



MOUNT CARMEL HEALTHY LIVING **SUMMER PROGRAM GUIDE**

May – August 2024

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/>. Make sure to select von Zychlin Healthy Living Center in the drop down box.



MOUNT CARMEL
Healthy Living Center



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.

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

NEW 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!

TRIPLE BERRY CRISP

INGREDIENTS

For the Filling

- 1½ cups sliced strawberries
- 1½ cups blueberries
- 1½ cup raspberries
- ¼ teaspoon cinnamon
- 1 teaspoon lemon zest
- ¼ cup sugar
- 2 teaspoon cornstarch

For the Topping

- 1 cup quick oats
- 3 tablespoons light brown sugar, not packed
- ¾ teaspoon cinnamon
- 2½ tablespoons melted unsalted butter

DIRECTIONS

1. Preheat oven to 375 degrees
2. In a large bowl, combine strawberries, blueberries, raspberries, cinnamon, lemon zest and sugar.
3. Sprinkle with cornstarch. Toss until fruit is fully coated.
4. Place fruit in an ungreased pie dish or 8x8 dish.
5. In a medium bowl, mix oats, brown sugar, cinnamon and melted butter until combined.
6. Sprinkle topping mixture over fruit mixture.
7. Bake about 40 minutes or until topping is golden brown and fruit is tender.

VARIATIONS/TIPS:

- Use whatever berries you have on hand, fresh or frozen, or all one type of berry.
- Use smaller ramekins for a pre-portioned dessert.
- Top with fresh whipped topping.
- Use regular old fashioned oats if that is what you have in your pantry.

NUTRITIONAL INFO *(per serving)*:

186 Calories, Carbohydrates: 32.6g, Fiber: 5.1g, Sugar: 14.9g (9.6g added sugar), Protein: 4g, Fat: 5.3g, Saturated fat: 2.5g, Cholesterol: 9.5mg, Sodium: 2.8mg

YIELD: 8 servings

SOURCE: Adapted from skinnytaste.com



COOKING AND 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 14
 Tuesday, June 11
 Tuesday, July 9
 Tuesday, August 13

TIMES

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

TOPIC

Bone Health and Physical Activity
 Food Safety
 Eat The Rainbow
 Social Connections and Health

LOCATION

Healthy Living Center

COOKING WITH KATIE

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

DATES

Fridays
 May 3, May 17,
 June 7, June 21, July 26,
 August 9, August 23

TIME

1–3 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

Mondays June 3 - July 15
 No class July 1

TIME

4:30-6:30pm

INSTRUCTORS

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

LOCATION

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

Fridays, May 24,
June 28, July 19,
August 30

TIME

1:00–3:00 pm

INSTRUCTOR

Akil Fletcher, Franklinton Farms

LOCATION

Healthy Living Center

HEALTHY LIVING FOR CANCER PREVENTION

Join Mount Carmel's Cancer Services registered dietitian, Nancy Miller, to learn about simple diet and lifestyle changes that may reduce your risk of cancer

DATE

Friday, June 14

TIME

1:00–3:00 pm

INSTRUCTOR

Nancy Miller, RDN, LD
Mount Carmel Cancer Services

LOCATION

Healthy 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

Wednesday, May 29
Wednesday, June 26
Wednesday, July 31
Wednesday, August 28

TIMES

11:00 am–12:30 pm

TOPIC

An organized Kitchen
Prepping and Planning
Safe and Clean Kitchen
Coach in the Kitchen

LOCATION

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.

DATE

Tuesday, June 18

TIME

3:00–4:00 pm

INSTRUCTOR

Tim McDermott, OSU Extension

LOCATION

Healthy Living Center

HOME HYDROPONICS

Home hydroponics is one of the fastest growing methods of food production. You can grow a wide variety of produce 24/7/365 days per year. Come learn the basics of home hydroponics and what you can grow indoors in any season of the year.

DATE

Tuesday, Aug 20

TIME

3:00-4:00 pm

INSTRUCTOR

Tim McDermott, OSU Extension

LOCATION

Healthy 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

Every Wednesday
(no class 7/3)

TIME

3:00 - 4:00 pm

INSTRUCTOR

Divine Impact Fitness

LOCATION

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

Tuesdays,
May 7 & 21, June 4 & 18,
July 2 & 16, Aug 6 & 20

TIME

9:30–10:30 am

INSTRUCTOR

HLC Staff

LOCATION

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

Thursdays (no class July 4)

TIME

9:30-10:30 am

INSTRUCTOR

Marcy Rodgers,
Registered Yoga Teacher

LOCATION

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

Every Friday
(no class 7/5)

TIME

11:00 – 12:00 pm

INSTRUCTOR

Larissa Brophy,
Registered Yoga Teacher

LOCATION

Virtual on Microsoft Teams

SILVER SNEAKERS

The Silver Sneakers® Fitness Program is the nation's leading exercise program designed exclusively for older adults. It is a unique blend of physical activity and socially-oriented programming that enables participants to take greater control of their health. Wear comfortable clothing.

DATES

Thursdays,
May 9– Aug 29
(no class 7/4)

TIME

3:00 – 4:00 pm

INSTRUCTOR

Richelle' Ginn

LOCATION

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

Mondays, May 20–June 24
(no class May 27)
July 15–Aug 19

TIME

1:00 - 2:00 pm

INSTRUCTOR

Maxine Bryant RN, BSN,
Coach, Tai Chi Instructor

LOCATION

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

Mondays, May 6-July 8
(no class May 27)

TIME

4:30–5:30 pm

INSTRUCTOR

Michell Ivory

LOCATION

Healthy Living Center



WELLNESS & STRESS MANAGEMENT

AROMATHERAPY 201

Unlock the secrets of essential oils in our practical class! Join us and harness the power of nature's remedies for a healthier lifestyle. We will create a surprise product for you to take home.

