

Mount Carmel Healthy Living **FALL PROGRAM GUIDE**



September–December 2026

von Zychlin Healthy Living Center
614-234-4660 | www.mountcarmelhealth.com/hlc



MOUNT CARMEL
Healthy Living Center

Mount Carmel's von Zychlin Healthy Living Center is a community health and wellness center that provides **FREE holistic health and wellness programs** to the community.



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.

In addition, programs at the von Zychlin Healthy Living Center are financially assisted by the Franklin County Board of Commissioners/ Franklin County Office on Aging.



Franklin County
Board of Commissioners
OFFICE ON AGING



MOUNT CARMEL
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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 has been 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 complement 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



MOUNT CARMEL

A Member of Trinity Health



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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 an 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

**Most programs are held at the Healthy Living Center. However, please check individual program descriptions for location, as we do offer some programming at off-site locations.*

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.

OFF-SITE CLASSES

Listings marked with the map pin indicate that the class will be held at a location other than the von Zychlin Healthy Living Center.

INCLEMENT WEATHER POLICY

If there is Level 2 or Level 3 Snow Emergency in Franklin County, all programs scheduled that business day will be canceled. If Columbus City Schools are canceled due to inclement winter weather, all HLC programs scheduled to start before noon will automatically be canceled. For any program scheduled to begin after noon, HLC staff will make a decision by 10:00 am that business day so a notification call can be made to participants if the program will be canceled.



LENTIL CURRY WITH ROASTED CAULIFLOWER

INGREDIENTS

2 tablespoons olive oil, divided
1 head of cauliflower, cut into small florets
4 garlic cloves, finely minced
1½ tablespoon ginger, finely minced
1 onion, finely chopped
2 tablespoons curry powder
½ teaspoon turmeric powder
¼ teaspoon cayenne, optional
½ teaspoon salt
½ teaspoon black pepper
1 cup dried green or brown lentils
1 13.5 fl oz can lite coconut milk
1 15 oz can tomatoes, crushed or diced
2½ cups water

For serving

3 cups cooked brown rice
(1 cup dry)
½ cup cilantro, finely chopped
Nonfat Greek yogurt, optional

DIRECTIONS

1. Preheat oven to 400°F. Toss cauliflower florets in 1 tablespoon of olive oil. Spread on a baking sheet and roast for 20-25 minutes, until golden and tender.
2. Heat the remaining tablespoon of oil in a large saucepan or pot over medium high heat. Add onion, garlic, and ginger. Slowly cook, stirring occasionally until the onion is translucent.
3. Turn heat up to high, add curry powder, turmeric and cayenne (if using), and stir for another minute.
4. Add salt, pepper, lentils, coconut milk, canned tomatoes, and water. Bring to simmer, then place lid on and adjust heat to low / medium, so it's simmering gently.
5. Simmer for about 25 minutes, then remove the lid, and simmer for another 10 minutes to reduce the sauce.
6. Lentils should be soft, and the sauce should be thickened and creamy. If it is too thick, add water. If it's too thin, continue simmering with the lid off.
7. Serve over brown rice and top with roasted cauliflower. Add fresh cilantro and a dallop of Greek yogurt if desired.

VARIATIONS & TIPS

- Any type of lentil will work for this recipe. Split peas are also a good alternative. Just be sure to follow the appropriate cook time for whatever legume you choose.
- Leftovers will keep in the fridge for up to 4 days.
- Serve with additional roasted vegetables, as desired. Broccoli and brussels sprouts would be delicious additions!

NUTRITION FACTS (PER SERVING):

Calories: 376 per serving, Carbohydrates: 59g, Fiber: 8.7g, Sugar: 8g (0g added sugar), Protein: 13g, Fat: 11g, Saturated fat: 4.9g, Cholesterol: 0mg, Sodium: 363mg

YIELD: 6 servings | **SOURCE:** Adapted from recipetineats.com

** Nutrition facts will change as variations and substitutions are included. Above nutrition facts include 1/2 cup cooked brown rice per serving. Greek yogurt is not included in the analysis.*

MARK YOUR CALENDARS

[illegible]



FALL PROGRAM GUIDE

at the Von Zychlin Healthy Living Center

COOKING & NUTRITION

AFRAID OF TOFU?!

