

Mount Carmel Healthy Living **FALL PROGRAM GUIDE**



September – December 2025

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

MARK YOUR CALENDARS

Class

Date _____

Time



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



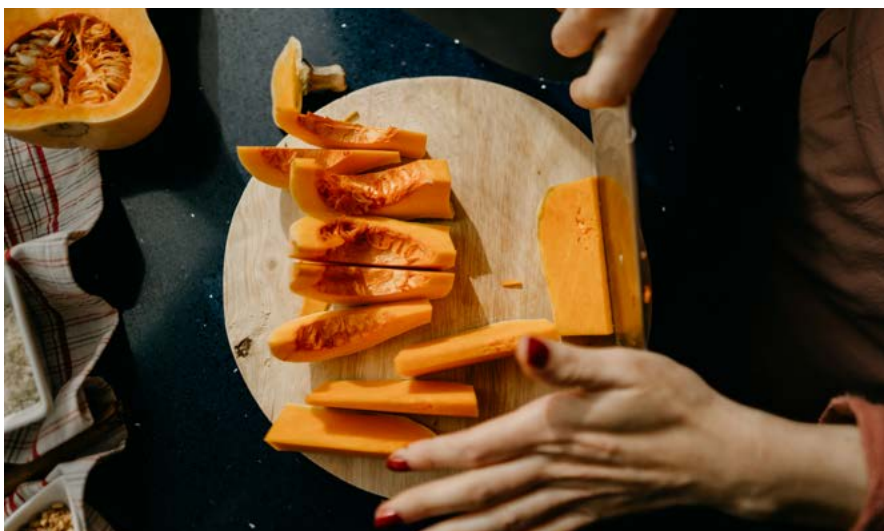
For more information and to register for classes:

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





INGREDIENTS

SALAD:

- ½ pound Brussels sprouts, halved
- 1 medium sweet potato, diced
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 cup farro
- 1 can navy beans (or other white bean), rinsed and drained
- ¼ cup pecans (or walnuts), toasted if desired
- ¼ cup dried cranberries
- 3 tablespoons crumbled goat cheese (or blue cheese)

DRESSING:

- 2 tablespoons fresh or frozen cranberries
- 1 tablespoon balsamic vinegar
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- ¼ cup olive oil
- ¼ teaspoon salt

DIRECTIONS

1. Set oven to 400°F. Toss Brussels sprouts and sweet potato with olive oil, salt, and pepper, then spread them in an even layer on a parchment-lined baking sheet and roast for about 30 minutes, until golden (tossing once halfway through).
2. While the veggies are roasting, cook farro according to package directions, and drain off any excess liquid.
3. To make the dressing, combine all dressing ingredients in a small blender or food processor and mix until smooth.
4. Toss dressing with navy beans, roasted vegetables, cooked farro, pecans, dried cranberries, and goat cheese.

VARIATIONS & TIPS

- You can substitute the cranberries for any dried fruit of your choice. Consider limiting the amount of added sugar!
- This salad can be served warm, room temperature or right out of the refrigerator!
- You can prep many of the components of this recipe ahead of time – cook off the farro, roast the veggies and make the dressing to have ready to throw together in minutes.

NUTRITIONAL INFO (PER SERVING):

Calories: 520 cal, Carbohydrates: 70g, Fiber: 4.2g, Sugar: 13g (2g added sugar), Protein: 16g, Fat: 21g, Saturated fat: 3.5g, Sodium: 420mg

YIELD: 4 servings

SOURCE: Adapted from wholegrainscouncil.org



FALL PROGRAM GUIDE

at the Von Zychlin Healthy Living Center

Cooking & Nutrition

COMPOSTING 101

Composting is a great way to divert food scraps from the landfill and turn it into a nutrient rich soil amendment. Come learn about the art and science of composting and how you can use compost to maximize your harvest.

