

Mount Carmel Healthy Living **FALL PROGRAM GUIDE**



September - December 2024

von Zychlin Healthy Living Center
614-234-4660



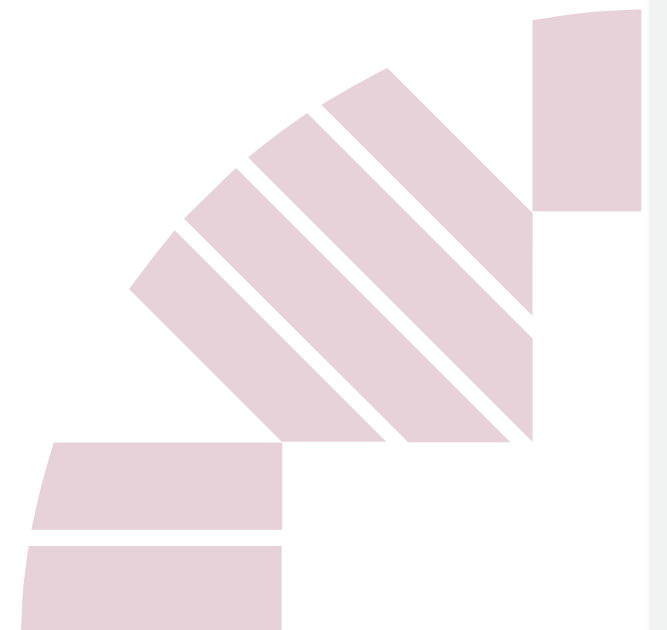
MOUNT CARMEL
Healthy Living Center

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.**

Classes at the Healthy Living Center are intended to empower individuals to embrace long-term health behavior changes in a safe, inclusive space. Programs encourage improvements in six elements of a healthy lifestyle – nutrition, physical activity, stress management, restful sleep, healthy relationships, and avoiding risky substances.

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.





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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.



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:

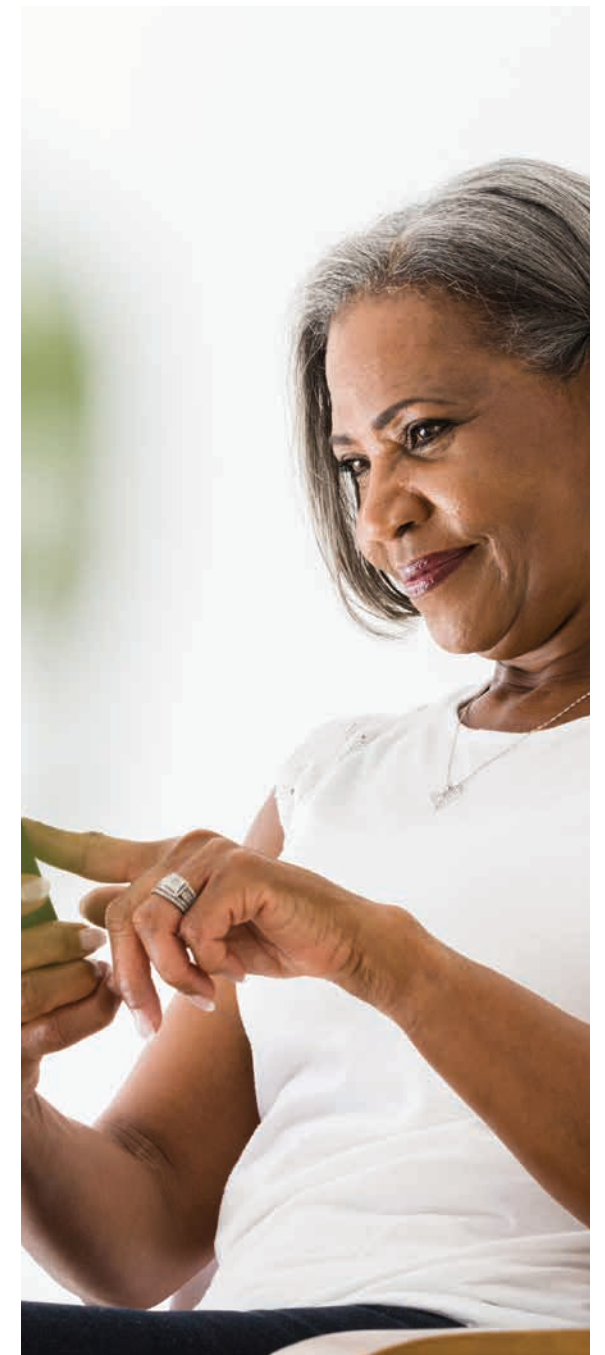
*von Zychlin Healthy Living Center
777 West State Street, Building 2
Columbus, Ohio 43222*

You can find information about free parking at the back of this booklet.