A lot of people assume tofu is bland, tasteless, and unappetizing—but don't let it scare you! When properly seasoned and prepared, tofu can be a delicious and versatile plant-based protein. In this hands-on cooking class, you'll learn a variety of simple techniques for preparing tofu, helping you build confidence to bring it into your own kitchen. No fear required!

DATE

Tuesday, Oct. 20

TIME

12:00–2:00PM

INSTRUCTOR

Aimee Shea, MPH, RDN, CCMS, LD;
Josh Edwards MSW, LSW

LOCATION

Healthy Living Center

COOKING DEMO & DISCUSSION

Join us for monthly FREE cooking demonstrations, where we explore how food can support a healthier lifestyle for you and your family. Each session features a live cooking demo, a tasting of the featured recipe, and a guided discussion led by the Healthy Living Center's Dietitian and an MCHS provider. Meal kits with ingredients will be provided to registered participants. Come ready to learn, taste, and take home the tools to recreate healthy meals in your own kitchen!

DATE	TIME	TOPIC
Tuesday, Sept. 8	1:00–2:30PM	Healthy Aging
Tuesday, Oct. 13	1:00–2:30PM	Health Literacy
Tuesday, Nov. 10	1:00–2:30PM	Diabetes
Tuesday, Dec. 8	1:00–2:30PM	Bone Health

COOKING FOR TWO... OR JUST YOU!

Oftentimes, recipes are designed to serve four to eight (or even more!) people – while having leftovers may be a perk, it can certainly feel overwhelming or repetitive to consume all that food if there are only one or two folks at home. In this hands-on cooking class, we'll focus on healthy, easy recipes that make just one or two servings. No more worrying about food going to waste!

DATE	TIME	INSTRUCTOR	LOCATION
Tuesday, Dec. 15	12:00–2:00PM	Aimee Shea, MPH, RDN, CCMS, LD; Josh Edwards MSW, LSW	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 with the dishes they helped create together. Space is limited!

DATE	TIME	INSTRUCTOR	LOCATION
Fridays, Oct. 16, Nov. 13 and Dec. 11	1:00–3:00PM	Katie Brosmer	Healthy Living Center





CULINARY MEDICINE 101: FOUNDATIONS

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

DATE

Wednesdays,
Sept. 23–Oct. 28

TIME

10:30AM–12:30PM

INSTRUCTOR

Aimee Shea, MPH, RDN, CCMS, LD;
Josh Edwards MSW, LSW

LOCATION

Healthy Living Center

CULINARY MEDICINE 102: THE SECOND COURSE

Designed for participants who have completed the 6-week Foundations series, this 4-week hands-on cooking series will take a deeper look at the Mediterranean dietary pattern. Nutrition lessons will explore incorporating a healthy balance of carbohydrates, protein, and fat, while learning to build flavor. At the end of each class, participants will share a meal together, enjoying the food they prepared. Must be able to attend all 4 sessions.

DATE

Wednesdays,
Nov. 11 & 18 and
Dec. 2 & 9
(no class Nov. 25)

TIME

10:30AM–12:30PM

INSTRUCTOR

Aimee Shea, MPH, RDN, CCMS, LD;
Josh Edwards MSW, LSW

LOCATION

Healthy Living Center

FRANKLINTON U-PICK WALK & COOK

Take a walk on the fresh side! Join us for a trip to Franklinton Farms' U-PICK garden where you'll gather seasonal produce, then head back to the kitchen to turn your harvest into a healthy, delicious dish. Enjoy light movement, fresh air, and practical cooking tips you can use at home.

