



# MOUNT CARMEL HEALTHY LIVING **WINTER PROGRAM GUIDE**

**January - April 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.

All programs are made possible thanks to the contributions of the Mount Carmel Foundation and a number of generous community partners. For more information go to, **[www.mountcarmelhealth.com/mount-carmel-foundation/](http://www.mountcarmelhealth.com/mount-carmel-foundation/)**



MOUNT CARMEL  
Healthy Living Center





## To Register:

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

For questions, email [healthylivingcenter@mchs.com](mailto:healthylivingcenter@mchs.com) or call **614-234-4660**

*Because we have to limit class sizes, please ensure you're able to attend before signing up for classes. If you need to cancel your registration, please email [healthylivingcenter@mchs.com](mailto:healthylivingcenter@mchs.com) or cancel via MyChart as soon as possible so that someone else can have your space. **Thank you!***

## 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](mailto:healthylivingcenter@mchs.com) or call 614-234-4660.

## IN-PERSON PROGRAMS

In-Person programs will be held at the Von Zychlin Healthy Living Center.

777 West State Street, Building 2  
Columbus, Ohio 43222

For questions, email [healthylivingcenter@mchs.com](mailto:healthylivingcenter@mchs.com) or call **614-234-4660**

## 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.



**A heartfelt thank you for everyone who attended and made our 10-year anniversary celebration a huge success! - Stacey, Josh, and Marcia**

# SWEET POTATO & BLACK BEAN QUINOA CHILI



## Ingredients

- 1 ½ tablespoons olive oil
- 2 medium-large sweet potatoes, washed and diced
- 1 large onion, diced
- 1 sweet bell pepper, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ⅛ teaspoon cayenne (or to taste)
- ¼ teaspoon salt
- 2 ½ cups water
- ½ cup quinoa
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

## Directions

1. Heat oil in a large pot over medium-high heat. Add sweet potato, onion, and bell pepper and cook, stirring often, until the onion is beginning to soften, about 4 minutes.
2. Add garlic, chili powder, cumin, cayenne and salt and cook, stirring constantly, for 30 seconds.
3. Add water and quinoa and bring to a simmer.
4. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
5. Add beans, tomatoes, and lime juice; increase heat to high until just boiling.
6. Reduce heat and return to a simmer, stirring often until slightly reduced, about 5 minutes.
7. Remove from heat and stir in cilantro. Serve with sour cream or Greek yogurt, shredded cheese, fresh lime wedges, avocado or jalapeño slices (optional).

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**Yield:** 4 servings (two cups per serving)

### Variations/Tips:

- Use butternut squash or other winter squash in place of the sweet potato.
- Leave the peel on the sweet potato for added nutritional benefits.
- Add whatever kinds of beans you like or have on hand.
- Play around with the spices to your liking, add more cayenne if you like a spicier chili.

**Source:** Adapted from Eatingwell.com

**Nutritional Info (per serving):** Calories: 442, Carbohydrates: 79.5g, Fiber: 22.4g, Sugar: 13g (0g added sugar), Protein: 18.3g, Fat: 8.3g, Saturated Fat: 1.0g, Cholesterol: 0mg, Sodium: 624mg



## 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 dietician, provider, and health coach. Meal kits with recipe ingredients will be provided. Space is limited and registration is required.

#### DATES

Tuesday, January 9  
 Tuesday, February 13  
 Tuesday, March 12  
 Tuesday, April 9

#### TIMES

1:00 - 2:30 pm  
 1:00 - 2:30 pm  
 1:00 - 2:30 pm  
 1:00 - 2:30 pm

#### TOPIC

Know Your Numbers  
 Heart Month  
 National Nutrition Month  
 Stress Month

#### LOCATION

In-Person at the Healthy Living Center

### COOKING WITH KATIE

Join us for these hands-on classes to learn to create delicious seasonal dishes. Recipes will be healthier versions of winter classics and for springtime entertaining. Tastings will be provided. Space is limited and registration is required for each class.

#### DATES

Friday, January 12  
 Friday, February 2  
 Friday, April 19

#### TIMES

1 - 3pm  
 1 - 3pm  
 1 - 3pm

#### TOPICS

Winter Comfort Foods  
 Winter Comfort Foods  
 Spring Into Action

#### LOCATION

In-person at the Healthy Living Center

### CELEBRATE NATIONAL NUTRITION MONTH

Join OSU Extension Educator and Registered Dietitian Jenny Lobb to celebrate National Nutrition month! This annual campaign brings awareness to the importance of making informed food choices and developing sound eating and physical activity habits, and the theme this year is "Beyond the Table". A cooking demonstration and tasting will be included in this class.