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, call 614-234-4660, or cancel via MyChart as soon as possible so that someone else can have your space. We reserve the right to cancel participants from future registered classes if a pattern of repeat no-shows is identified. We strive to use the donated funds of our patrons wisely. Remember, just because the class is free, does not mean it is free for the Healthy Living Center to offer it. **Thank you!**



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

BUTTERNUT SQUASH SOUP



INGREDIENTS

- 2 tablespoons olive or canola oil
- 4 cups peeled butternut squash (from a 2-pound squash), cut in 1-inch cubes
- 1 large yellow onion, coarsely chopped
- 1 celery stalk, coarsely chopped
- 2 carrots, coarsely chopped
- 1 large Granny Smith apple, coarsely chopped
- 1 teaspoon chile powder
- 1 teaspoon dried sage
- 4 cups low-sodium vegetable broth or stock
- Salt and freshly ground black pepper
- 2 tablespoons reduced fat sour cream or plain yogurt, optional

DIRECTIONS

1. In a large soup pot, heat oil over medium-high heat until hot. Add the squash, onion, celery, carrots and apple. Sauté until the vegetables are golden and starting to soften, about 10 to 12 minutes.
2. Add the chile powder, sage and a pinch of salt and cook for 30 seconds longer.
3. Add the broth and bring the mixture to a boil. Reduce the heat and simmer until the squash is very soft, about 40 minutes.
4. At this point, you can serve the soup as is--chunky soup. If you have a blender, work in batches by adding a few cups of the soup to the blender at a time and mix until smooth. (Be careful as the soup is hot!) If you don't have a blender, use a potato masher to mash the vegetables.
5. Add salt and pepper to taste. Stir in sour cream or yogurt, if desired.

VARIATIONS/TIPS:

In place of the chile powder and sage, use a combination of cinnamon, allspice and/or nutmeg for a sweeter soup. Feel free to use chicken broth in place of the vegetable broth if you don't need to make the soup vegetarian.

NUTRITIONAL INFO (PER SERVING):

112 Calories; 3.6 g Fat (.5 g Saturated Fat); 22.9 g Carbohydrates; 5.9 g Fiber; 5.0 g Protein; Sodium 341 mg

YIELD: 8 servings

SOURCE: Adapted from Laura in the Kitchen: Favorite Italian American Recipes Made Easy

FALL 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.

DATE	TIME	TOPIC	LOCATION
Tuesday, September 10	1:00–2:30 pm	Hypertension	Healthy Living Center
Tuesday, October 8	1:00–2:30 pm	Cancer Awareness	
Tuesday, November 12	1:00–2:30 pm	Diabetes Month	
Tuesday, December 10	1:00–2:30 pm	Gratitude	

COOKING WITH KATIE

Join us for these hands-on classes and learn to create delicious seasonal dishes. Recipes will be healthier versions of fall classics for entertaining. Tastings will be provided.

DATE	TIME	TOPIC
Friday, October 25	1:00–3:00 pm	Embracing Autumn Cooking
Friday, November 22	1:00–3:00 pm	Healthy Holiday Recipe Makeover
Friday, December 13	1:00–3:00 pm	Healthy Holiday Desserts & More
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. Participants encouraged to take series only once.

DATES	TIME	INSTRUCTORS	LOCATION
Wednesdays, Oct 16-Nov 20	10:00 am–12:00 pm	Aimee Shea, MPH, RDN, LD; Josh Edwards MSW, LSW	Healthy Living Center

FRESH IN FRANKLINTON

Join us as we highlight a seasonal, local vegetable to create tasty recipes. We will be joined by Franklinton Farms for this fun and educational series. Class includes a mix of demonstration and hands on activities. Tastings will be provided.

