

Mount Carmel Healthy Living **WINTER PROGRAM GUIDE**



January - April 2025

von Zychlin Healthy Living Center
614-234-4660



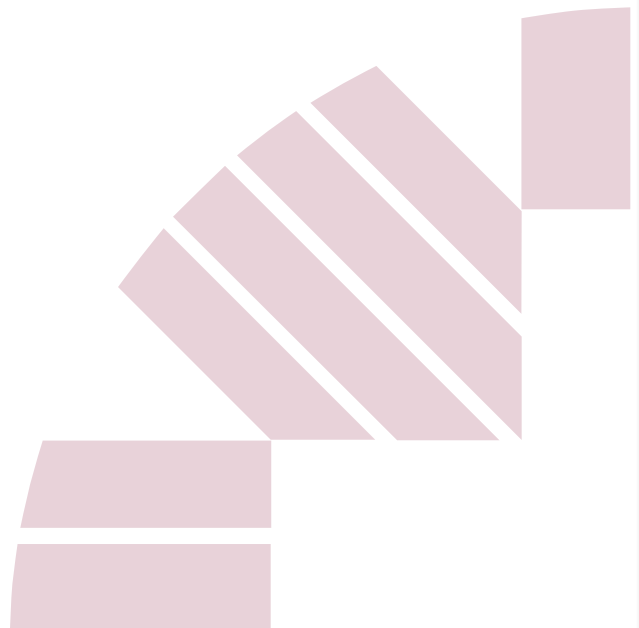
MOUNT CARMEL
Healthy Living Center

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.**

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**. 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!

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.

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

SWEET POTATO & CHICKPEA BOWL



INGREDIENTS

Vegetable Filling

- 2 tablespoons olive oil, divided
- 1 medium red onion, sliced in wedges
- 2 large sweet potatoes, halved
- 2 cups broccoli florets (about 1 medium crown)
- 3 cups kale, larger stems removed
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup cooked barley (about ⅓ cup dry barley)

Spiced Chickpeas

- 1 15-ounce can chickpeas, drained, rinsed and patted dry
- 1 teaspoon cumin
- ¾ teaspoon chili powder
- ¾ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Tahini Sauce

- ¼ cup tahini (ground sesame seeds)
- 1 tablespoon honey
- Juice of ½ lemon
- 2-4 tablespoons hot water (to thin sauce)

DIRECTIONS

1. Preheat oven to 400° F. Arrange sweet potatoes and onions on baking sheet. Drizzle both with ½ tablespoon oil, making sure the flesh of the sweet potatoes is well coated. Place skin side down on the sheet. Bake for 10 minutes, then remove from oven.
2. Flip sweet potatoes and add broccoli. Drizzle broccoli with 1½ teaspoons oil and season with a pinch each salt and pepper. Bake for another 8-10 minutes, then remove from oven and add kale. Drizzle kale with 1½ teaspoons oil and season with salt and pepper. Bake for another 4-5 minutes then set aside.
3. While vegetables are roasting, heat a large skillet over medium heat until hot. Add chickpeas to a mixing bowl and toss with spices and seasonings.
4. When pan is hot, heat ½ tablespoon oil; add chickpeas and sauté, stirring frequently. If they're browning too quickly, turn down heat. If there isn't much browning going on, increase heat. Once the chickpeas are browned and fragrant, about 10 minutes or so, remove from heat and set aside.
5. Prepare sauce by adding tahini, honey and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Set aside.
6. To serve, slice sweet potatoes into bite size pieces. Divide vegetables among 4 serving bowls; top with spiced chickpeas, barley and tahini sauce.. Enjoy!

NUTRITIONAL INFO (PER SERVING):

Nutritional information per serving: 450 calories; 18g fat (2.5g saturated); 14g protein; 63g carbohydrates; 13g fiber; 590mg sodium

YIELD: 4 servings

SOURCE: Adapted from MinimalistBaker.com



WINTER 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.

DATES	TIME	TOPIC	LOCATION
Tuesday, January 14	1:00 – 2:30 pm	Lifestyle Medicine	Healthy Living Center
Tuesday, February 11	1:00 – 2:30 pm	Heart Month	
Tuesday, March 11	1:00 – 2:30 pm	Nutrition Month	
Tuesday, April 8	1:00 – 2:30 pm	Stress	

COOKING WITH KATIE

Join us for these hands-on classes and learn to create delicious seasonal dishes in a community setting. Participants will then enjoy a meal that they helped to create together.

DATES	TIME	INSTRUCTOR	LOCATION
Fridays, January 17; March 21 & April 18	1:00–3:00 pm	Katie Brosmer	Healthy Living Center

FRESH IN FRANKLINTON

Join us as we highlight a seasonal, local vegetable to create tasty recipes. Class includes a mix of demonstration and hands on activities. Tastings will be provided.

DATES

Fridays, February 28;
March 28; & April 25

TIME

1:00-3:00 pm

INSTRUCTORS

Akil Fletcher

LOCATION

Healthy Living Center

HEALTHY LIVING FOR CANCER PREVENTION

Learn how to better manage your cancer risk through lifestyle management. We will have a discussion with a dietician from Mount Carmel Cancer Services and a cooking demo with tastings provided. Note: this class is NOT at the Franklinton location.

