

Mount Carmel Healthy Living **SUMMER PROGRAM GUIDE**



May - August 2025

von Zychlin Healthy Living Center
614-234-4660



MOUNT CARMEL
Healthy Living Center

MARK YOUR CALENDARS

| Class | Date | Time |
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The impact the von Zychlin Healthy Living Center has made in this community and beyond wouldn't be possible without the Mount Carmel Foundation. With generous donor support, these impactful programs will continue, helping participants make long-term behavior changes and reducing the prevalence of chronic disease.

To support the von Zychlin Healthy Living Center, you can donate to the Foundation at <https://donor.mountcarmelfoundation.org/> or follow the **QR code**. Make sure to select von **Zychlin Healthy Living Center** in the drop down box.



ABOUT MOUNT CARMEL HEALTHY LIVING:

Mount Carmel Healthy Living provides **FREE** wellness and prevention services at the von Zychlin Healthy Living Center in Franklinton, as well as online and at select locations throughout central Ohio. Offerings include group fitness, cooking and nutrition classes, health coaching, and more. Anyone interested in learning how to achieve optimal health through lifestyle change is welcome to register for these free services, based on the six elements of a healthy lifestyle.

What are the six elements of a healthy lifestyle?

According to the American College of Lifestyle Medicine (ACLM), making intentional changes in the following six areas have shown to prevent and even reverse chronic conditions such as cardiovascular disease, type 2 diabetes and obesity. The programs offered at the Healthy Living Center follow evidence-based interventions in these six areas and are meant to compliment the care you are receiving from your primary and specialty care providers.

-  Manage stress
-  Eat nutritious food
-  Avoid risky substances
-  Be physically active
-  Stay socially connected
-  Get restful sleep



For more information and to register for classes:
 Scan the QR Code
 Visit mountcarmelhealth.com/HLC
 Call 614-234-4660





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TO REGISTER:

Scan the QR code or visit <http://www.mountcarmelhealth.com/hlc> and select "Register For A Class".

SPACE IS LIMITED and registration is **REQUIRED** for all classes.

For questions, email healthylivingcenter@mchs.com or call 614-234-4660



VIRTUAL PROGRAMS

Virtual Programs will be offered through Microsoft Teams. A tutorial for using Teams will be provided to participants in email reminder. Microsoft Teams program link will be emailed to participants prior to each class.

For questions, email healthylivingcenter@mchs.com or call 614-234-4660.

IN-PERSON PROGRAMS

In-Person programs will be held at:

von Zychlin Healthy Living Center
777 West State Street, Building 2
Columbus, Ohio 43222

You can find information about free parking at the back of this booklet. COTA bus passes are also available upon request.

For questions, email healthylivingcenter@mchs.com or call 614-234-4660

CANCELLATION POLICY

If you need to cancel your registration, please email healthylivingcenter@mchs.com or call 614-234-4660. We reserve the right to cancel participants from future registered classes if a pattern of repeat no-shows is identified

For questions, email healthylivingcenter@mchs.com or call 614-234-4660



ASPARAGUS & MUSHROOM EGG BITES

INGREDIENTS

2 tablespoons olive oil
 1/4 medium yellow onion, finely diced
 5oz package of mushrooms, diced
 2 cloves garlic, minced
 1/2 bunch asparagus, chopped
 6 large eggs
 3 tablespoons 1% Milk
 1/8 teaspoon salt
 1/8 teaspoon ground pepper
 1/2 cup low fat shredded cheddar cheese

DIRECTIONS

1. Preheat oven to 350 degrees, then generously spray 12 count muffin tin with nonstick cooking spray and set aside.
2. Heat olive oil in a large nonstick pan over medium/high heat. When olive oil is fragrant, add yellow onion. Sauté for around 3 minutes. Then, add mushrooms and garlic and sauté for another 3 minutes. Then add asparagus and sauté for another 3 minutes.
3. While the veggies are cooking, whisk together eggs, milk, salt and pepper. Set aside
4. After the veggies have been cooked, spoon in around 1-2 tablespoons of veggies into each muffin. You should fill each cup around 1/2 full.
5. Next, fill each muffin with egg mixture around 2/3 of the way full. Evenly distribute 1/2 cup of cheese over the 12 muffin cups.
6. Bake at 350 degrees for 15-20 minutes until egg is cooked through and starting to brown.

