Programming is made possible thanks to the contributions to the Mount Carmel Foundation and a number of generous community partners.

We've all heard “Eat Plenty of Fruits and Vegetables,” but do we know just how important they are in our diet? Besides being tasty and adding variety to our diet, fruits and vegetables have many nutrients that we often have too few of in our diets, including:

» **Vitamin C** keeps teeth and gums healthy, and helps heal cuts and wounds. Good sources of vitamin C include oranges, grapefruit, kiwi, strawberries, mangoes, pineapple, and cantaloupe, bell peppers, cauliflower, kale, broccoli, brussel sprouts and artichokes.

» **Vitamin A** keeps eyes and skin healthy and helps protect against infection. Good sources of vitamin A include cantaloupe, carrots, pumpkin, spinach, sweet potatoes, kale, turnip, collard and mustard greens.

» **Potassium** may help maintain a healthy blood pressure, decrease bone loss, and reduces the risk of developing kidney stones. Good sources of potassium include bananas, prunes, cantaloupe, honeydew melon, sweet and white potatoes, spinach, cooked greens, and white and lima beans.

» **Dietary Fiber** helps bowel function, reduces constipation and may help reduce cholesterol levels. Good sources of dietary fiber include apples, figs, blackberries, pears, beans, peas, lentils and artichokes. (Note that although most whole or cut-up fruits and vegetables are good sources of fiber, juices contain little to no fiber.)

» **Folate** helps the body form red blood cells. Extra folate is important for women of childbearing years because it helps prevent birth defects of the spine and brain. Good sources of folate include strawberries, blackberries, cantaloupe, asparagus, broccoli, chickpeas and collard greens.
The following descriptions are organized chronologically by category so you can easily find what interests you. These programs are available for free to anyone in the community, including Mount Carmel colleagues, partners, volunteers, patients and families. Free parking and bus passes are also available.

**COMMUNITY PROGRAMS**

**Franklinton Area Commissioner Meeting**
Franklinton Area Commissioners meet to address various neighborhood issues. Open to Franklinton residents. Registration NOT required. Contact Jackie Miles at 614-516-5176 or jmiles56264@twc.com to learn more.

DATES | Tuesdays, September 10, October 8, November 12, December 10

TIME | 6:00 – 7:30pm

**Franklinton Historical Society Meeting**
Franklinton Historical Society meets to provide local history programs for the public on various topics. Open to the public. Registration NOT required. Contact Leslie Blankenship at lblanken@att.net or 614-853-2324 to learn more.

DATES | Wednesdays, September 18, October 16, November 20

TIME | 6:00 – 7:30pm

**Westside Food Access Meeting**
This is a bi-monthly meeting where community and agencies network around food security to help build access to healthy food and food education on the West Side of Columbus. This meeting is open to all. Registration NOT required. Contact Tori Strickland at 614-263-5662 or tstrickland@local-matters.org to learn more.

DATES | Wednesdays, October 2, December 4

TIME | 12:00 – 1:15pm

**Hispanic/Latino Collaborative**
This group meets quarterly to network about current and upcoming programs that benefit the Hispanic/Latino community to unite community agencies, which provide services to the Spanish-speaking population in our community. Contact Roxann Payne at 614-546-4212 or rpayne@mchs.com to learn more.

DATE | Wednesday, October 30

TIME | 9:30 – 11:00am

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**Community Member Spotlight**

I have learned many things at the Healthy Living Center that have made me feel more equipped and confident in my ability to make healthy choices. The healthy cooking classes have taught me how to prepare food in a healthy way and I have been so grateful for the grocery bags that I can use to make the recipe at home. I am also grateful for the doctor’s presence at the cooking classes. What they have to say is very vital. Having access to a doctor to answer my questions has made a big difference in my life. In the last two years I have not been hospitalized and this is because of a change in my diet. I want to thank the staff at the HLC for helping provide these wonderful classes to the community!
Free Cooking Demo + Lunch

These cooking demonstrations, presented by Mount Carmel chefs and a registered dietitian, will focus on teaching ways to prepare a healthy meal for your household. A doctor will be present to share health information and answer questions. Contact 614-234-4660 to register.

DATES | Tuesdays, September 3, October 1, November 5, December 3
TIME | 11:00am – 12:30pm

Living Your Best Life

This group, formerly called Weight Management, meets bi-monthly to support you in making positive changes on the journey to a healthier you. Contact 614-234-4660 to register.

DATES | Tuesdays, September 3, September 17, October 1, October 15, November 5, November 19, December 3, December 17
TIME | 12:45 – 1:45pm

Yes You Can, Can!

This class, instructed by Local Matters, will cover a variety of food preservation topics including: knowing when to harvest, getting the most out of your bounty, and preserving home-grown produce through water-bath. You will have the chance to take home a jar of refrigerator pickles! Contact 614-234-4660 to register. Space is limited.