#### DATE

Tuesday, March 26

#### INSTRUCTOR

Jenny Lobb, MPH, RD, LD OSU Extension

#### TIME

1:00 - 2:00 pm

#### LOCATION

In-Person at the Healthy Living Center

### FRESH IN FRANKLINTON

Join us for this 3-part series as we highlight a different vegetable and create a delicious recipe. We will be joined by Franklinton Farms for this fun and educational series. Tastings will be provided. Space is limited and registration is required.

#### DATES

Friday, January 26  
 Friday, February 23  
 Friday, March 22  
 Friday, April 26

#### LOCATION

In-Person at the Healthy Living Center

#### TIME

1 - 2:30 pm



## SEED STARTING FOR YOUR SPRING GARDEN

Seed Starting is a powerful tool in the toolbox of a grower. Come learn the basics of how seed starting, learn what material are needed to start sees, and the tip and tricks to grow what you want, when you want it.

**DATE**  
Tuesday, February 27

**INSTRUCTOR**  
Tim McDermott, OSU Extension

**TIME**  
2:00 - 3:00 pm

**LOCATION**  
In-Person at the Heathy Living Center

## MAKE YOUR LIFE SWEET NOT YOUR DRINK

Choose water first to quench your thirst. Avoid sugary drinks, like energy drinks, sweetened tea and coffee and soda. Advocate for healthy drink options, like clean drinking water, to be available in public places. Part of the **American Heart Association's EmPOWERED to Serve** series.

**DATE**  
Tuesday, March 5

**INSTRUCTOR**  
Jenny Lobb, MPH, RD, LD OSU Extension

**TIME**  
1:00 - 2:30 pm

**LOCATION**  
In-Person at the Heathy Living Center

## PLANT-BASED EATING

What is plant-based eating, why should I consider moving towards this way of eating, and how do I get started? Join us for this 3-part series where we will answer these questions and sample some plant-based recipes.

**DATES**  
Feb 21, Mar 20, Apr 17

**INSTRUCTOR**  
Marcia Cronin, RN, BSN, CHWC and Josh Edwards, MSW, LSW

**TIME**  
10:30 - 12:00 pm

**LOCATION**  
In-Person at the 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  
Beginning Jan. 10

**INSTRUCTOR**  
Divine Impact Fitness

**TIME**  
3:00 - 4:00 pm

**LOCATION**  
In-Person at the Heathy Living Center

### 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, Jan. 18 to Mar. 21

**INSTRUCTOR**  
Richelle' Ginn

**TIME**  
3:00 - 4:00 pm

**LOCATION**  
In-person at the 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,  
beginning Jan. 12

**TIME INSTRUCTOR**  
Larissa Brophy, Registered Yoga Teacher

**TIME**  
11:00 - 12:00 pm

**LOCATION**  
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

Mondays, Feb. 5 - Apr. 22

### INSTRUCTOR

Maxine Bryant RN, BSN, Coach, Tai Chi Instructor

### TIME

1:00 - 2:00 pm

### LOCATION

In-Person at the Heathy Living Center

## TAI CHI FOR ARTHRITIS AND FALL PREVENTION

Want to improve your physical and mental balance? Developed by Dr. Paul Lam at the Tai Chi for Health Institute, this program uses Sun style forms to improve relaxation, balance, flexibility, and arthritis pain. Classes are offered as a series and do build on one another. It's okay to miss an occasional class, but please know that by registering you are committing to the full series.

### DATES

Tuesdays, Jan. 9 - Apr. 30

### INSTRUCTOR

Jenny Lobb, MPH, RD, LD, OSU Extension

### TIME

10:00 - 11:00 am

### LOCATION

In-person at the Healthy Living Center

## ZUMBA

This dance fitness program incorporates Latin inspired dance moves into a cardio workout. All fitness levels are welcome to participate in this 12-week series.

### DATES

Mondays, Jan 22 to Apr 8

### INSTRUCTOR

Michell Ivory

### TIME

4:30 - 5:30 pm

### LOCATION

In-person at the Healthy Living Center

## WELLNESS & STRESS MANAGEMENT

### RELAXATION 101

This 6-week series highlights a different practice that is encompassed in an Urban Zen Integrative Therapy (UZIT) session each week followed by an integrative practice. If you are looking for a way to stress less and relax more, please join us for 1 or all 6 of these sessions. Appropriate for all levels.