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, September 16	1:00–2:00pm	Tim McDermott, OSU Extension	Healthy Living Center

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, and provider. Meal kits with recipe ingredients will be provided.

DATES	TIME	TOPIC
Tuesday, September 9	1:00–2:30pm	Healthy Aging
Tuesday, October 14	1:00–2:30pm	Cancer Prevention
Tuesday, November 11	1:00–2:30pm	Diabetes Awareness
Tuesday, December 9	1:00–2:30pm	Beat the Winter Blues

COOKING FOR DIABETES

This hands-on cooking class is designed to help individuals manage diabetes through the creation of balanced, flavorful dishes that utilize fresh, accessible ingredients. The program combines nutrition education with cooking experience to build confidence and lifelong healthy habits in the kitchen. Participants will share a meal together at the conclusion of class. Space is limited!

DATES

Tuesday, October 21

TIME

10:30am–12:30pm

INSTRUCTOR

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

LOCATION

Healthy Living Center

COOKING FOR HYPERTENSION

This hands-on cooking class focuses on preparing delicious, heart-healthy meals that support healthy blood pressure. This class explores low-sodium, nutrient-rich ingredients while learning practical techniques to enhance flavor without added salt. Participants will share a meal together at the conclusion of class. Space is limited!

DATES

Tuesday, September 23

TIME

11:00am–1:00pm

INSTRUCTOR

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

LOCATION

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!

DATES

Fridays,
September 5, October 31,
November 21, December 12

TIME

1:00–3:00pm

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 a meal together with the food they prepared. Must be able to attend all 6 sessions.

DATES

Wednesdays,
September 24–
October 29

TIME

11:00am–1:00pm

INSTRUCTOR

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

LOCATION

Healthy Living Center

EXPLORING THE MEDITERRANEAN DIET

Please join us at the **brand-new Mount Carmel Dublin Hospital** 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

Thursday, October 2

TIME

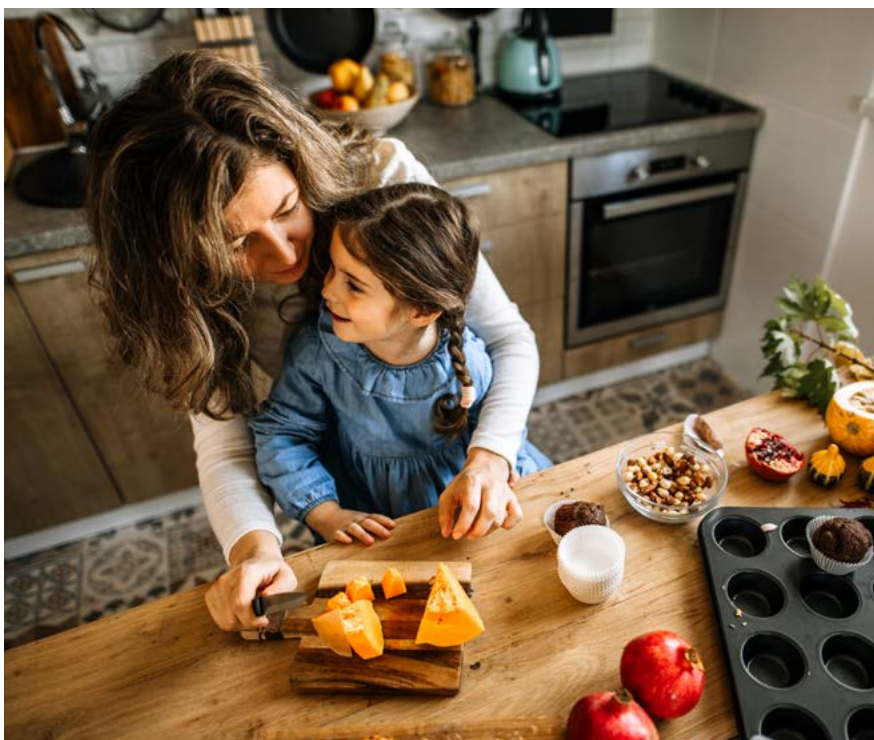
10:30am–12:00pm

INSTRUCTOR

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

LOCATION

Mount Carmel Dublin,
Sr. Barbara Hall
1&2 Conference Rooms



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.