DATE

Thursday, Sept. 24

TIME

2:00–3:30PM

INSTRUCTOR

Aimee Shea, MPH, RDN, CCMS, LD;
Josh Edwards MSW, LSW

LOCATION

Healthy Living Center

FRESH IN FRANKLINTON

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. Space is limited!

DATE

Tuesdays,
Oct. 6, Nov. 3
and Dec. 1

TIME

12:00–2:00PM

INSTRUCTOR

Akil Fletcher

LOCATION

Healthy Living Center



GROWING GARLIC IN YOUR GARDEN

Planting season is not yet over in Ohio. It is getting close to garlic planting time. Learn about the varieties of garlic, how to plant garlic, and when to plant garlic so that you can enjoy your own harvest next summer.

DATE	TIME	INSTRUCTOR	LOCATION
Wednesday, Oct. 21	2:00–3:00PM	Tim McDermott, OSU Extension	Healthy Living Center

HEALTHY EATING @ HOME: A VIRTUAL NUTRITION & COOKING SERIES

Join us for a new virtual series all about healthy eating! Each month, we'll explore a different nutrition-related topic and discuss relevant cooking skills to build your confidence around making healthy food choices. A cooking demo and favorite HLC recipe will also be featured and shared with all participants.

DATE	TIME	INSTRUCTOR	LOCATION
First Thursdays, Sept. 3, Oct. 1, Nov. 5, Dec. 3	6:00–7:00PM	Aimee Shea, MPH, RDN, CCMS, LD	Virtual on Microsoft Teams

NUTRITION FOR DIABETES

Please join us at Mount Carmel Dublin where we will discuss evidence-based strategies that you can employ to reduce your risk of diabetes. This class will review how eating well, exercising regularly, and maintaining healthy lifestyle behaviors can help with the prevention and management of diabetes. Cooking demo and tastings included for in-person participants.

DATE	TIME	INSTRUCTOR	LOCATION
Thursday, Nov. 19	10:30AM–12:00PM	Aimee Shea, MPH, RDN, CCMS, LD; Josh Edwards MSW, LSW	Mount Carmel Dublin & Virtual on Microsoft Teams

PASSPORT ON A PLATE: DISHES FROM ASIA

Get ready to explore new flavors and exciting dishes in this hands-on cooking experience. You'll learn about helpful techniques and traditional foods from kitchens around the world. Join us for an exciting global culinary adventure, one recipe at a time. This course is going to be offered twice on the same day. You may only register for one session.

DATE	TIME	INSTRUCTOR	LOCATION
Friday, Oct. 2	10:00AM–12:00PM & 1:00–3:00PM	Aimee Shea, MPH, RDN, CCMS, LD; Josh Edwards MSW, LSW	Healthy Living Center

VITAMINS, MINERALS, HERBS – OH MY!

Do you ever wonder whether you should take vitamin, mineral, or herbal supplements? Are you confused by constant advertisements and conflicting recommendations? In this class, we will review common supplements, possible reasons to try them, and potential interactions with common medications.

DATE	TIME	INSTRUCTOR	LOCATION
Tuesday, Nov. 17	12:30–1:30PM	Aimee Shea, MPH, RDN, CCMS, LD	Healthy Living Center & Virtual on Microsoft Teams



EXERCISE

DR. O MEMORIAL 5K WALK/RUN

Join us for the 3rd annual Memorial 3.1 mile (5K) run and 1 mile walk in **honor of the legacy of Dr. John (Jack) O’Handley**. Affectionately known as “Dr. O”, Jack was the Medical Director of the Mount Carmel Street Medicine program for 25+ years where he was a beloved physician, teacher, mentor, and friend to all. This is a paid event. All proceeds from the race will support the Mount Carmel Street Medicine program. Registration information can be found online at runsignup.com/Dro5k or by scanning the QR code.

