:30 p.m.

Westlake Porter Public Library, 27333 Center Ridge Road, Westlake

Free. Reservations: toll free 1.877.234.FITT (3488)



R. Thomas Temes, MD

Lutheran Hospital

Bladder Prolapse

Nearly 50 percent of women who have had children are affected by pelvic organ prolapse. Prolapse occurs when weakened muscles cause one of the pelvic organs – most commonly the bladder – to drop. Discomfort, urinary incontinence and other symptoms may result. Take control of your health and join Kalish Kedia, MD, boardcertified urologist, to discuss treatment options; many of them minimally invasive.

Wednesday, Feb. 16, 6–7 p.m., light dinner served

Brooklyn Senior Center, 2272 Memphis Ave., Brooklyn

Free. Reservations: toll free 1.877.234.FITT (3488)

Lakewood Hospital

Parkinson's Disease Update

Parkinson's disease is a common neurological movement disorder which affects the brain centers controlling movement. This disease is progressive, but its symptoms can be relieved with medication.

Babak Tousi, MD, FACP, geriatric movement disorder specialist, from Lakewood Hospital's Geriatric Medicine department, will review the latest treatments and answer your questions about managing this disease.

Wednesday, Feb. 16, 11:30 a.m.–1 p.m.

North Olmsted Library, 27403 Lorain Rd., North Olmsted

Free. Reservations: toll free 1.877.234.FITT (3488)



Babak Tousi, MD

Lakewood Hospital

Your Mother Was Right... Eat Your Breakfast!

Many of us lead busy lives and do not care for our own health. Do you skip breakfast and then eat other meals on the run? If you have diabetes, eating breakfast is important in the management of blood sugars. Come for a cooking demo of breakfast foods that are easy, quick and delicious. *Co-sponsored by the Diabetes Association of Greater Cleveland.*

Thursday, Feb. 24, 10–11:30 a.m.

Fairview Hospital Wellness Center

3035 Wooster Rd., Rocky River

Free. Reservations: toll free 1.877.234.FITT (3488)

Fairview Hospital

Chronic Back Pain Overview and Treatment Options

You don't have to live with your chronic back pain. Cleveland Clinic pain management specialist, George E. Girgis, DO, will discuss the common causes of chronic back pain, symptoms and treatment options including interventional techniques. Refreshments will be served. Reservations required.

Monday, Feb. 28, 1-2 p.m.

Fairview Hospital Wellness Center, Room 100

3035 Wooster Road, Rocky River

Free. Reservations: toll free 1.877.234.FITT (3488)



George E. Girgis,
DO

Lutheran Hospital \$25

Grief Recovery Outreach Workgroup (G.R.O.W.)

G.R.O.W. is an action program to help individuals move beyond loss.

Tuesdays, March 1–May 3, 6:30–8 p.m.

Lutheran Hospital, 5E Conference Room

1730 W. 25th St., Cleveland

For reservations, call 216.363.2158

Lakewood Hospital

Irritable Bowel Syndrome: Causes and Treatment

Irritable Bowel Syndrome, or IBS, is a condition that causes stomach pain and abnormal bowel movements. Managing symptoms is the goal of treatment, and there are different approaches to this problem. Mousab Tabbaa, MD, gastroenterologist, will review causes and management tools.

Wednesday, March 2, 7–8 p.m.

Westlake Village, 28550 Westlake Village Dr.,

(corner of Center Ridge and Schwartz Rds.), Westlake.

Free. Call 440.892.4200 for reservations.



Mousab Tabbaa,
MD

Cleveland Clinic at Home

Cardiovascular Disease – Are you at Risk?

A team of experts from Cleveland Clinic at Home will provide an overview of heart and blood vessel disease with an emphasis on coronary artery disease, risk factors, symptoms, evaluation and treatment. Refreshments provided by Riverview Pointe.

Tuesday, March 8, 5–6:30 p.m.

Free. Registration begins at 5 p.m., lecture 5:30 p.m. Riverview Pointe
9027 Columbia Rd, Olmsted Falls

Free. For reservations, call 440.427.8884

Fairview Hospital

Take Charge! Manage Your Health!

As we age, the number of ongoing health conditions can increase. Learn to set health goals. Discover practical ways to deal with fatigue, medications, nutrition, physical fitness and more. This is a six-week chronic disease self-management series and includes a pre-class screening. Choose from two convenient locations.