DATE | Tuesday, September 17
TIME | 10:00 – 11:30am

Apple Pear Cranberry Crisp

**Filling Ingredients**
- 3 Granny Smith apples, cored and sliced
- 2 Bartlett pears, cored and sliced
- 1 cup fresh cranberries
- Juice from 1 lemon
- ½ teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- 2 tablespoons pure maple syrup

**Topping Ingredients**
- ¼ cup melted or softened butter
- 1 cup rolled (old fashioned) oats
- ½ cup whole wheat flour
- ¾ cup light or dark brown sugar
- 1 teaspoon ground cinnamon

1. Preheat oven to 375°F
2. In a bowl, combine all ingredients for the filling. Set aside.
3. In a separate microwave-safe bowl, melt butter (or use softened butter). Add oats, flour, sugar, and cinnamon, stirring well to combine.
4. Line the bottom of a 9" x 9" baking dish or casserole dish with the apple pear mixture and top it with the rolled oat mixture.
5. Bake uncovered for 40 minutes or until top is browned.

COOKING & NUTRITION

**NUTRITION FACTS PER SERVING:**
- 9 Servings | Calories 137 | Total Fat 6g
- Saturated Fat 3g | Sodium 3mg | Fiber 4g
- Carbohydrates 23g | Protein 0g

Total Cost $6.91 | Cost Per Serving $.77

Source: Aisle7.com

VARIATIONS/TIPS

Use honey in place of the maple syrup if preferred. Filling and topping can be prepared ahead and refrigerated separately then assemble when ready to bake. You can also bake it ahead and warm before serving.

What Can I Infuse in That?

Learn how to use basic water-bath canning techniques to make infused vinegar. Flavored vinegars have a variety of uses and could be a fun addition to your kitchen or a nice homemade gift! Contact 614-234-4660 to register. Space is limited.

DATE | Tuesday, September 24
TIME | 10:00 - 11:30am
INSTRUCTOR | Jenny Lobb, MPH, RD, LD

Cooking Matters – Cooking Class for Adults

This free six-week hands-on cooking program is facilitated by Local Matters and teaches families how to prepare healthy, tasty meals and snacks on a limited budget. This class is designed for adults. Contact 614-234-4660 to register. Space is limited. Must attend all six sessions.

DATES | Wednesdays, September 25 - October 30
TIME | 5:30 - 7:30pm
OR

DATES | Wednesdays, November 6 – December 18
(No Class on November 27)
TIME | 10:30am - 12:30pm
Cooking for One or Two

Sometimes cooking for one or two may seem like it’s not worth the trouble, but everyone needs a variety of nourishing food to stay healthy. In this class you will learn strategies for preparing quick, easy and nutritious meals for one or two. Contact 614-234-4660 to register. Space is limited.

DATE | Tuesday, November 19
TIME | 3:00 - 4:30pm
INSTRUCTOR | Jenny Lobb, MPH, RD, LD

C.H.E.F.S. — Cheap, Healthy, Easy and Fast Cooking Class

C.H.E.F.S. classes will focus on preparing cheap, healthy and easy to make recipes for salads, sides, snacks, soups, supplements and sweets. This fun, interactive class is a combination of demonstration and hands-on cooking. Tastings will be provided. May attend one or more classes. Contact 614-234-4660 to register. Space is limited.

» Monday, September 30 | 3:00 - 4:30pm
» Tuesday, October 29 | 10:00 - 11:30am
» Tuesday, December 10 | 1:30 - 3:00pm

Free Diabetes Education Community Class and Support Group

Managing diabetes can be a challenge, but getting the right information and support can make it easier. That’s why Mount Carmel offers FREE diabetes education classes and support groups. Come to learn basic information about diabetes, diabetes monitoring, medication basics, nutrition, physical activity and weight management. These classes are open to anyone interested in learning more about diabetes. Contact 614-546-4582 to register.

DATES | Mondays, September 9, October 14, November 11, December 9
TIME | 11:00am - 12:00pm
INSTRUCTOR | Mount Carmel Diabetes Educator

Circuit Fitness Class

Come try this new, fun class that incorporates fitness bands, chair and body weight exercises, light cardio and stretching in a supportive environment! No previous experience required. Contact 614-234-4660 to register for one or more classes. Space is limited.

DATES | Thursdays, November 7 - December 12
TIME | 2:00 - 3:00pm
INSTRUCTOR | Mount Carmel Workplace Wellness

Healthy Connections Class

Healthy Connections is a 6-week educational program that puts you in charge of your physical health and wellness to help you better manage your mental health. Each two-hour class is taught by a mental health professional with peer assistance. Through discussion and in-class activities, participants build connections, knowledge and motivation to make overall healthy life choices. Registration is required. Call 614-234-4660 to register.