DATE Wednesday, August 7	TIME 1:00-2:30 pm	INSTRUCTOR Erika Niewald	LOCATION Healthy Living Center
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CREATE SMOKE-FREE COMMUNITIES

Learn how to help improve community health by curbing tobacco use. Part of the EmPowered to Serve series.

DATE Tuesday, May 21	TIME 1:00—2:00 pm	INSTRUCTOR Josh Edwards, MSW, LSW	LOCATION Healthy Living Center
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FINANCIAL LIFE-SKILLS PROGRAM

Join us for this 6-part series that reviews your relationship with money, budgeting, banks and credit, loan and debt management, job-training and entrepreneurship, and taxes and insurance. Upon completion, you will receive a financial incentive and a graduation certificate. Past graduates not eligible.

DATE Wednesdays, July 24—Aug 28	TIME 4:00—6:00 pm	INSTRUCTOR Ashley Montana, Franklinton Development Assoc.	LOCATION Healthy Living Center
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GARDENING AS A SELF-CARE PRACTICE

There are many health benefits associated with gardening, such as; it can be a space to practice mindfulness, be physically active, and grow vegetables to support a nutritious diet. Join us to explore ways in which gardening can support your health and well-being, and be a self-care practice.

DATE Wednesday, June 12	TIME 1:00—2:00 pm	INSTRUCTOR Jenny Lobb, MPH, RD, LD OSU Extension	LOCATION Healthy Living Center
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GET ACTIVE, UNDERSTANDING AND UTILIZING ACTIVITY GUIDELINES

Establish a physical activity plan for yourself that complies with the American Heart Association's physical activity recommendations. Part of the EmPowered to Serve series.

DATE Tuesday, July 2	TIME 1:00—2:30 pm	INSTRUCTOR Jenny Lobb, MPH, RD, LD, OSU Extension	LOCATION Healthy Living Center
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HAPPINESS AND GRATITUDE

Are you tired of feeling like happiness is just out of reach? Dive into the science-backed power of gratitude and discover the transformative effects it can have on your life. Our class offers a supportive environment where you'll uncover practical techniques to bring gratitude into your daily routine, empowering you to nurture your well-being and experience greater joy.

DATE

Wednesday, June 19

TIME

1:00–2:00 pm

INSTRUCTOR

Erika Niewold

LOCATION

Healthy Living Center

HEALTHY LIVING FOR YOUR BRAIN & BODY

Join Jenny Lobb, Registered Dietitian and OSU Extension Educator, to learn about healthy habits that have been shown to protect your brain health AND heart health. This educational program from the Alzheimer's Association offers recommendations for taking care of our brains and bodies in order to age as well as possible.

DATE

Wednesday, July 10

TIME

1:00 –2:00 pm

INSTRUCTOR

Jenny Lobb, MPH, RD,
LD-OSU Extension

LOCATION

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

Tuesdays,
May 14, June 11,
July 9, and Aug 13

TIME

11:30 am-12:30 pm

INSTRUCTOR

Marcia Cronin, RN, CHWC

LOCATION

Healthy Living Center

KEEP THE BEAT

Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public. Part of the EmPowered to Serve Series.

DATE

Tuesday, June 4th

TIME

1:00 – 2:30 pm

INSTRUCTOR

Marcia Cronin, RN, CHWC

LOCATION

In-Person at the
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.

DATE

TBD

TIME

TBD

INSTRUCTOR

Marcia Cronin, RN, CHWC

LOCATION

Virtual on Microsoft Teams

MINDFUL EATING HABITS

Learn about seven different types of hunger and practical ways to take more of your eating decisions off of autopilot. Practice slowing down to taste your food and explore ways to sneak mindful eating into your busy routine. Small lunch will be provided.

DATE

Monday, June 24

TIME

11:00 am –12:30 pm

INSTRUCTOR

Daron Larson

LOCATION

Healthy Living Center

SALT AND CARDIOVASCULAR RISK

Review the link between salt intake and cardiovascular risk and break off the love affair with salt and embrace a healthier relationship. Part of the EmPowered to Serve series.

DATE

Tuesday, June 18

TIME

1:00 – 2:30 pm

INSTRUCTOR

Jenny Lobb, MPH, RD,
LD OSU Extension

LOCATION

Healthy Living Center

SECRETS TO SERENITY

Join COAAA as they describe the basics of stress - good and bad. Learn creative ways to manage through awareness and relaxation techniques.

DATE

Wednesday, May 8

TIME

10:30-11:30 am

INSTRUCTOR

Janet Kohn, COAAA

LOCATION

Healthy Living Center

WAKE UP ... TO BETTER SLEEP

Join COAAA as they offer clues for the causes of sleeplessness. Resources to manage sleep disorders will be discussed.

DATE

Wednesday, July 10

TIME

10:30-11:30 am

INSTRUCTOR

Jane Acri, LSW COAAA

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.

DATES

Wednesdays,
May 22, June 26,
July 24, August 28

TIME

1:00-2:00 pm

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
(no group July 4)

TIME

11:00am-12:00pm

LOCATION

Healthy Living Center

MOMS SUPPORT GROUP

A weekly support group in collaboration with our Mount Carmel 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.

DATE

Every Thursday
(no group July 4)

TIME

1:30-2:30 pm

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



**MOUNT CARMEL
FRANKLINTON**

777 West State Street,
Columbus, Ohio 43222



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.





MOUNT CARMEL
Healthy Living Center

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Healthy Living Center

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

614-234-4660

www.mountcarmelhealth.com/HLC