Wednesdays, March 9 thru April 13, 1–3:30 p.m.

Pre-screening March 2, 9:30–11:30 a.m.

Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River

Free. For reservations, call 440.427.8884

Lutheran Hospital

Female Urological Issues

Kalish Kedia, MD, board-certified urologist, will discuss the most common female urinary issues. These include urinary incontinence and pelvic floor prolapse, voiding dysfunction, recurrent urinary tract infection (UTI), urethral syndrome and interstitial cystitis.

Wednesday, March 9, noon–1 p.m., lunch served

Lutheran Hospital, Castele Learning Center, 1730 W. 25th St., Cleveland

Free. Reservations: toll free 1.877.234.FITT (3488)

Fairview Hospital

Finally, Relief for Chronic Sinusitis

Mark Wladecki, MD, ear, nose and throat specialist, will update you on the latest options for people with chronic sinusitis. Sinuplasty can now be done as an outpatient procedure and have you back home the same day with minimal recovery time. Light dinner provided. Reservations required.

Thursday, March 10, 6–7:30 p.m.

Cuyahoga County Library, Fairview Park Branch Meeting Room
21225 Lorain Rd., Fairview Park

Free. Reservations: toll free 1.877.234.FITT (3488)



**Mark Wladecki,
MD**

Lutheran Hospital

Joint Pain: Knees and Hips

Join orthopaedic surgeon, Kim L. Stearns, MD, as he discusses hip and knee replacement, joint pain and the latest developments regarding this procedure. Johanna Forjac, PT, will discuss post-surgical needs.

Wednesday, March 23

Light lunch at 11:30 a.m.; talk is noon–1 p.m.

Lutheran Hospital, Castele Learning Center,
1730 W. 25th St., Cleveland

Free. Reservations: toll free 1.877.234.FITT (3488)



**Kim L. Stearns,
MD**

Cleveland Clinic at Home

“Maintaining a Healthy Memory” Lunch and Learn

Lynn Chrismer, MD, Cleveland Clinic geriatrician, will discuss specific methods to maintain a healthy memory. Light lunch will be provided. Reservations required.

Wednesday, March 30, noon–1:30 p.m.

Center Ridge Health Campus,
38600 Center Ridge Rd., North Ridgeville

Free. Call 440.327.1295 for reservations.



**Lynn Chrismer,
MD**

Healthwise Connection

Healthwise Connection

Grandparenting for the New Millennium

A lively discussion for grandparents-to-be and new grandparents about the changes in birthing and infant care practices. Reservations required.

Tuesday, Jan. 11, 6:30–9 p.m.

Tuesday, Feb. 8, 6:30–9 p.m.

Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River
Fee: \$20 per family. Reservations: toll free 1.877.234.FITT (3488)

Healthwise Connection

Successful Aging

Carl Tyler Jr., MD, specializing in geriatric education and research at Fairview Hospital, will discuss the concept of successful aging. He will identify important behaviors to maximize health and function with aging. He will also address ways to improve your relationship with your primary care physician. Free blood pressure screenings offered after the program. Reservations required.

Wednesday, March 16, 10:30–11:30 a.m.

Fairview Hospital Wellness Center, Room 100, 3035 Wooster Rd., Rocky River

Free. Reservations: toll free 1.877.234.FITT (3488). www.clevelandclinic.org/hwc

Healthwise Connection

About to Retire? Preparing for Medicare

If you are 63 or older and are still employed or do not have Medicare, this free educational forum will help you prepare for the transition from commercial insurance to Medicare. You will learn the difference between Medicare and a Medicare HMO; find out if you need a supplemental plan; discover what is not covered by Medicare; and have your questions answered by Medicare experts. Light dinner provided by Home Instead Senior Care. Reservations required.

Wednesday, March 23, 6–8 p.m.

Fairview Hospital Wellness Center, Room 100, 3035 Wooster Rd., Rocky River
Reservations: 216.636.1121

Healthwise Connection

Relieve Your Stress Through Guided Imagery

This program is not just for New Age gurus. Learn about this simple, yet, powerful technique that is useful for dealing with a wide variety of life's daily struggles. Guided imagery promotes deep relaxation and helps you find inner resources and empowerment. Light dinner provided by Life Care Centers of America. Reservations required. Presented by Laura Hazen, education director, Hanson Services, Inc.