DATES | Wednesdays, September 11 - October 16
TIME | 10:00am - 12:00pm
INSTRUCTOR | Mental Health America

Diabetes Prevention Program

Did you know that 1 out of 3 people in America have Pre-Diabetes? Most don’t know it! The good news is, diabetes is preventable. Mount Carmel is offers free classes for community members to prevent diabetes. This 26-hour program offers evidence-based curriculum from CDC-trained Coaches. Contact Mount Carmel Urban Health at 614-546-4300 or urbanhealthmgmt@mchs.com for more details and to enroll.

DATES | Fridays, November 8 - December 20
TIME | 10:30 - 11:30am
INSTRUCTOR | Lori Fannin, Registered Yoga Teacher

Yoga for Relaxation

Yoga for relaxation is a slow and easy paced class in which we use props to help the mind and body achieve a state of relaxation. This class is good for any level, no experience necessary. Contact 614-234-4660 to register. Wear comfortable clothing.

DATES | Fridays, November 8 - December 20
TIME | 10:30 - 11:30am
INSTRUCTOR | Lori Fannin, Registered Yoga Teacher
Mindfulness Practice Group
Learn how to exercise your ability to focus, recharge, and connect with mindfulness. Practicing together is a great way to establish mindful habits. These practice sessions are an opportunity for you to learn about the mindfulness practice and gain confidence in your ability to do it. You’ll not only pick up empowering exercises to test out in the laboratory of your daily life, but you’ll also be part of a supportive community of explorers. Registration is not required and walk-ins throughout the series are welcome! Call 614-234-4660 to learn more.
DATES | Thursdays, August 22 – October 31 (Every other week)
TIME | 3:00 – 4:00pm
INSTRUCTOR | Daron Larson

Tai Chi: Enhance Your Health and Vitality
During this six week series, learn stress reduction, heart and lung strengthening, immune system activation, balance improvement and flexibility with Tai Chi Easy™. Registration is required. No experience necessary. Wear comfortable clothes. Contact 614-234-4660 to register.
DATES | Tuesdays, September 17 – October 22
TIME | 3:00 – 4:00pm
INSTRUCTOR | Dan Hughes

Getting Your Affairs in Order
Give the gift of organization to yourself, your family or your friends. Participants will discuss a variety of issues such as obtaining necessary legal documents; creating a directory for accessing computers, cell phones and voice mail; identifying all financial accounts and assets; and determining the distribution of your possessions. Communicating your wishes will also be a part of getting your affairs in order. Registration is required. Call 614-234-4660 to register.
DATE | Monday, October 7
TIME | 2:30 – 4:00pm
INSTRUCTOR | Betsy Cowardin, LISW-S

WELLNESS & STRESS MANAGEMENT

Moms2B
Moms2B is a weekly prenatal education program in partnership with The Ohio State University Wexner Medical Center. You will have the chance to learn how to have a healthy baby and pregnancy, talk with healthcare professionals and make new friends. Registration NOT required. Walk-ins are welcome. For more information, call Moms2B at 614-292-1605.
DATES | Thursdays, September 5 – December 19
TIME | 11:00am - 1:00pm

Essential Oils for Comfort and Joy
This class will focus on aromatherapy for relaxation, sleep, celebration, and other fall and winter seasonal needs. You will learn how to make blends for aches and pains as well as how-to basics of diffusing, topical applications and gift making. Call 614-234-4660 to register.
DATE | Monday, October 21
TIME | 2:00 – 3:30pm
INSTRUCTOR | Michele Mangione

Caregiver Stress
Caregiving is both rewarding and sometimes very taxing. In this workshop we will explore some of the sources of care-giving stress and identify ways to reduce those stresses. We will also discuss aspects of wellness that could be helpful in maintaining caregiver health. Registration is required. Call 614-234-4660 to register.
DATE | Monday, November 4
TIME | 10:30am - 12:00pm
INSTRUCTOR | Matthew Fleming, PCC-S

Making the Most of the Holidays
Feeling overwhelmed, stressed, or let down by the holidays? Explore ways to de-stress, set boundaries and maximize the joy of the season. You’ll look at your own holiday treasures and traps, learn how to work with family to develop meaningful traditions and share ideas for designing holiday practices that reflect the true meaning of the season. Registration is required. Call 614-234-4660 to register.
DATE | Monday, November 25
TIME | 3:00 – 4:30pm
INSTRUCTOR | Betsy Cowardin, LISW-S
Did you know that the **Healthy Living Center's Community Resource Room** is available to you four days a week? And that it is full of community resources and health information? It's true! You’ll also find computers with free printing, tables for community meetings, and a private conference room that seats up to four people. There’s even a children’s area available for guests using the space (children must be supervised at all times).

**Free parking and bus passes are available to attendees. The Healthy Living Center also has two bike racks as noted on the map.**