### INSTRUCTOR

Urban Zen Practitioners

### LOCATION

In-Person at the Healthy Living Center

### DATES

Thursdays, Jan 18 to Feb 22

### TIME

9:30 - 10:30 a.m.

### TOPICS

Mindful Movement, Essential Oils, Breath work, Reiki (healing touch), Restorative Poses, Putting It All Together

### MORE RELAXATION

This 6-week series highlights a body system that is affected by an Urban Zen Integrative Therapy (UZIT) session. Followed by an integrative practice. If you are looking for a way to stress less and relax more, please join us for 1 or all 6 of these sessions. Appropriate for all levels.

### INSTRUCTOR

Urban Zen Practitioners

### LOCATION

In-Person at the Healthy Living Center

### DATES

Thursdays, Feb 29 to Apr 4

### TIME

9:30 - 10:30 am

### TOPICS

Relaxation for Insomnia, Digestive System Support, Immune System Support, Relaxation to Energize, Build Your Own Plan

## ACCUPRESSURE WITH ERIKA

Are you looking for natural ways to support your body as it works to keep you healthy? Acupressure may be able to help. Acupressure uses the same points as acupuncture, but without the needles. Learn self-acupressure techniques along with breathing techniques to help with anxiety, sleep disturbances, and headaches.

**DATE**  
Wednesday, February 14

**INSTRUCTOR**  
Erika Niewald

**TIME**  
2:00 - 3:00 pm

**LOCATION**  
In-Person at the Healthy Living Center

## AROMATHERAPY WITH ERIKA

Are you curious about using essential oils, but don't know where to start? This introduction to aromatherapy will give you the basics you need to know get started using aromatherapy in your home or office. Learn about the benefits of different essential oils and ways to use them safely for wellness.

**DATE**  
Thursday, April 18

**INSTRUCTOR**  
Erika Niewald

**TIME**  
2:00 - 3:00 pm

**LOCATION**  
In-Person at the Healthy Living Center

## CONTROL YOUR BLOOD PRESSURE

Keeping blood pressure numbers in a normal range is important for your health—and for the health of those you care about. Part of the **American Heart Association's EmPowered to Serve** Series.

**DATE**  
Tuesday, April 16

**INSTRUCTOR**  
Jenny Lobb, MPH, RD, LD, OSU Extension

**TIME**  
1:00 - 2:30 pm

**LOCATION**  
In-Person at the Healthy Living Center

## FINANCIAL LIFE-SKILLS PROGRAM

Are you looking to improve your money management skills this year? Enroll in the Financial Life-skills Program! The 12-hour program is broken up into 6 classes 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 cannot enroll in this class, so registration will be verified by instructor before the class begins.

**DATES**  
Mar 13 to Apr 17

**INSTRUCTOR**  
Ashley Montana, Franklinton Development Association

**TIME**  
3:00 - 5:00 pm

**LOCATION**  
In-Person at Healthy Living Center

## GROCERIES ON A BUDGET

Join us along with community member, Christopher Ciroto as we learn his proven method to save money in your trips to the grocery store.

**DATE**  
Wednesday, February 7

**INSTRUCTOR**  
Christopher Ciroto and HLC staff

**TIME**  
11:00 - 12:00 pm

**LOCATION**  
In-Person at the Healthy Living Center

## HAVE FAITH IN HEART

Go Red for Women strives to inspire and empower women to take charge of their health by being aware and taking action to reduce their risk for heart disease and stroke. Part of the **American Heart Association's EmPOWERED to Serve** series. Light refreshments served.

**DATE**  
Tuesday, February 20

**INSTRUCTOR**  
Stacey Conrad, MPH

**TIME**  
1:00 - 2:30 pm

**LOCATION**  
In-Person at the Healthy Living Center

## KNOW YOUR FAMILY HISTORY

To get a clear picture of your risk for chronic disease, it's important to know your family's health history. When you know your inherited risk factors, you can make lifestyle changes to reduce them. Part of the **American Heart Association's EmPOWERED to Serve** series. Light refreshments served.

