

Mount Carmel Healthy Living **SUMMER PROGRAM GUIDE**



May–August 2026

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.



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
Healthy Living Center



MOUNT CARMEL HEALTHY LIVING

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 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.



SUMMER PROGRAM GUIDE

at the Von Zychlin Healthy Living Center

COOKING & NUTRITION

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 a Mount Carmel dietitian and 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!

DATES	TIME	TOPIC
Tuesday, May 12	1:00-2:30pm	National Walking Month
Tuesday, June 9	1:00-2:30pm	Skin Health
Tuesday, July 14	1:00-2:30pm	Brain Health
Tuesday, August 11	1:00-2:30pm	Social Connections

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!

DATES	TIME	INSTRUCTOR	LOCATION
Fridays, May 22, June 19, July 17, and August 14	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.

DATES	TIME	INSTRUCTOR	LOCATION
Wednesdays, May 6–June 10	10:30am–12:30pm	Aimee Shea, MPH, RDN, CCMS, LD Josh Edwards MSW, LSW	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.

DATES	TIME	INSTRUCTOR	LOCATION
Wednesdays, June 17, June 24, July 8, July 15 (No class July 1)	10:30am-12:30pm	Aimee Shea, MPH, RDN, CCMS, LD; Josh Edwards MSW, LSW	Healthy Living Center

EXPLORING THE MEDITERRANEAN DIET

Please join us at Mount Carmel East where we will discuss the health benefits and flavors of the Mediterranean dietary pattern. Participants will gain practical skills to incorporate this evidence-based approach into their everyday lives. Cooking demo and tastings included.

DATES	TIME	INSTRUCTOR	LOCATION
Thursday, July 30	10:30am – 12:00pm	Aimee Shea, MPH, RDN, CCMS, LD; Josh Edwards MSW, LSW	Mount Carmel East 

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!

DATES	TIME	INSTRUCTOR	LOCATION
Fridays, May 15, June 26, July 24 and August 21	1:00 – 3:00pm	Akil Fletcher	Healthy Living Center

GROWING HERBS IN YOUR CONTAINER GARDEN

Container gardening is an easy and flexible way to grow plants at home, even with limited space. In this class, you'll learn the basics of container gardening, including how to choose containers, select plants, and care for them throughout the growing season. *This class pairs nicely with the Steeped in Awareness session being offered in July.*

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, May 19	2:00 – 3:00pm	Tim McDermott, OSU Extension	Healthy Living Center

HEALTHY EATING MADE EASY WITH THE ARTHRITIS FOUNDATION

What you eat has a powerful impact on how you feel. Join us to explore the connection between diet and arthritis management – including practical meal planning strategies to help you eat well and live better with arthritis.

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, May 5	1:00 – 2:00pm	The Arthritis Foundation	Healthy Living Center

INFLAMMATION: FRIEND OR FOE?

Have you ever wondered what exactly inflammation is? Are you curious about why inflammation happens in the body and how lifestyle choices impact it? Join us for an engaging discussion all about inflammation. This class will include both hands-on cooking and a lesson presented by a Mount Carmel Lifestyle Medicine Physician and our HLC Dietitian. Come prepared to cook, learn, and enjoy a delicious anti-inflammatory meal!

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, August 18	1:00 – 3:00pm	Elisabeth Nogan, MD, DipABLM; Aimee Shea, MPH, RDN, CCMS, LD; Josh Edwards MSW, LSW	Healthy Living Center

LETTUCE TAKE A BREAK

Who says a salad needs lettuce? In this hands-on class, you'll create cool, refreshing, plant-forward salads that skip the greens and highlight seasonal vegetables, grains, and legumes. Come ready to chop, mix, and taste your way through unexpected combinations that are perfect for warm-weather eating. Space is limited!

DATES	TIME	INSTRUCTOR	LOCATION
Friday, June 5	1:00 – 3:00pm	Aimee Shea, MPH, RDN, CCMS, LD; Josh Edwards MSW, LSW	Healthy Living Center

NUTRITION FOR CANCER PREVENTION

Please join us at Mount Carmel Dublin where we will learn about simple diet and lifestyle changes that may reduce your risk of cancer with Mount Carmel's Cancer Services registered dietitian, Nancy Miller. Cooking demo and tastings included.