DATES	TIME	INSTUCTOR	LOCATION
Fridays, Sept 20, Oct 18, Nov 15	1:00–3:00 pm	Akil Fletcher	Healthy Living Center

HEALTHY LIVING WITH HYPERTENSION

Learn how to manage or prevent hypertension through lifestyle changes. We will have a discussion with a medical professional and a cooking demo with tastings provided

DATE	TIME	INSTRUCTOR	LOCATION
Wednesday, Sept. 25	1:00–2:30 pm	Melissa Pelc, NP & HLC staff	Healthy Living Center

HEALTHY LIVING FOR DIABETES PREVENTION/ MANAGEMENT

Learn how to better manage your diabetes risk through lifestyle management. We will have a discussion with a medical professional and a cooking demo with tastings provided.

DATE	TIME	INSTRUCTOR	LOCATION
Wednesday, Nov. 20	1:00–2:30 pm	HLC staff and Mount Carmel medical professional	Heathy Living Center

HLC BASICS

Need help when it comes to getting started in the kitchen? Join HLC staff for this series and learn the basics of organizing, planning, and preparing food at home. Tastings provided.

DATES	TOPIC
Tuesday, Sept 17	Navigating the Grocery Store
Tuesday, Oct 15	Labels and Portion Sizes
Tuesday, Nov 19	Knife Skills
TIME	LOCATION
11:00 am–12:30 pm	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 16	1:00–2:00 pm	Tim McDermott, OSU Extension	Heathy Living Center



EXERCISE

DANCE FOR FITNESS

All fitness levels are welcome! Dancers will have an opportunity to enjoy an exciting class while they burn calories dancing to top 40, pop and hip-hop music in a fun and empowering space.

DATES	TIME	INSTRUCTOR	LOCATION
Every Wednesday until 12/18 (no class 11/27)	3:00–4:00 pm	Divine Impact Fitness	Heathy Living Center

FRANKLINTON WELLNESS WALKS

Enjoy walking around Franklinton with others at a comfortable pace. Wear walking shoes and dress for the weather. We will be walking drizzle or shine!

DATES	TIME	INSTRUCTOR	LOCATION
Tuesdays, Sept 24 & Oct 22	4:00–5:00 pm	Josh Edwards, MSW, LSW	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 revisit the basics.

DATES	TIME	INSTRUCTOR	LOCATION
Thursdays, through 12/12 (no class 11/28)	9:30–10:30 am	Marcy Rodgers, 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, through 12/13 (no class 11/29)	11:00 am–12:00 pm	Larissa Brophy, Registered Yoga Teacher	Virtual on Microsoft Team

CARDIO SOULS POWER & STRENGTH

Cardio Souls is a high - energy, full body workout that combines cardio, strength training and yoga moves to create a fun and challenging workout experience with great music.

DATES	TIME	INSTRUCTOR	LOCATION
Thursdays, Sept 12 to Dec 12 (no class 11/28)	3:00–4:00 pm	Richelle’ Ginn	Healthy Living Center

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, Sept 16 to Dec 9 (no class Nov 11)	1:00–2:00 pm	Maxine Bryant RN, BSN, Coach, Tai Chi Instructor	Heathy Living Center

ZUMBA

This dance fitness program incorporates Latin inspired dance moves into a cardio workout. All fitness levels are welcome to participate

DATES	TIME	INSTRUCTOR	LOCATION
Mondays, Sept 16 - Nov 25	4:45–5:45 pm	Michell Ivory	Healthy Living Center



WELLNESS & STRESS MANAGEMENT

AROMATHERAPY HOLIDAY GIFTS

Who would not want a gift that not only smells great, but has the ability to positively effect your mood? Join Erika Niewald in this informative and creative class.

DATE	TIME	INSTRUCTOR	LOCATION
Tuesday, Dec 3	1:00–2:30 pm	Erika Niewald, DAc, LAc	Healthy Living Center

HEALTHY LIVING SUPPORT GROUP

Making healthy changes to your lifestyle is HARD. No need to go it alone, join us for this monthly group to give you the support you need to make lasting change. Our group will share goals and discuss overcoming barriers in a fun, informative, and judgement free atmosphere.