NUTRITIONAL INFO (PER SERVING):

145 Calories, Carbohydrates: 3.5g, Fiber: 0.9g, Sugar: 1.8g (0g added sugar), Protein: 10.3g, Fat: 10.1g, Saturated fat: 2.7g, Cholesterol: 188mg, Sodium: 207mg

YIELD: 6 servings (2 bites per serving)

SOURCE: Adapted from fitfoodiefinds.com



SUMMER PROGRAM GUIDE

at the Von Zychlin Healthy Living Center

Cooking & Nutrition

COOKING DEMO & DISCUSSION

Join us for these FREE cooking demonstrations each month as we discuss how food can help you and your family lead a healthier life! Participation includes a live cooking demo, a sample of the recipe, and a discussion led by a Mount Carmel dietitian, provider, and health coach. Meal kits with recipe ingredients will be provided.

DATES

Tuesday, May 13
 Tuesday, June 10
 Tuesday, July 8
 Tuesday, August 12

TIME

1:00 – 2:30 pm
 1:00 – 2:30 pm
 1:00 – 2:30 pm
 1:00 – 2:30 pm

TOPIC

High Blood Pressure & Stroke Month
 PTSD Awareness
 Summer Safety
 Sleep Hygiene

LOCATION

Healthy Living Center

COOKING WITH KATIE

Join us for these hands-on cooking classes and learn to create delicious seasonal dishes in a community setting. Participants will then enjoy a meal from the dishes they helped to create together.

DATES

Fridays; June 6, July 11
 and August 8

TIME

1:00 – 3:00 pm

INSTRUCTOR

Katie Brosmer

LOCATION

Healthy Living Center

CULINARY MEDICINE: HEALTH MEETS FOOD

During this 6-week hands on cooking series, participants will learn basic cooking skills with nutrition lessons focused on the Mediterranean dietary pattern. Series includes lessons related to learning how to read recipes, understanding nutrition labels, proper portion sizes, developing helpful grocery shopping habits, and healthy snacking. Afterwards participants will share in a meal together from the food they prepared. Must attend all 6 sessions.

| | | | |
|--|-------------------|---|-----------------------|
| DATES | TIME | INSTRUCTORS | LOCATION |
| Wednesdays, May 14 & 28; June 11 & 25; July 9 & 30 | 10:00 am-12:00 pm | Aimee Shea, MPH, RDN, LD Josh Edwards MSW, LSW | Healthy Living Center |

DIABETES DEFENSE

Eating well, exercising regularly and maintaining a healthy weight are your first lines of defense against developing type 2 diabetes. This series will help you better understand risk factors and the evidence-based lifestyle behaviors that you can develop to reduce your risk of type 2 diabetes.

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|---|-------------------|--------------------------|-----------------------|
| DATE | TIME | INSTRUCTOR | LOCATION |
| Wednesdays, May 21, July 16, August 20 | 11:00am – 12:30pm | Aimee Shea, MPH, RDN, LD | Healthy Living Center |

FRESH IN FRANKLINTON - CULINARY WORKSHOP SERIES

Join Akil in the kitchen as he highlights different culinary techniques that you can employ to improve your skills in the kitchen. These classes will include a mix of demonstration and hands on activities. Local seasonal produce will be featured when available.

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| DATES | TIME | TOPIC |
| Friday, May 2 | 1:00 – 3:00pm | Knife cuts, recipe building, & cooking on the fly |
| Friday, May 30 | 1:00 – 3:00pm | Meal prep tips and tricks |
| Friday, June 27 | 1:00 – 3:00pm | Elevating your meal, plating techniques |
| Friday, July 18 | 1:00 – 3:00pm | How to break down a whole chicken |
| Friday, August 1 | 1:00 – 3:00pm | Herbs, spices, & aromatics |
| Friday, August 29 | 1:00 – 3:00pm | Bringing it all together |
| INSTRUCTOR | LOCATION | |
| Akil Fletcher | Healthy Living Center | |



GROWING AND COOKING WITH HERBS

Herbs are a great addition to the vegetable garden as they add flavor without salt, are great pollinator plants, and fit well in different spaces. Learn how to plant and cook with herbs.

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| DATES | TIME | INSTRUCTOR | LOCATION |
| Tuesday, June 17 | 1:00–2:00 pm | Tim McDermott, OSU Extension | Healthy Living Center |

LAST CHANCE TO PLANT SUMMER VEGGIES FOR FALL HARVEST

Fall is a great time to plant veggies. The weather is still great, the bugs are thinking of leaving, and we still have enough light for that last planting of summer veggies. Learn what you can still plant NOW for fall harvest of summer veggies.