DATES	TIME	INSTRUCTOR	LOCATION
Thursday, May 21	10:30am – 12:00pm	Nancy Miller, RDN, LD Josh Edwards, MSW, LSW	Mount Carmel Dublin, Sr. Barbara Hall 1 and 2 Conference Rooms 



NUTRITION FOR HYPERTENSION

Please join us at Mount Carmel Grove City where we will discuss how nutrition plays a key role in managing high blood pressure and keeping your heart healthy. This class will explore low sodium, nutrient-rich ingredients while learning helpful techniques to enhance flavor without excess salt. Cooking demo and tastings included.

DATES	TIME	INSTRUCTOR	LOCATION
Thursday, June 18	10:30am – 12:00pm	Aimee Shea, MPH, RDN, CCMS, LD; Josh Edwards MSW, LSW	Mount Carmel Grove City 

PASSPORT ON A PLATE: DISHES FROM LATIN AMERICA

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 in the same day. You may only register for one session.

DATES	TIME	INSTRUCTOR	LOCATION
Friday, July 31	10:00am – 12:00pm & 1:00 – 3:00pm	Aimee Shea, MPH, RDN, CCMS, LD; Josh Edwards MSW, LSW	Healthy Living Center

TOMATOES 101

There is nothing like a fresh-from-your-garden tomato. Come join us as we learn the ins and outs of growing this summer staple.

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, June 16	2:00 – 3:00pm	Tim McDermott, OSU Extension	Healthy Living Center

WALK WITH A DOC: STEPS TOWARDS HEALTHY EATING

Join us as we celebrate National Walking Month in partnership with Walk With a Doc. We'll kick things off with a short, refreshing neighborhood walk followed by a healthy cooking demonstration, discussion and a light lunch to enjoy together. Wear comfortable shoes and dress for the weather. Space is limited!

DATES	TIME	INSTRUCTOR	LOCATION
Monday, May 18	11:00am – 1:00pm	HLC Staff & Walk With A Doc	Healthy Living Center



EXERCISE

FRANKLINTON ART, ARCHITECTURE & HISTORY WALK

Join local realtor Jason Hottle for a guided walk through Franklinton's Arts District, exploring its vibrant public art, distinctive architecture, and ongoing residential and commercial transformation. Starting at the Healthy Living Center, this walk will offer a rich look at the neighborhood's past, present, and creative future.

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, June 30	4:00 – 5:00pm	Jason Hottle & HLC Staff	Healthy Living Center

FRANKLINTON FARMS WALK

Join us for a special walk in partnership with Franklinton Farms, where we'll explore the organization's vibrant growing spaces—including a visit to their UPICK garden—and learn how this urban farm weaves together fresh food access, community empowerment, and sustainable land stewardship. This short, engaging outing blends light exercise with opportunities to see active farm sites up close and discover the history, mission, and neighborhood impact of Franklinton Farms. Wear walking shoes and dress for the weather—we'll be walking drizzle or shine!

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, July 28	4:00-5:00pm	Franklinton Farms & HLC Staff	Healthy Living Center

FRANKLINTON HISTORICAL WALK

Join us along with the Columbus Historical Society—1797 Collaborative for a guided walk through Franklinton, where we'll explore the neighborhood's rich past with a special focus on the Sullivant Land Office and the historic Harrison House. This short, engaging outing blends light exercise with meaningful storytelling as we uncover the people, places, and events that shaped early Franklinton. Wear walking shoes and dress for the weather—we'll be walking drizzle or shine!

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, May 19	4:00 – 5:00pm	Columbus Historical Society & HLC Staff	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.

DATES	TIME	INSTRUCTOR	LOCATION
Wednesdays, May 6 – August 26	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.

DATES	TIME	INSTRUCTOR	LOCATION
Fridays May 8 – June 26	11:00am – 12:00pm	Larissa Brophy, Registered Yoga Teacher	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.

DATES	TIME	INSTRUCTOR	LOCATION
Tuesdays May 5 & 19, June 2 & 16, July 7 & 21, August 4 & 18	10:30 - 11:30am	Aimee Shea, MPH, RDN, CCMS, LD, Stacey Conrad, MPH, Certified Yoga Teacher	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, June 1 – August 24 (no class July 13)	1:00 – 2:00pm	Maxine Bryant RN, BSN, Coach, Tai Chi Instructor	Healthy Living Center



WELLNESS & STRESS MANAGEMENT

BETTER BREATHING

This course is an introduction to breathing techniques for stress reduction and wellness. You will learn the science-based benefits of breathwork, the body and mind connection, and how to find your “best breath.”