DATES	TIME	INSTRUCTOR	LOCATION
Tuesdays, Sept. 10, Oct. 8, Nov. 12, and Dec. 10	11:30 am–12:30 pm	Marcia Cronin, RN, CHWC	Healthy Living Center

LIFESTYLE COACHING

This 12-week series will pair you up with your very own certified health and wellness coach. Your coach will support you through setting and achieving goals to create the life you have always imagined. Sessions will be scheduled virtually around your availability. To register, send an email to: marcia.cronin@mchs.com or leave a voicemail at (614) 234-4356.

DATE	TIME	INSTRUCTOR	LOCATION
TBD	TBD	Marcia Cronin, RN, CHWC	Virtual on Microsoft Team

MINDFUL JOURNALING

Writing mindfully can offer a multitude of mental, emotional and physical benefits such as reducing stress, managing difficult emotions and increasing your sense of gratitude. In this two part series and with a pen and some paper, you will learn to develop the habit of exercising your awareness about and for yourself.

DATES	TIME	INSTRUCTOR	LOCATION
Mondays Oct 14 & 21	10:30 am–12:00 pm	Daron Larson	Healthy Living Center

STRESS MANAGEMENT FOR THE HOLIDAYS

The holidays can really add stress to an already stressed existence. Join Erika Niewald as she walks us through 10 simple strategies for stress management.

DATE	TIME	INSTRUCTOR	LOCATION
Tuesday, Nov 19	2:00 - 3:00 pm	Erika Niewald, DAc, LAc	Healthy Living Center

UNDERSTANDING ALZHEIMER’S & DEMENTIA

Learn the difference between Alzheimer’s and dementia, stages of the disease, risk factors, research, and treatments relating to these diseases. Resources from the Alzheimer’s Association will be shared.

DATE	TIME	INSTRUCTOR	LOCATION
Tuesday, Sept 24	2:00–3:00 pm	Jenny Lobb, MPH, RD, LD-OSU Extension	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.

DATES	TIME	INSTRUCTOR	LOCATION
Wednesdays, Sept 18, Oct 23	1:00–2:00 pm	Josh Edwards, MSW, LSW	Healthy Living Center

