

Health and Wellness:
Services are provided
free of charge and are
open to all seniors in the
community



- ASK CONNIE - Senior Advocate, Connie Carter tackles problems with Medicare, Drug Benefits, energy bills, stimulus payments and online tracking of benefits. When you can't find a real person on the phone - Connie goes to bat for seniors.
- Medical and mental health informational programs and ongoing wellness classes.
- Annual Health Dept. Flu shot clinic for the "at risk" in the community.
- Red Cross Family Caregiver Training Programs, CPR and AED and disaster preparedness training.
- Fire Safety
- Nutrition program and monthly food Demonstrations.
- Monthly blood pressure screening clinics with Memorial Hospital.
- Monthly Hearing clinics.
- Bi-weekly exercise programs for strength, balance and flexibility.
- Weekly line dancing for all ages.
- Nintendo Wii bowling every week
It's a great workout!



- Exercise equipment (bicycles, health riders, Thera-Bands and weights etc.) available 24hrs a day.
- "File of Life" program, began here with the local Fire/EMS in 2001. Kits are available 24/7; help is also available to fill them out. Every three months experts are on hand to educate, answer questions and help keep kits updated.
- Advance Directives "How-To" Kits. Living Will & Durable Power of Attorney forms plus educational programs for families to help make choices for the long term.
- Wheelchairs, walkers and other durable equipment are available for loan.
- Personal shopping and friendly visit service for homebound seniors, available every week.
- Therapy gardening - raised beds for easy access; free produce and herbs.

Richwood Civic Center

235 Grove Street
Richwood Ohio 43344

Phone 740-943-2310
Fax 740-943-2827

Email civctr@verizon.net

THE CENTER

Richwood Civic Center



Working for the Community

richwoodciviccenter.com

United Way
of Union County



Member Agency

unitedwayofunioncounty.org