DATES	TIME	INSTRUCTOR	LOCATION
Monday, July 20	11:30am – 12:30pm	Jenny Norfolk, LMT	Healthy Living Center

BUILDING INNER STRENGTH THROUGH RESOURCE ENHANCEMENT

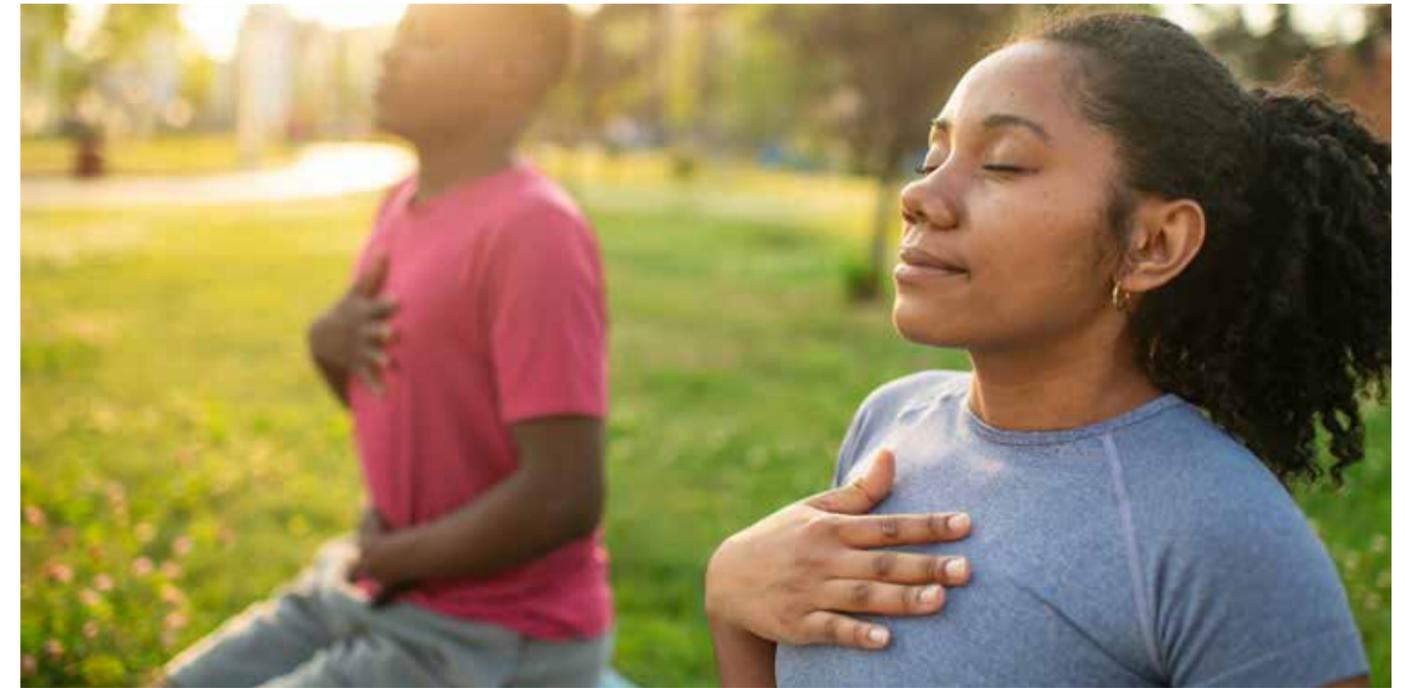
Strengthen your nervous system’s capacity to cope with stress in this experiential workshop focused on the Group Resource Enhancement Protocol (G-REP), an evidence-based protocol designed to build resilience and inner stability. Participants will be guided through gentle resource-building exercises that support grounding, self-soothing, and a greater sense of safety, with opportunities for reflection and discussion. The workshop is appropriate for individuals seeking practical tools to manage stress and for helping professionals interested in strategies to pass on to the folks they serve. This one-time offering is part of Trauma-Informed Awareness Week.

DATES	TIME	INSTRUCTOR	LOCATION
Monday, May 11	2:30 – 4:00pm	Kelly Stevenson LISW-S, Heidi Salierno LISW-S	Healthy Living Center

CAMPFIRE SING-ALONG

Gather in community for a lighthearted session of classic campfire songs and group singing. Participants will explore how singing together supports mood, connection, and overall well being—all while enjoying familiar tunes that spark nostalgia and fun. No musical experience needed—just your voice and a willingness to join in.