Wednesday, March 30, 6–7:30 p.m.

Westlake Porter Library, Porter Room, 27333 Center Ridge Rd., Westlake
Free. Reservations: toll free 1.877.234.FITT (3488). www.clevelandclinic.org/hwc

Childbirth and Parenting Classes

Fairview and Lakewood hospitals

Fairview and Lakewood hospitals offer a variety of childbirth and parenting classes to help educate you about your growing family. Some general topics include: Healthy Pregnancy; Preparing for Birth; Breastfeeding; Preparing for Baby; Preparing for Family; Infant and Child Safety; and After Delivery. Additionally, there are support groups for breastfeeding mothers, expectant mothers on bedrest and families who experience a loss. Registration is required for all classes.

To see the complete list and descriptions of the classes, locations and fees (where applicable), visit fairviewhospital.org/birthingcenter or lakewoodhospital.org/birthing. For more information, call the Childbirth and Parenting Program at 440.356.0347.

We encourage you to schedule a visit of the Birthing Center where you plan to deliver! In addition to the regular tour, Fairview Hospital offers a *Night with the Anesthesiologist* and Tour. Please call 440.356.0347 for dates and time. Tours are free and registration is required.

Special Events

Lakewood Hospital

Retirement Readiness

Is it difficult to imagine what your life will be like after retirement? You may be better prepared than you think. Linda Beebe, elder law attorney, will review what you need to know now to be better prepared for the future. A light dinner will be served.

Tuesday Jan. 25, 5:30–7p.m.

The Normandy Apartments

2701 Lake Rd., Rocky River

Free. Reservations: toll free 1.877.234.FITT (3488)

Fairview, Lakewood, Lutheran & Medina hospitals \$125

Straight from the Heart

Would you like to win \$100,000 or one of 39 other incredible prizes? Proceeds benefit the cardiovascular services at Fairview, Lakewood, Lutheran and Medina hospitals. Sponsored by the Community West Foundation and Lakewood Hospital Foundation.

Saturday, Feb.12, 6 p.m.–midnight

LaCentre Conference and Banquet Facility

25777 Detroit Rd., Westlake

For reservations, call 216.476.7390

Gala tickets are \$125 and sponsorships opportunities are available. To purchase a raffle ticket, go to www.straightfromtheheartevent.org.

Lakewood Hospital

Diabetes Calls for Smart Food Shopping!

Peggy Doyle, RD, DL, CDE, and nurse educators from Lakewood Hospital Diabetes and Endocrine Center will offer a talk on diabetes, with guided grocery tours. Presented in conjunction with the Healthy Appetite® program developed by Cleveland Clinic dietitians and Heinen's chefs. Light breakfast served.

Wednesday, March 30, 9–11 a.m.

Heinen's Fine Foods, 19219 Detroit Rd., Rocky River

Free. Reservations: toll free 1.877.234.FITT (3488)

Support Groups

Fairview, Lakewood and Lutheran hospitals offer a variety of support groups.

For more information visit fairviewhospital.org, lakewoodhospital.org or lutheranhospital.org. For more information on cancer support groups, please visit www.fairviewhospital.org/cancer or call 216.476.7241.

Healthwise Connection Tours

Seats are limited so call early. For an informational flier or to register, call JKL Tours, 4745 Highland Drive, Willoughby, OH 44094 at **440.942.5350** or **toll-free at 1.888.927.8977**. All tours depart from the Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River.

Healthwise Connection (HWC) tours are offered at a discounted rate for Healthwise Connection members. To learn more about the Healthwise Connection program or for an application to join, visit www.clevelandclinic.org/hwc or call **1.800.775.4HWC (4492)**.

A Valentine Treat at the Cleveland Orchestra and the Cleveland Museum of Art

Friday, Feb. 18 - 9:30 a.m. to 4 p.m. (Moderate walking)

HWC member price is \$65, non-member price is \$75

Enjoy the Cleveland Orchestra, a group lunch at the Chop House, (included in price) and the Cleveland Museum of Art.

Annual Travel Show – Rocky River Civic Center, Memorial Hall (Behind Rocky River City Hall)

Saturday, Feb. 26, 10 a.m. –11:30 a.m.