**DATE**

Tuesday, January 23

**INSTRUCTOR**

Josh Edwards, MSW, LSW

**TIME**

1:00 - 2:30 pm

**LOCATION**

In-Person at the Heathy Living Center

## LEARN THE WARNING SIGNS OF A HEART ATTACK

Learn the warning signs of a heart attack and why it is important to call 9-1-1 immediately. Part of the **American Heart Association's EmPOWERED to Serve** series. Light refreshments served.

**DATE**

Tuesday, February 6

**INSTRUCTOR**

Marcia Cronin, BSN, RN, CHWC

**TIME**

1:00 - 2:30 pm

**LOCATION**

In-Person at the Heathy Living Center

## LIFESTYLE MEDICINE 101

We all know that eating well, staying active and reducing stress is good for us. But do you know the science behind WHY healthy behaviors affect your overall health? Join us as we take a deeper dive into the six elements of a healthy lifestyle - Eat Smarter, Move More, Sleep More Soundly, Manage Stress Better, Cultivate Relationships and Avoid Risky Substances.

**DATE**

Wednesday, January 24

**INSTRUCTORS**

Stacey Conrad, MPH and Marcia Cronin, BSN, RN, CHWC

**TIME**

10:30 - 12:00 PM

**LOCATION**

In-Person at the Healthy Living Center

## INTRO TO MINDFULNESS

What is mindfulness and how does it support a healthy lifestyle? Mindfulness practice has been proven to reduce the prevalence of things like anxiety, tension, fatigue and depression. It also has shown to improve blood pressure and reduce stress. Learn the basics of what mindfulness is and how a regular practice can benefit your mind and body. A guided practice will also be incorporated into this session.

**DATE**

Wednesday, January 31

**INSTRUCTOR**

Daron Larson

**TIME**

10:30-11:30am

**LOCATION**

In-Person at the Healthy Living Center

## DEVELOPING A MINDFULNESS PRACTICE

Mindfulness is a practice of paying attention to the present moment with a non-judgmental awareness. Many people are intimidated about where and how to begin developing a mindfulness practice in their daily life. In this session, you will learn ways to incorporate more mindfulness awareness practices into your daily life. A guided practice will also be incorporated into this session.

**DATE**

Wednesday March 13

**INSTRUCTOR**

Daron Larson

**TIME**

10:30-11:30am

**LOCATION**

In-Person at the Healthy Living Center

## MORE MINDFULNESS WORKSHOP

Improve well-being and decrease your stress through mindfulness.

In this workshop, you'll learn more about what mindfulness is, its benefits, and some of the practices that can help you focus on being "in the moment." These practices will support increased awareness, show you how to better deal with challenges, and assist with cultivating more self-compassion.

**DATE**

Thursday, February 29

**INSTRUCTOR**

New Directions Career Center

**TIME**

2:00 - 3:00 pm

**LOCATION**

In-Person at the Healthy Living Center



## SPOT A STROKE F.A.S.T.

Every 40 seconds, someone in the U.S. has a stroke. Join us to learn how to reduce your risk of stroke and learn the warning signs of stroke. Part of the **American Heart Association's EmPowered to Serve** Series. Light refreshments served.

### DATE

Tuesday, March 19

### INSTRUCTOR

Marcia Cronin, BSN, RN, CHWC

### TIME

1:00 - 2:30 pm

### LOCATION

In-Person at the Healthy Living Center

## WITS WORKOUT: FEED YOUR BRAIN

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

Jan. 24, Feb. 28, Mar. 27, Apr. 24

### INSTRUCTOR

Josh Edwards, MSW, LSW

### TIME

1:00 - 2:00 pm

### LOCATION

In-Person at the Healthy Living Center

## YOU'RE THE CURE

You're the Cure is a grassroots effort led by the American Heart Association to address important health issues such as heart disease and stroke. This session will review how this effort seeks to promote healthy policies in our communities, ensure access to health care and improve quality and value of care - and how you can get involved! Part of the **American Heart Association's EmPowered to Serve** series.

### DATE

Tuesday, April. 2

### INSTRUCTOR

Stacey Conrad, MPH

### TIME

1:00 - 2:30 pm

### LOCATION

In-Person at the Healthy Living Center

## HEALTH COACHING

Are you ready to make REAL change in 2024? You will be guided to create personalized goals and supported every step of the way by a certified health and wellness coach. Together we will craft the life that you have always wanted.