DATES	TIME	INSTRUCTOR	LOCATION
Thursday, June 11	3:00 – 4:00pm	Kelly Stevenson LISW-S, Dani Moses LISW-S	Healthy Living Center



GET IT TOGETHER! THE POWER OF SELF-TALK

This course is designed to gently explore the power and impact of our thoughts and self-talk. It will discuss common unhelpful thought patterns that can cause stress and other challenges such as self-sabotage. In this class, we will discover healthier ways to engage with the negative chatter in the mind, by understanding the positive impact of offering lovingkindness to ourselves with words, thoughts and actions.

DATES	TIME	INSTRUCTOR	LOCATION
Monday, August 3	11:30am – 12:30pm	Jenny Norfolk, LMT	Healthy Living Center

HEALTH CONFIDENCE 101: A HEALTH LITERACY LEARNING SERIES

This three-part series will help strengthen knowledge and skills needed to manage your health with confidence. We’ll cover how to make sense of medical information, how to talk with your care team, and how to evaluate trustworthy health resources. Whether you’re living with a chronic condition or just want to stay informed, this series will give you the tools to live your healthiest life.

DATES	TIME	INSTRUCTOR	LOCATION
Thursdays, May 21, July 23 and August 20	2:00 – 3:00pm	Mount Carmel Social Care Team	Healthy Living Center & Virtual on Microsoft Teams

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.

DATES	TIME	INSTRUCTOR	LOCATION
Tuesdays, May 26, June 23, July 28 and August 25	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.

DATES	TIME	INSTRUCTOR	LOCATION
Thursdays, May 7, June 4, July 2, Aug 6	2:30 – 3:30pm	Kelly Stevenson, LISW-S	Healthy Living Center

NERVOUS SYSTEM REGULATION: TECHNIQUES FOR INNER BALANCE

Our nervous system is designed to adjust to stress, promote calmness, and reduce anxiety. When you have an imbalance in your system, it can impact decision-making, social interactions, and mental health with symptoms ranging from slight anxiety to chronic pain. Learn to recognize body signals and use mindfulness, breath work, and other techniques to regulate your nervous system.

DATES	TIME	INSTRUCTOR	LOCATION
Wednesday, May 20	1:30 – 2:30pm	Erika Niewald, DAc, LAc	Healthy Living Center

STEEPED IN AWARENESS

Experience mindfulness through the aromas, textures, and tastes of herbal teas. In this horticulture inspired session, participants will explore simple, sensory based mindfulness practices while sampling loose leaf herbs and creating a personalized aromatic sachet. This program encourages present moment awareness and a deeper connection with the natural world.

DATES	TIME	INSTRUCTOR	LOCATION
Thursday, July 30	2:30 – 3:30pm	Kelly Stevenson LISW-S; Dani Moses LISW-S	Healthy Living Center

TEN STRATEGIES FOR BETTER STRESS MANAGEMENT

Feeling overwhelmed? Join us to explore 10 practical strategies to manage stress. We will identify your key stressors and learn simple tools to help you create a healthier life balance.

DATES	TIME	INSTRUCTOR	LOCATION
Wednesday, June 17	1:30 – 2:30pm	Erika Niewald, DAc, LAc	Healthy Living Center

TIDY UP!

Clear the clutter and clear your mind. This course will focus on the relationship between clutter and mental wellbeing. This is an opportunity to explore areas of clutter in your life and home and how they affect stress levels. This course offers a gentle approach to tidying up, and small manageable actions to improve your space and ease your mind.

DATES	TIME	INSTRUCTOR	LOCATION
Monday, June 1	11:30am – 12:30pm	Jenny Norfolk, LMT	Healthy Living Center

TRAUMA INFORMED LIMIT SETTING FOR CAREGIVERS

Are you a grandparent, parent, caregiver, or staff member wondering how to manage unsafe and unkind behaviors in children? In this workshop, you will learn to understand the trauma-related responses that both adults and children experience during limit-setting situations, explore ways to help parents, caregivers, and professionals recognize their own trauma responses and develop healthy coping strategies, and gain practical, trauma-informed tips for setting limits with children.

DATES	TIME	INSTRUCTOR	LOCATION
Friday, May 15	10:00 – 11:00am	Michelle Kovoov, LISW-S	Healthy Living Center

TRUE COLORS PERSONALITY 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.

