

H1: University Hospitals Ahuja Medical Center Promotes Health and Wellness Throughout the Community

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At UH Ahuja Medical Center, we provide community-based resources that promote preventive medicine and wellness. From our state-of-the-art facility to our personalized wellness services, we take a proactive approach to helping individuals achieve and maintain a healthy lifestyle. For injured patients, our nurse educators are available to meet with patients and their families to discuss the patient's illness or injury. These specialists design individualized plans for continuing their recovery and maintaining health after they are discharged.

H2: Advanced Healing and Technology

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Designed to appeal to both patients and visitors, UH Ahuja Medical Center's healing environment features beautiful ponds and landscaped walkways, welcoming gardens, homelike rooms and calming artwork. To encourage exercise throughout the day, there is a 1,000-foot walking trail around the pond and several bike racks around the campus for employees or visitors who may want to ride their bikes to the medical center.

We help patients stay connected by providing 24/7 access to health care information specific to their condition via interactive TV systems in their rooms. Through this system, they can also order e-books, audios, videos and other material from the local library.

To promote healthier food choices, the center's café offers healthy food and beverage options, including a variety of fresh fruits, whole grains and vegetables. Soft drinks containing high fructose corn syrup and high-calorie snacks are not available.

H2: Wellness Programs Help Individuals Learn How to Be Healthy

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Our health and wellness programs are not just intended to help the sick or injured. They are designed to prevent illness or injury, improve health and promote continuous wellness. Our experienced health specialists use interactive education programs to empower individuals on the road to lifelong health. Available programs include:

- **Ongoing wellness education:** Visitors and staff can listen to health and wellness speakers including experts from University Hospitals Harrington-McLaughlin Heart & Vascular Institute, University Hospitals Neurological Institute, University Hospitals Digestive Health Institute and University Hospitals Urology Institute.
- **Lunch and learn program:** Wellness tips are presented during a 30-minute lunchtime discussion that concludes with a question-and-answer session.

Most wellness programs at UH Ahuja Medical Center are offered in a 1,300-square-foot conference facility with advanced wireless and audiovisual capabilities. Other programs may be held outdoors, weather permitting.

H2: Wellness Event Schedule

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For more information about upcoming wellness events at UH Ahuja Medical Center, please visit our [event calendar](http://www.uhhospitals.org/ahuja/AboutUs/Events.aspx). [link to <http://www.uhhospitals.org/ahuja/AboutUs/Events.aspx>]