HEALTHY BABIES & FAMILIES

MOMS2B

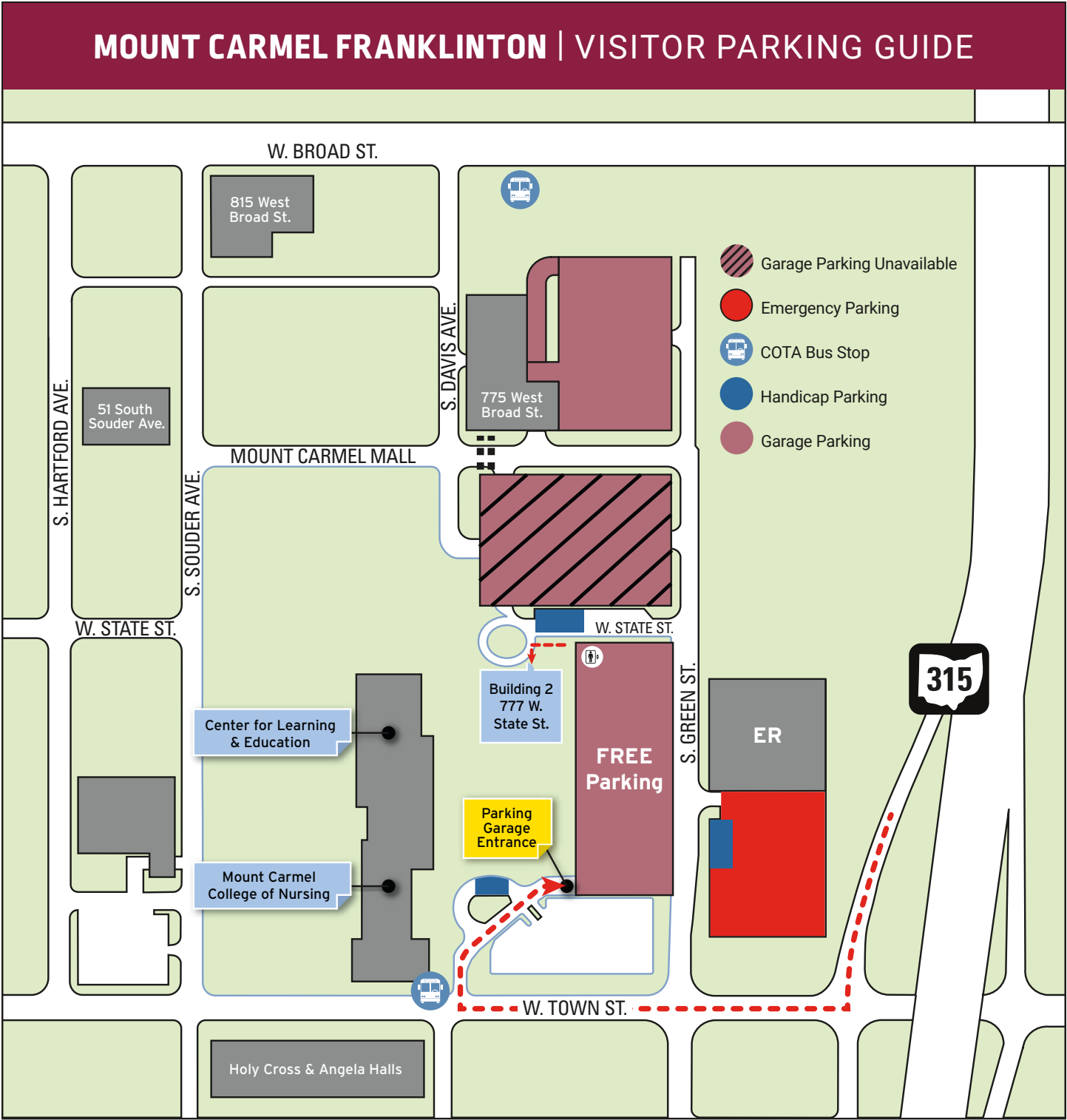
Moms2B is a weekly prenatal education program in partnership with The Ohio State University Wexner Medical Center. You will have the chance to learn how to have a healthy baby and pregnancy, talk with healthcare professionals, and make new friends. Childcare is provided. Walk-ins are welcome. Call Moms2B at (614) 292-1605 for more information.

DATE	TIME	LOCATION
Every Thursday (no group 11/28, 12/26, or 1/2)	11:00am–12:00pm	Healthy Living Center

MOMS SUPPORT GROUP

A weekly support group in collaboration with Mount Carmel’s Welcome Home Program. It’s the perfect, safe, supportive place to have your questions answered, get additional support from a Registered Nurse, meet and connect with other moms, and get lots of social support. You will also have the opportunity to have regular blood pressure checks, get help monitoring your baby’s weight, and learn about additional child development resources. For more information you can call (614)234-4712 or email welcomehome@mchs.com.

DATE	TIME	LOCATION
Every Thursday (no group 11/28, 12/26, or 1/2)	1:30–2:30 pm	Healthy Living Center



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





MyChart

You can now view your upcoming Healthy Living Center classes in MyChart!

Mount Carmel allows you to access information about the care you receive at any Mount Carmel facility or Mount Carmel Medical Group office in a patient portal called **MyChart**. MyChart offers patients personalized and secure online access to their medical records. We are happy to share that this now includes the von Zychlin Healthy Living Center! What this means is that you will now see your HLC classes as future visits in your MyChart account, and you can receive reminders just like you do with other appointments at a Mount Carmel facility.

There is no change to how you register for HLC classes – you will still visit www.mountcarmelhealth.com/HLC to view the program guide and register for classes. But now, once you register, these classes will show up in your MyChart account as future visits to help you keep your calendar organized.

If you haven't already signed up for your MyChart account, please visit www.mountcarmelhealth.com/mychart

Need help? Contact us at healthylivingcenter@mchs.com to schedule a one-on-one appointment with our team to assist you as you set up or navigate your myChart account.





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