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| DATE | TIME | INSTRUCTOR | LOCATION |
| Tuesday, July 29 | 1:00–2:00 pm | Tim McDermott, OSU Extension | Healthy Living Center |

THE MEDITERRANEAN DIET: A DEEPER DIVE

This hands-on cooking and nutrition series will explore the health benefits and flavors of the Mediterranean dietary pattern. Participants will learn to prepare delicious, nutrient-dense dishes while gaining practical skills to incorporate this evidence-based approach into their everyday lives. Registration is required and space is limited!

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|---|-----------------|---|-----------------------|
| DATE | TIME | INSTRUCTOR | LOCATION |
| Tuesdays; May 6, June 3, July 15 & August 19 | 10:00am-12:00pm | Aimee Shea, MPH, RDN, LD Josh Edwards MSW, LSW | Healthy Living Center |

MYTHBUSTERS: DIABETES LUNCH & LEARN

Join us as we team up with Mount Carmel Diabetes Educators as we debunk common diabetes misconceptions. We will address prevalent myths about diabetes and provide evidence-based information to clear up confusion. A diabetes friendly recipe will be demonstrated, and tastings will be provided.

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| DATE | TIME | INSTRUCTOR | LOCATION |
| Monday, August 4 | 12:00–1:30PM | MCHS Diabetes Educator, HLC staff | Healthy Living Center |

PLANTING THE SUMMER GARDEN

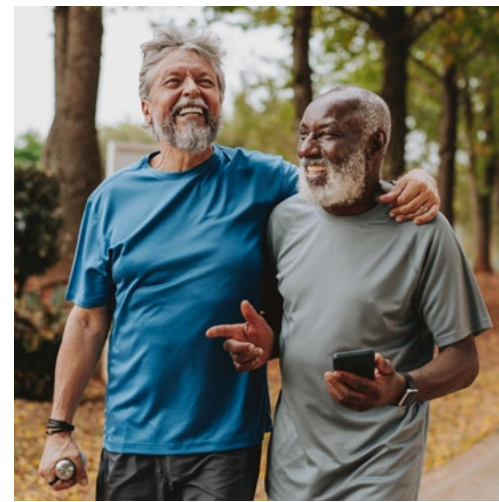
Are you ready for tomatoes, peppers, eggplant, and zucchini? It is time to start thinking about what we can plant NOW for a healthy summer harvest of fresh veggies.

| DATE | TIME | INSTRUCTOR | LOCATION |
|-----------------|--------------|------------------------------|----------------------|
| Tuesday, May 20 | 1:00–2:00 pm | Tim McDermott, OSU Extension | Heathy Living Center |

UNDERSTANDING ULTRA-PROCESSED FOODS

Join us as we learn more about the definitions and health impacts of ultra-processed foods, including their potential link to increased cancer risk. Attendees will learn practical strategies to reduce processed food intake and make healthier, more informed food choices for an improved and balanced diet. Tastings provided.

| DATE | TIME | INSTRUCTOR | LOCATION |
|-----------------|--------------|-----------------------------|------------------------------------|
| Tuesday, July 1 | 1:00-2:30 pm | HLC Staff & Cancer Services | Mount Carmel Grove City, Room 1201 |



EXERCISE

FRANKLINTON HISTORICAL WALKS

Join us along with the Columbus Historical Society—1797 Collaborative for these wellness walks, where we'll stroll through Franklinton's streets while uncovering the rich history and fascinating stories behind it's historical sites. This short, engaging outing combines light exercise with a deep dive into the past that shaped our neighborhood. Wear walking shoes and dress for the weather. We will be walking drizzle or shine!

| DATES | TOPIC | INSTRUCTORS |
|--|---|---|
| Thursday, May 15 Thursday, June 19 Thursday, July 17 Thursday August 21 | Log Post Office & Harrison House Cemetery & Sullivant Land Office Lucas Sullivant Statue & History Toledo & Ohio Railroad Station | Josh Edwards, MSW, LSW Columbus Historical Society |
| INSTRUCTOR | LOCATION | |
| 4:00–5:00 pm | Healthy Living Center | |

GENTLE YOGA

Explore the fundamentals of yoga, including movement, breath and mindfulness. Options available for support using a chair. Appropriate for beginners and those who what to revisit the basics.

| DATES | TIME | INSTRUCTOR | LOCATION |
|---|----------------|---|-----------------------|
| Wednesdays , May 7, 21 July 2, 16 & 30 August 27 | 10:00–11:00 am | Liz Brodhag, Registered Yoga Teacher | Healthy Living Center |

MIXED LEVELS YOGA

This series teaches the fundamentals of yoga postures, helps increase flexibility, improve strength, and reduce stress. You may participate from your chair or mat/rug at home. Wear comfortable clothing.