**DATE**

Saturday, Nov. 7

TIME

9:00AM

LOCATION

Mount Carmel Fitness

ADDRESS

7100 Graphics Way,
Lewis Center, Ohio 43035

FRANKLINTON WELLNESS WALKS: NATURE & MINDFULNESS SERIES

Experience the benefits of movement and mindfulness in this three-week walking series. Each session invites you to engage your senses, connect with the natural environment, and build simple practices you can carry into daily life. Wear walking shoes and dress for the weather—we’ll be walking drizzle or shine.

DATE

Tuesdays,
Sept. 29, Oct. 6 & 13

TIME

4:00–5:00PM

INSTRUCTOR

Erich Keyser, M.A., ILC

LOCATION

Healthy Living Center



FOUNDATIONS & FLOW YOGA

Build confidence in foundational yoga poses while gently moving through simple sequences. This class focuses on connecting breath with movement to improve balance, mobility, and overall well-being. Options are offered for both chair and mat participation. Wear comfortable clothing.

DATE	TIME	INSTRUCTOR	LOCATION
Mondays, Sept. 28–Nov. 2	10:00–11:00AM	Liz Brodhag , RYT	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 want to move at a slower pace.

DATE	TIME	INSTRUCTOR	LOCATION
Wednesdays, Sept. 9–Dec. 16 (No class Nov 25)	9:30–10:30AM	Brenan Smith, E-RYT	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.

DATE	TIME	INSTRUCTOR	LOCATION
Fridays, Sept. 4–Dec. 11 (no class Nov. 27)	11:00AM–12:00PM	Larissa Brophy, RYT	Virtual on Microsoft Teams

STRENGTH & STRETCH

This class will focus on building strength with light weights, bands, and body weight exercises, while also promoting flexibility through gentle stretching. Options available for support using a chair. Appropriate for all levels.

DATE	TIME	INSTRUCTOR	LOCATION
Tuesdays, Sept. 1 & 15, Oct. 6 & 20, Nov. 3 & 17, Dec. 1 & 15	10:30–11:30AM	Aimee Shea, MPH, RDN, CCMS, LD; Stacey Conrad, MPH, <i>Certified Yoga Teacher</i>	Healthy Living Center

STRENGTH & STRETCH EXPRESS

This class is a 30-minute version of the regular Strength & Stretch class – it will be offered virtually through Microsoft teams. We'll focus on building strength, balance, and flexibility. Even if you have never tried Strength & Stretch in person, you are still welcome to join this online class! Chair options will be provided; appropriate for all levels.

DATE	TIME	INSTRUCTOR	LOCATION
Tuesdays, Sept. 8 & 22, Oct. 13 & 27, Nov. 10 & 24, Dec. 8	10:30–11:00AM	Aimee Shea, MPH, RDN, CCMS, LD	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.

DATE	TIME	INSTRUCTOR	LOCATION
Mondays, Sept. 21–Dec. 14 (no class Nov 2)	1:00–2:00PM	Maxine Bryant RN, BSN, Coach, <i>Tai Chi Instructor</i>	Healthy Living Center





WELLNESS & STRESS MANAGEMENT

BOUNDARIES BEFORE THE BUSTLE

The holiday season can be joyful—but also overwhelming. In this session, we'll explore simple, practical strategies for setting healthy boundaries with family, friends, and commitments. Learn how to protect your time, energy, and peace while staying connected to what matters most. Join us to build confidence in saying “yes” to yourself and creating a more balanced, meaningful holiday season.

DATE	TIME	INSTRUCTOR	LOCATION
Wednesday, Nov. 18	1:30–2:30PM	Jenny Norfolk, LMT	Healthy Living Center

CREATIVITY & YOUR WELL-BEING

Join us this fall to ignite your imagination and explore the science behind how creative activities promote well-being. Each session offers a lighthearted space to experiment with wordplay, games, invention, and creative expression. You don't need to consider yourself a creative person to participate—just bring a willingness to try something new and not take it too seriously.