DATES

Fridays, September 19,
October 10, and December 5

TIME

1:00–3:00pm

INSTRUCTOR

Akil Fletcher

LOCATION

Healthy Living Center

IT'S BEGINNING TO LOOK A LOT LIKE LENTILS

Join us for this festive hands-on class featuring lentil-based recipes perfect for the holiday season. Learn how to prepare delicious dishes while discovering the many health benefits of this nutritious legume. With red and green lentils on the menu, who needs tinsel when your plate is this merry and bright? Participants will share a meal together at the conclusion of class. Space is limited!

DATES

Tuesday, December 16

TIME

11:00am–1:00pm

INSTRUCTOR

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

LOCATION

Healthy Living Center

OVERWINTERED GARDENING

Ohio is a four-season growing environment. With a little planning, the right varieties, and some season extension knowledge you can harvest your own fresh vegetables over the winter. Come learn how to Grow Your Own Fresh Vegetables Over Winter with Tim McDermott from OSU Extension.

DATES

Tuesday, October 21

TIME

1:00–2:00pm

INSTRUCTOR

Tim McDermott, OSU Extension

LOCATION

Healthy Living Center

EXERCISE

DR. O MEMORIAL 5K WALK/RUN

Join us for the 2nd 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 above.

DATES

Saturday, November 1

TIME

9:00am

LOCATION

Mount Carmel Fitness
7100 Graphics Way, Lewis Center, Ohio 43035

GENTLE PILATES

This mat-based class offers a gentle introduction to Pilates, focusing on improving strength, flexibility, and balance. The class will incorporate low-impact movements to enhance mobility and overall wellness. While some accommodations can be made, participants are encouraged to consider their individual physical limitations before joining to ensure the class is a good fit for their needs.

DATES

Wednesdays,
September 3 & 17,
October 1 & 15,
November 5 & 19,
December 3 & 17

TIME

3:00–3:45pm

INSTRUCTOR

Yana Parker with Rx Fitness

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

Wednesdays,
September 24,
October 8 & 22,
November 5 & 19,
December 3 & 17

TIME

10:00–11:00am

INSTRUCTOR

Liz Brodhag,
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

Fridays,
September 5 –
December 19
(No class Nov 28)

TIME

11:00am–12:00pm

INSTRUCTOR

Larissa Brophy,
Registered Yoga Teacher

LOCATION

Virtual on Microsoft Teams

RESILIENCY WALK SERIES: THE FIVE RESILIENCE FACTORS

Life is full of difficult experiences. Come and learn about the five resilience factors that can protect us against long-term adverse reactions to stressors while we take a gentle stroll around Franklinton. There will be opportunities to share, or you can just listen and stroll. Wear walking shoes and dress for the weather. We will be walking drizzle or shine! Attend one or the entire series.

DATES

Thursdays,
September 11 & 25,
October 2, 9 & 23

TIME

4:00–5:00pm

INSTRUCTOR

Columbus CARE Coalition,
HLC Staff

LOCATION

Healthy Living Center

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

Wednesdays,
September 3, 17,
October 1, 15, 29,
November 12,
December 10

TIME

10:00-11:00am

INSTRUCTOR

Aimee Shea, MPH, RDN, LD
Stacey Conrad, MPH

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,
September 22–
December 15
(no class Nov 3)