| DATES | TIME | INSTRUCTOR | LOCATION |
|-------------------------------------|-------------------|--|----------------------------|
| Fridays, May 2 through August 29 | 11:00 am–12:00 pm | Larissa Brophy, Registered Yoga Teacher | Virtual on Microsoft Teams |

TAI CHI EASY

Tai Chi Easy is a whole-body practice that supports overall health and wellness. This class will help with stress reduction, heart and lung strengthening, immune system activation, balance improvement, and flexibility. No experience necessary.

| DATES | TIME | INSTRUCTOR | LOCATION |
|---|----------------|--|----------------------|
| Mondays, June 2 to July 7 and July 21 to Aug. 25 | 1:00 - 2:00 pm | Maxine Bryant RN, BSN Coach, Tai Chi Instructor | Heathy Living Center |



WELLNESS & STRESS MANAGEMENT

DISCOVER ARTHRITIS: TAKE CONTROL

Join the Central Ohio Arthritis Foundation in discovering arthritis through diagnosis and treatment options. Learn the basic facts, most common forms of arthritis, warning signs, and what tools and resources are available from the Arthritis Foundation. Figure out what you and your health care providers can do to manage your pain so that you are living a life without limits.

| DATE | TIME | INSTRUCTOR | LOCATION |
|--------------------|--------------|--------------------------|-----------------------|
| Tuesday, August 19 | 1:00–2:00 pm | The Arthritis Foundation | Healthy Living Center |

I-REST MEDITATION FOR HEALTHY SLEEP

Are you interested in learning a practice that may help you to fall asleep easier, stay asleep, and wake up feeling well-rested? iRest is a meditation practice based on the ancient tradition of Yoga Nidra and adapted to suit the conditions of modern life. It is simple to learn, easy to practice, and available to anyone, regardless of physical ability or experience with meditation.

| DATE | TIME | INSTRUCTOR | LOCATION |
|----------------------|--------------|----------------------------------|-----------------------|
| Wednesday, August 27 | 2:00–3:30 pm | Kelly Stevenson, LISW-S, RYT-200 | Healthy Living Center |

TRAUMA 101

A trauma response is our body's protective response to anything perceived to be dangerous. Learn about what happens to our bodies and brains when exposed to one-time events or long-term, repeated exposures, and explore the resilience factors that we can enhance to lessen the impact of trauma.

| DATE | TIME | INSTRUCTOR | LOCATION |
|------------------|--------------|----------------------------------|-----------------------|
| Tuesday, June 24 | 1:00-2:00 pm | Kelly Stevenson, LISW-S, RYT-200 | Healthy Living Center |

TRUE COLORS INVENTORY

Join us as we explore this self-assessment tool that categorizes individuals into four color-coded personality types: Blue, Gold, Green, and Orange. Find out your color and learn how they represent different strengths, values, and communication styles to help you improve self-awareness, collaboration, and interpersonal relationships.

| DATE | TIME | INSTRUCTOR | LOCATION |
|---------------------|--------------|---------------|-----------------------|
| Wednesday, August 6 | 1:00-2:00 pm | Erika Niewald | Healthy Living Center |

WHOLEHEARTED LIVING

Join us for a 4-part discussion on Brené Brown's book, The Gifts of Imperfection and learn about her ten guideposts to wholehearted living. We will discuss ways to find courage to overcome paralyzing fear, self-consciousness, strengthen our connection to the world, and bolster your self-esteem.

| DATE | TIME | INSTRUCTOR | LOCATION |
|--|-------------|---------------|-----------------------|
| Wednesdays, May 28, June 11 & 25, July 9 | 1:00-2:30pm | Erika Niewald | Healthy Living Center |

WITS WORKOUT

Wits Workout is an engaging, interactive, and educational brain-health program. Together as a class, we will work through exercises and activities designed to stretch and work our brains.

| DATE | TIME | INSTRUCTOR | LOCATION |
|---|--------------|------------------------|-----------------------|
| Wednesdays, May 21, June 18, July 16, August 20 | 2:00–3:00 pm | Josh Edwards, MSW, LSW | Healthy Living Center |

HEALTHY BABIES & FAMILIES

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. Childcare is provided. Walk-ins are welcome. Call Moms2B at (614) 292-1605 for more information.

| DATE | TIME | LOCATION |
|--|-----------------|-----------------------|
| Every Thursday (No session June 19) | 11:00am–12:00pm | Healthy Living Center |





MOUNT CARMEL
Healthy Living Center

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777 W State St, 1st Floor
Columbus, OH 43222

614-234-4660

www.mountcarmelhealth.com/HLC