Join us for an advance preview of the many fun trips we have planned for 2011.

Admission is FREE, but you do need a reservation, so call soon.

“Mardi Gras Monday”

Monday, March 7, 11 a.m.–4 p.m.

HWC Member price is \$39, non-member price is \$49

Start celebrating Fat Tuesday on Mardi Gras Monday as we visit a Cleveland bistro that sizzles with a New Orleans flair. We’ll savor a special Louisiana lunch as we clap and sing along with a Blues Band.

“Forever Irish” with Andy Cooney, Irish America’s Favorite Son (Toledo)

Wednesday, March 16, 9:30 a.m.–7 p.m.

HWC Member price is \$75, non-member price is \$85

See Andy Cooney’s Forever Irish tour featuring comedian, George Casey. Enjoy the wonderful voice of Andy Cooney and folk artist Kate Purcell and the Darrah Carr Irish Step Dancers. Prior to the show, we’ll enjoy lunch included in the price.

“Johnny Mathis” comes to Playhouse Square

Friday, April 1, 5 p.m.–11 p.m.

HWC Member price is \$79, non-member price is \$89

“*It’s Not For Me to Say*”, but “*Chances Are*” you will love this show as we hear a real American Idol, Johnny Mathis. We have main floor, “Value B” seats and a pre-show dinner included in the price. Please note that seats at this price are very limited.

Historic Houses of Worship and Lakeview Cemetery

Friday, April 15, 8:30 a.m.–5 p.m.

HWC Member price is \$49, non-member price is \$59

Learn the fascinating and unique stories of exceptional houses of worship in the greater Cleveland area, along with a spring tour of Lakeview Cemetery and lunch at Sokolowski’s of Tremont included in the price. (Moderate walking)



Win Incredible Prizes!

\$100 per raffle ticket.

Winners to be drawn at the Straight from the Heart Gala on Feb. 12, 2011 and need not be present to win.

All proceeds to benefit the cardiovascular programs at Fairview, Lakewood, Lutheran and Medina Hospitals.

Early Bird Raffle: Two \$2,000 winners!

All entry request forms received by Dec. 17, 2010 will go into the first “early bird” raffle for \$2,000. All entry request forms received by Jan. 14, 2011 will go into the second “early bird” raffle for \$2,000. (Early bird winners will also be eligible for all prizes, including the \$100,000 Grand Prize, to be drawn on Feb. 12, 2011). Questions? Call 1.866.542.3627.

Supported by:



**Fairview Hospital
Lakewood Hospital
Lutheran Hospital
Medina Hospital**

Cleveland Clinic hospitals



**Community
West
Foundation**
Illuminating Hope



**Lakewood Hospital
Foundation**

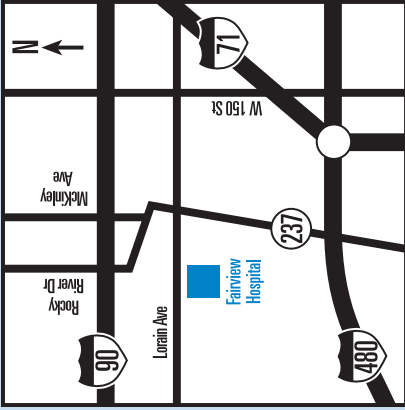
**Ticket Raffle: For information, call 1.866.542.3627
or visit www.straightfromtheheartevent.org**