### DATE / TIME

Individually scheduled

### INSTRUCTOR

Marcia Cronin, RN, BSN, CHWC

### LOCATION

Virtual on Microsoft Teams and Google Classroom

## 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

11:00 am - 12:00 pm

### LOCATION

In-Person at the 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 Tuesday

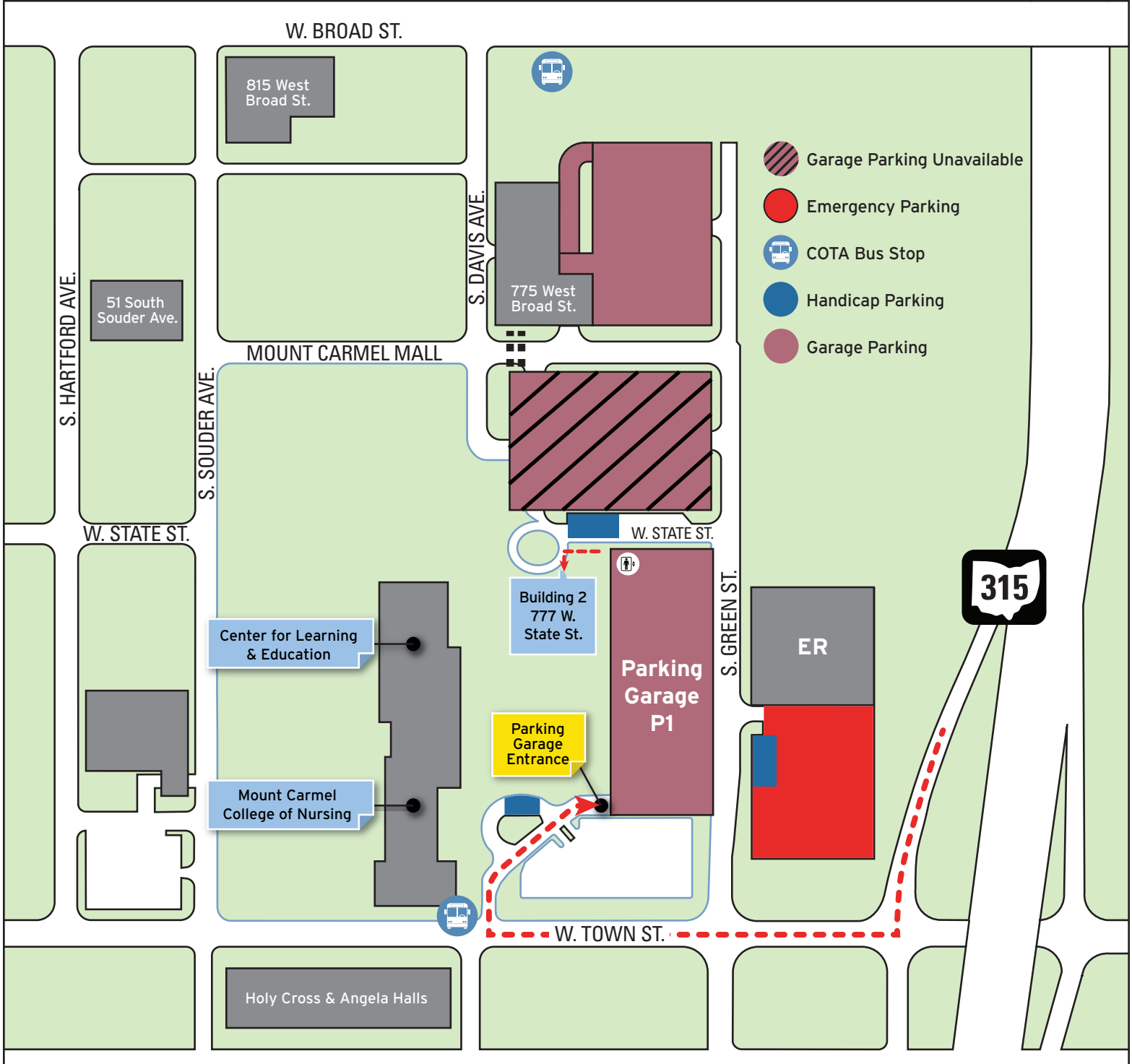
### TIME

11:00 am - 12:00 pm

### LOCATION

In-Person at the 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](http://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](http://www.mountcarmelhealth.com/mychart).

Need help? Contact us at [healthylivingcenter@mchs.com](mailto: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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