TIME

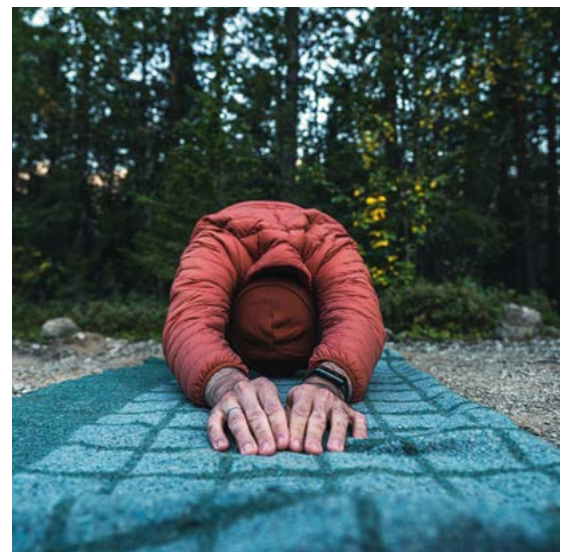
1:00–2:00pm

INSTRUCTOR

Maxine Bryant RN, BSN,
Coach, Tai Chi Instructor

LOCATION

Healthy Living Center



WELLNESS & STRESS MANAGEMENT

10 HEALTHY HABITS FOR YOUR BRAIN

There are many habits that you can develop that are beneficial to your brain and overall wellbeing. This session will offer recommendations about taking care of our brains/bodies in order to age as well as possible.

DATES

Wednesday, September 24

TIME

2:00–3:00pm

INSTRUCTOR

Missy Rouse, RN
with the Alzheimer's Association

LOCATION

Healthy Living Center

HAPPINESS & 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. This class offers a fun take on happiness and practical techniques to bring gratitude into your daily routine, empowering you to nurture your well-being and experience greater joy.

DATES

Wednesday, December 10

TIME

1:00–2:00pm

INSTRUCTOR

Erika Niewald

LOCATION

Healthy Living Center

HEART CENTERED TRANSFORMATION: A PRACTICAL 6-WEEK COACHING SERIES FOR NAVIGATING LIFE CHANGE WITH CONFIDENCE

This group-class is designed for anyone facing life changes like career shifts, relationship transitions, personal loss, or simply a desire for reinvention and to find your authentic self. We will cultivate self-awareness, emotional balance, and the confidence to navigate change with a heart-centered approach. Space is limited as this program is designed for small group discussions. The series of 6 sessions builds on each week, so please be sure you can attend all 6 sessions before registering.

DATES

Wednesdays,
October 8–November 12

TIME

1:00–2:00pm

INSTRUCTOR

Erika Niewald

LOCATION

Healthy Living Center

IKIGAI: A REASON FOR BEING

This class will explore the Japanese philosophy of Ikigai—the intersection of what you love, what you're good at, what the world needs, and what you can be paid for. This gentle yet powerful framework will guide you in uncovering your unique purpose and how to incorporate these concepts of being present, valuing simplicity, and embracing impermanence into your life.

DATES

Wednesday, November 12

TIME

11:00am–12:00pm

INSTRUCTOR

Erika Niewald

LOCATION

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.

DATES

Thursday, December 4

TIME

2:00–3:00pm

INSTRUCTOR

Kelly Stevenson, LISW-S
Dani Moses, LISW-S

LOCATION

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, September 17	11:00–12:00am	Erika Niewald	Healthy Living Center

SLEEP WELL, LIVE WELL

Developing healthy sleep habits has more benefits than you might initially realize. Join a health expert from Mount Carmel Pulmonary & Sleep to discover strategies you can employ to improve your sleep quality and how that has countless other benefits to your overall health and wellbeing.

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, September 30	10:00–11:00am	Provider from Mount Carmel Pulmonary & Sleep	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
Mondays September 22, October 20, December 15	12:00–1:00pm	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	TIME	LOCATION
Every Thursday (no sessions Nov 27 or Dec 25)	11:00am–12:00 pm	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



777 West State Street,
Columbus, Ohio 43222



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Healthy Living Center

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Healthy Living Center

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

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www.mountcarmelhealth.com/HLC