DATE	TIME	INSTRUCTOR	LOCATION
Tuesdays, Sept. 29, Oct. 13 & 27, Nov. 10	11:00AM–12:00PM	Kelly Stevenson LISW-S; Dani Moses LISW-S	Healthy Living Center

HEALTHY LIVING MONTHLY: A VIRTUAL LIFESTYLE MEDICINE SERIES

Join us each month for a fresh, engaging virtual class exploring practical strategies to support your health and well-being through a wide range of lifestyle-focused topics. Each session features a rotating topic—from nutrition and movement to stress reduction, sleep, and social connection—designed to help you build healthy habits that last.

DATE	TIME	INSTRUCTOR	LOCATION
Tuesdays, Sept. 22, Oct. 27, and Nov. 24	12:00–1:00PM	Mount Carmel Staff and Providers	Virtual on Microsoft Teams

IREST MEDITATION

iRest Meditation is an evidence-based protocol designed to reduce stress, support emotional regulation, and enhance overall well-being. Each session includes guided meditation to cultivate deep relaxation, restorative awareness, and compassionate presence. No prior meditation experience needed, and mats or chairs will be provided—just bring yourself and a willingness to rest. Attend as many times as you would like.

DATE	TIME	INSTRUCTOR	LOCATION
Thursdays, Sept. 10, Oct. 8, & Nov. 12	11:00AM–12:00PM	Kelly Stevenson LISW-S	Healthy Living Center

MAKE A JOYFUL NOISE

Come and learn about the mental, physical and emotional benefits of singing in a group, then join us in singing some festive holiday carols alongside some holiday treats. No singing experience or ability to carry a tune required.

DATE	TIME	INSTRUCTOR	LOCATION
Thursday, Dec. 10	3:00–4:00PM	Kelly Stevenson LISW-S, Dani Moses LISW-S	Healthy Living Center

MIND OVER MATTER

In this session, we'll explore practical mindfulness techniques to help you become more aware of your thoughts, emotions, and physical sensations. Learn how to notice where tension, stress, or calm show up in your body, and how to pause and respond with greater intention. Through simple, guided practices, you'll build skills to observe your inner experience, gently shift unhelpful thought patterns, and stay more present in your daily life.

DATE	TIME	INSTRUCTOR	LOCATION
Wednesday, Oct. 28	1:30–2:30PM	Jenny Norfolk, LMT	Healthy Living Center

NATURE & YOUR WELL-BEING

Explore how nature positively impacts the body, mind, and attention. This interactive workshop highlights evidence-based benefits of nature and helps participants create a simple plan to bring more restorative outdoor time into their everyday lives.

DATE	TIME	INSTRUCTOR	LOCATION
Wednesday, Nov. 4	2:00–3:00PM	Erich Keyser, M.A., ILC	Healthy Living Center

TIDY UP! PART II

Whether you attended the first session or are joining for the first time, this follow-up will revisit the connection between clutter and mental wellbeing while introducing new strategies to keep your space manageable. Build on simple, realistic approaches to organizing your home, with added tips and techniques to help you stay consistent and create a more calming, functional environment.