Grand Prize \$100,000

- | | | | | | |
|----------|---|----------|---|----------|--|
| Prize 2 | 24-month Lease: Volvo Convertible | Prize 13 | 7-night Canadian Cruise for two, from New York | Prize 25 | 3-night trip for two to Las Vegas |
| Prize 3 | 24-month Lease: Chevy Camaro | Prize 14 | \$2,500 Landscaping Makeover, <i>donated by Davey Tree</i> | Prize 26 | \$1,500 Cash |
| Prize 4 | \$10,000 Cash | Prize 15 | Russian Cut Diamond Stud Earrings | Prize 27 | Treadmill and Workout Essentials |
| Prize 5 | Harley-Davidson Motorcycle, <i>arranged by Lake-Erie Harley-Davidson</i> | Prize 16 | 7-night Caribbean Cruise for two | Prize 28 | \$1,000 Cash |
| Prize 6 | European Mediterranean Cruise for two, from Barcelona, Spain | Prize 17 | 5-day trip for two to California Wine Country | Prize 29 | \$1,000 Travel Voucher |
| Prize 7 | \$5,000 Cash | Prize 18 | \$2,500 Cash | Prize 30 | Weekend Getaway for two to Chicago |
| Prize 8 | 7-night all inclusive trip for two to Cancun, Mexico, <i>donated by Dr. E. Dean Nukta</i> | Prize 19 | 5-day trip for four to Walt Disney World | Prize 31 | \$1,000 Cash |
| Prize 9 | \$5,000 Cash | Prize 20 | 5-day Golf Package for two to Hyatt Grand Cypress, Orlando | Prize 32 | 46-inch HDTV Television |
| Prize 10 | 7-day trip for two to Waikiki, Hawaii | Prize 21 | \$2,000 Cash | Prize 33 | Apple iPad |
| Prize 11 | Gold Diamond Pendant, <i>arranged by Rivchun Jewelers</i> | Prize 22 | Stock your cellar with 100 assorted wines | Prize 34 | \$1,000 Cash |
| Prize 12 | \$3,000 Cash | Prize 23 | \$1,500 Cash | Prize 35 | Nook E-Reader and iPod |
| | | Prize 24 | Weekend Getaway for two to New York City | Prize 36 | \$1,000 Cash |
| | | | | Prize 37 | Laptop Computer |
| | | | | Prize 38 | \$1,000 Cash |
| | | | | Prize 39 | Sony Blu-Ray |
| | | | | Prize 40 | Cannon PowerShot Digital Camera and Kodak Playsport Camcorder |

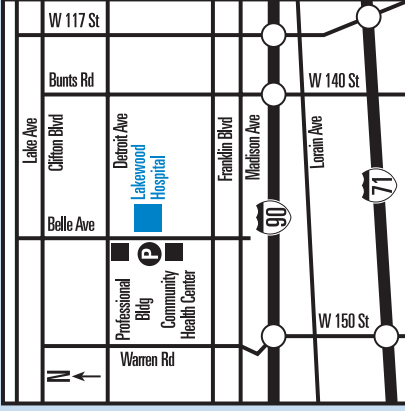
*Cash options available for 2, 3, 5 at 75% of prize value. All trip arrangements sponsored by Independence Travel. All electronics sponsored by CompSource.



Fairview Hospital

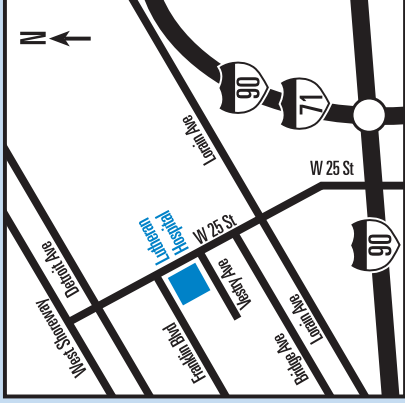
18101 Lorain Avenue
 Cleveland, Ohio 44111
www.fairviewhospital.org
 Physician Referral: 1.866.733.6363

Fairview Hospital
 18101 Lorain Ave.
 Cleveland, Ohio 44111



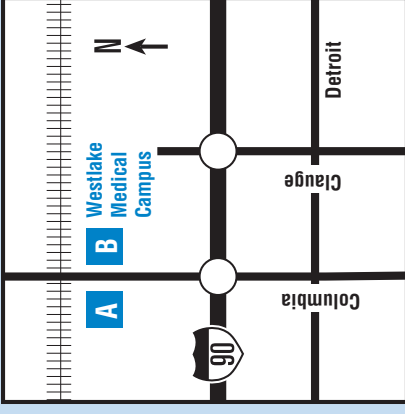
Lakewood Hospital

14519 Detroit Avenue
 Lakewood, Ohio 44107
www.lakewoodhospital.org
 Physician Referral: 1.866.733.6363



Lutheran Hospital

1730 West 25th Street
 Cleveland, Ohio 44113
www.lutheranhospital.org
 Physician Referral: 1.866.733.6363



Westlake Medical Campus

850 Columbia Road, Building A
 805 Columbia Road, Building B
 Westlake, Ohio 44145
 Physician Referral: 1.866.733.6363

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