



Healthy Rocky River Community Calendar

The “**Healthy Rocky River**” **Healthy Communities Initiative (HCI)** is a collaborative effort between Cleveland Clinic and community partners to promote optimal health and wellness. HCI programs are customized in three core areas: education, nutrition and physical activity. Events are open to Rocky River residents and non-residents.

Date	Time	Program Title	Location	Registration
6/13	6:30 - 8:00 p.m.	Mindfulness & Meditation	Rocky River Civic Center	440.356.4362
6/13	2:00 - 4:00 p.m.	Summer Reading Kick Off for Kids	Rocky River Public Library	No registration required.
6/14	7:00 - 8:00 p.m.	Stretch, Strengthen & Relax: Basic Yoga	Rocky River Recreation Center	440.356.4362
6/21	6:30 - 8:00 p.m.	Talk for Mother Earth	Rocky River Public Library	No registration required.
6/26	6:30 p.m.	All About Your Brain (Stroke Assessment)	Fairview Hospital Wellness Center	440.356.0670, option 5
6/28	6:30 p.m.	Ask the Pharmacist	Fairview Hospital Wellness Center	440.356.0670, option 5
8/5	2:00 - 4:00 p.m.	Summer Reading/Volunteer Fair	Rocky River Public Library	No registration required.
8/7	6:00 p.m.	Heart Healthy Diet	Fairview Hospital Wellness Center	440.356.0670, option 5
8/31	6:30 - 8:00 p.m.	Medicare Discussion led by First Federal Lakewood	Rocky River Recreation Center	440.356.4362
9/13	6:30 - 7:30 p.m.	Food as Medicine	Rocky River Heinen's	440.356.4362
9/20	6:30 - 7:30 p.m.	Overcoming the Challenges of Market Volatility led by PNC Bank	Rocky River Recreation Center	440.356.4362
9/26	7:00 p.m.	Healthy Eating with the Drugless Doctors	Rocky River Public Library	No registration required.
10/3	6:30 - 7:30 p.m.	Healthy Meat & Seafood Choices	Rocky River Heinen's	440.356.4362
10/17	7:00 p.m.	Guided Imagery for Relaxation	Rocky River Public Library	No registration required.
10/19	6:30 - 7:30 p.m.	5 Simple Secrets to Decreasing Stress with the Drugless Doctors	Rocky River Recreation Center	440.356.4362
11/2	6:30 - 7:30 p.m.	Nutritious, Delicious Thanksgiving Dinner	Rocky River Heinen's	440.356.4362
12/7	7:00 p.m.	Rest and Refresh	Rocky River Public Library	440.333.7610 x5501