DATES	TIME	INSTRUCTOR	LOCATION
Wednesday, July 22	1:30 – 2:30pm	Erika Niewald, DAc, LAc	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
Tuesdays, May 26, June 23, July 28	2:00 – 3:00pm	Josh Edwards, MSW, LSW	Healthy Living Center

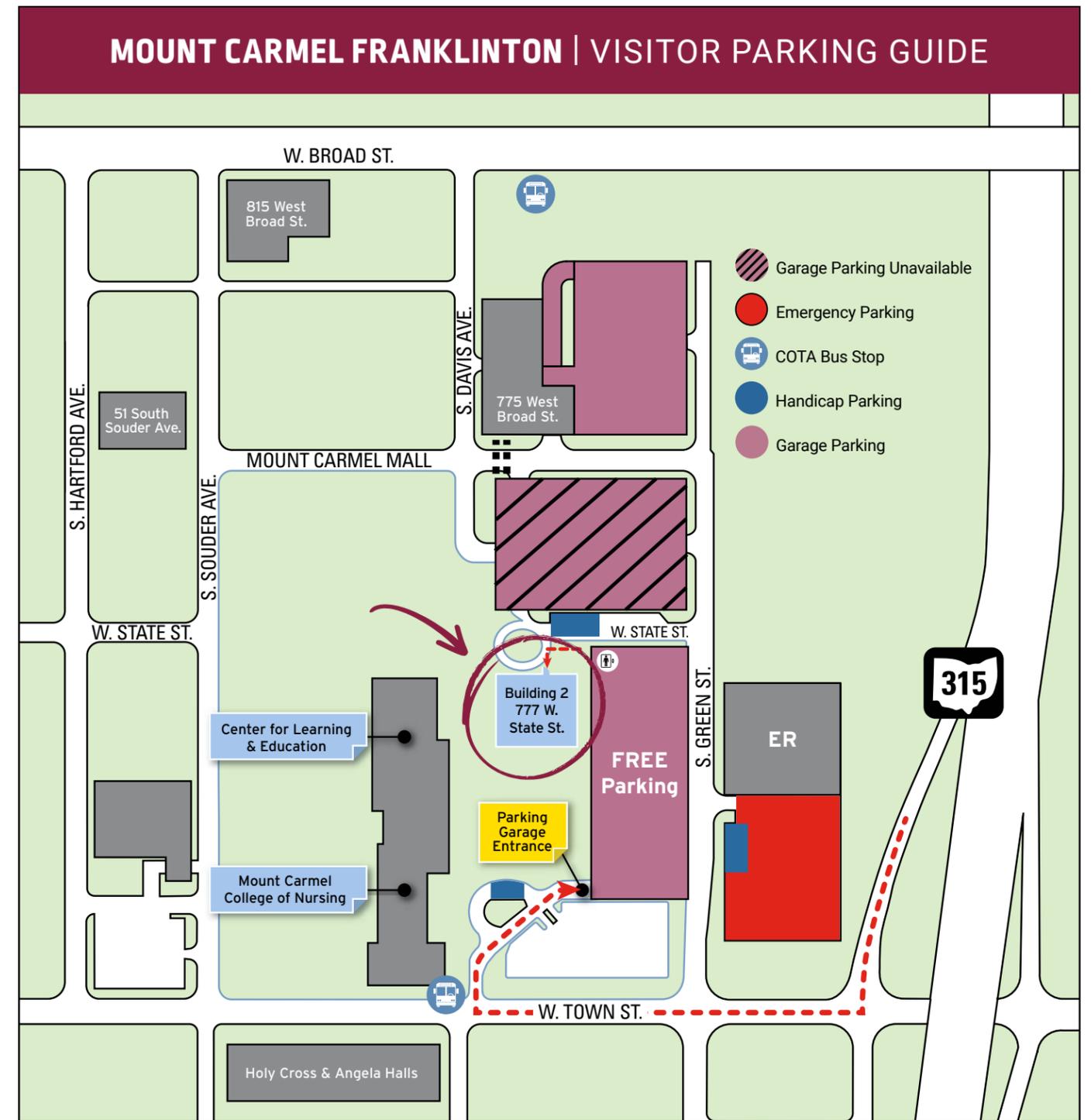


HEALTHY BABIES & FAMILIES

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.

DATES Every Thursday
TIME 11:00am-12:00 pm
LOCATION 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


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