DATE

Wednesday, Sept. 30

TIME

1:30–2:30PM

INSTRUCTOR

Jenny Norfolk, LMT

LOCATION

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

Mondays, Sept. 21,
Oct. 19, and Nov. 16

TIME

2:00–3:00PM

INSTRUCTOR

Josh Edwards, MSW, LSW

LOCATION

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

Every Thursday

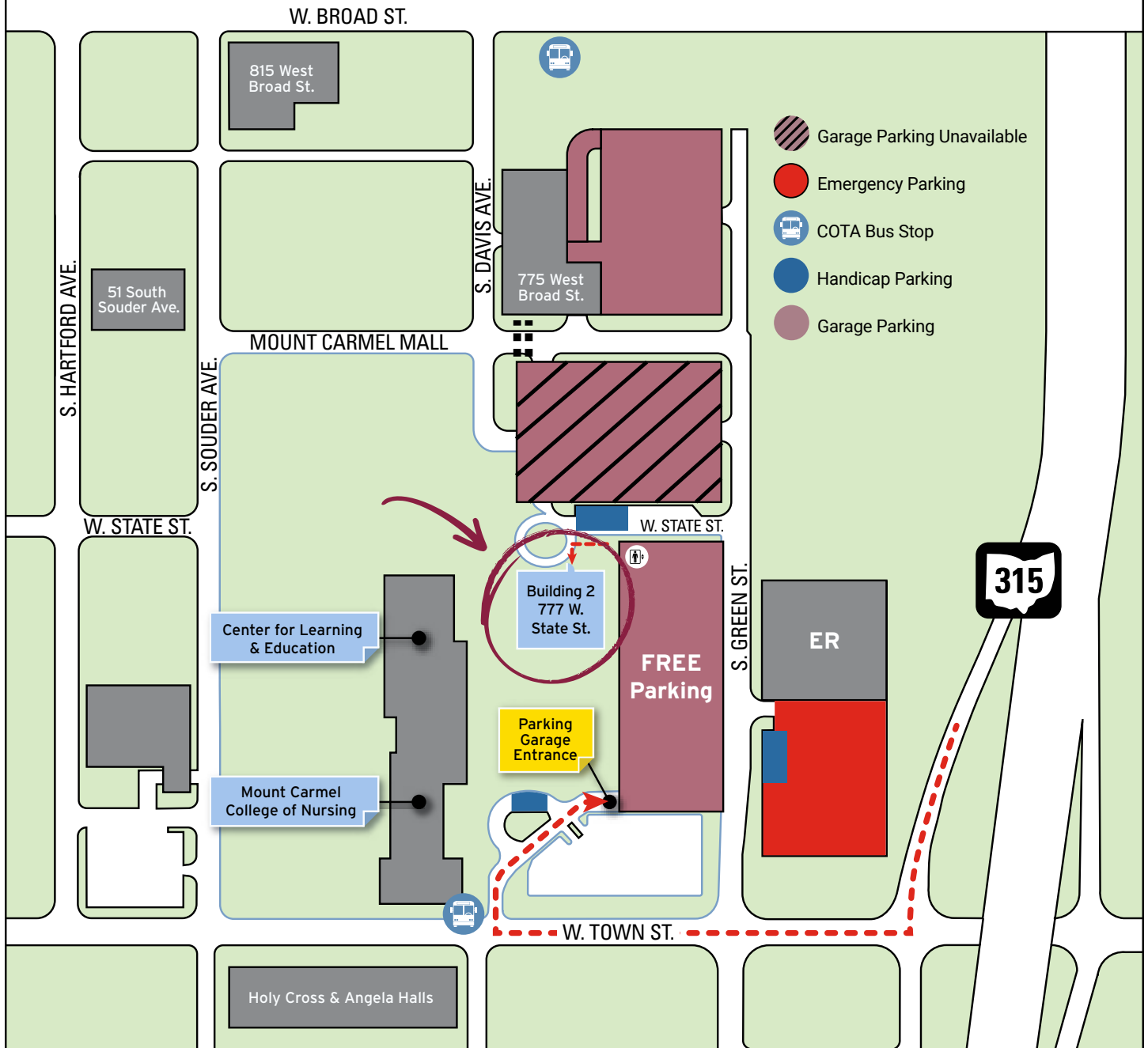
TIME

11:00AM–1:00PM

LOCATION

Healthy Living Center

MOUNT CARMEL FRANKLINTON | VISITOR PARKING GUIDE



777 W State Street – Building 2:

- Center for Innovative Learning..... Fourth Floor
- Community Health & Well-Being..... Third Floor
- Crime & Trauma Assistance Program Fifth Floor
- Healthy Living Center..... First Floor
- Hospice & Palliative Care Fifth Floor
- Lower Lights Nursing Center..... Second Floor



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Columbus, Ohio 43222



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