DATE

Tuesday, February 4

TIME

1:00 - 2:30 pm

INSTRUCTOR

HLC staff and Mount
Carmel Cancer Services

LOCATION

Mount Carmel Grove City

HYPERTENSION 101

Do you have Hypertension? Are you looking to make changes to control your blood pressure and need support to do it? Join the Healthy Living team for this 4 part series as we explore meaningful changes that include the evidence-based principles of lifestyle medicine. A hands-on cooking experience featuring a DASH diet recipe included in every class

DATES

Tuesdays, January 28;
February 25; March 25 &
April 29

TIME

11:00 am to 12:30 pm

INSTRUCTOR

HLC staff

LOCATION

Healthy Living Center

HLC BASICS

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

DATES

Tuesday, February 18
Tuesday, April 15

TIME

11:00 am–12:30 pm
11:00 am–12:30 pm

TOPIC

Alternative Cooking Methods
Mix It Up—Pantry Staples

INSTRUCTOR

Josh Edwards, MSW, LSW

LOCATION

Healthy Living Center





PLANNING YOUR GARDEN

Are you thinking about starting a vegetable garden this season? Maybe you want to expand your current garden? The best time to start planning for planting the spring veggie garden is right now! Come learn the tips and tricks for getting your best harvest of fresh, healthy produce from Tim McDermott of OSU Extension.

DATE

Tuesday, February 25

TIME

2:00–3:00 pm

INSTRUCTOR

Tim McDermott, OSU Extension

LOCATION

Heathy Living Center

SOUPS & STEWS: SIMMERING FLAVORS ACROSS THE GLOBE

Soups and stews can be packed with nutritious ingredients like vegetables, whole grains and lean proteins. Join this hands on cooking class and learn make a one-pot meals that will fill you up and contribute to a healthier eating pattern. Discover how various countries make soups and stews their own with unique preparations.

DATE

Tuesday, January 21

TIME

11:00 am - 1:00 pm

INSTRUCTOR

Josh Edwards, MSW, LSW

LOCATION

Heathy Living Center

EXERCISE

DANCE FOR FITNESS

Dancers will enjoy burning calories while dancing to top 40 and hip-hop music in a fun and empowering space. All fitness levels are welcome!

DATES

Wednesdays,
January 8–April 30

TIME

3:15 - 4:15 pm

INSTRUCTOR

Divine Impact Fitness

LOCATION

Healthy Living Center

FUNCTIONAL FITNESS: MOBILITY, STRENGTH & FLEXIBILITY

Using a mix of body weight, dumbbells, and fitness bands, this group fitness class provides you with the opportunity to increase mobility, build muscle, and maximize your body's flexibility to improve your ability to take on daily life activities and reduce your risk of injuries.

DATES

Thursdays,
February 6– March 27

TIME

2:30–3:30 pm

INSTRUCTOR

Kathy Lopez

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

Tuesdays,
January 14 & 28;
February 11 & 25;
March 11 & 25

TIME

4:30–5:30 pm

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,
January 10 – April 25

TIME

11:00 am – 12:00 pm

INSTRUCTOR

Larissa Brophy, Registered Yoga Teacher

LOCATION

Virtual on Microsoft Teams

NATIONAL WALKING DAY

Let's walk together to benefit our hearts, bodies and minds. Remember, exercise is one of the best ways to keep your body healthy and release stress. We have joined forces with the American Heart Association and invite you to join us as we walk around the community. Appropriate for all levels of walkers. Wear walking shoes and dress for the weather. We will enjoy a light lunch, and giveaways after the walk.

DATE

Wednesday, April 2

TIME

10:30am - 12:30pm

INSTRUCTOR

HLC Staff

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,
January 13 - February 17,
and March 3 - April 7

TIME

1:00 - 2:00 pm

INSTRUCTOR

Maxine Bryant, RN, BSN
Coach, Tai Chi Instructor

LOCATION

Healthy 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,
January 13 – April 28

TIME

4:45–5:45 pm

INSTRUCTOR

Michell Ivory

LOCATION

Healthy Living Center

WELLNESS & STRESS MANAGEMENT

ACUPRESSURE FOR PAIN RELIEF

Discover the ancient art of acupressure and learn how to manage pain naturally in this hands-on, interactive class. This course will equip you with practical skills to restore balance and improve your quality of life no matter the type of pain. Please note, this is not an alternative to medical care, but a personal practice that can complement your medical care.

DATE

Wednesday, April 23

TIME

1:00-2:00 pm

INSTRUCTOR

Erika Niewald, DAc, LAc

LOCATION

Healthy Living Center

GRATITUDE AND SAVORING

Savoring the present can be like being grateful for being alive—regardless of the circumstances. Learn practical mindfulness strategies for expressing gratitude for what has happened and appreciating what's happening right now.

DATE	TIME	INSTRUCTOR	LOCATION
Monday, February 10	10:30 -11:30 am	Daron Larson	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, January 4; February 11, March 11, and April 8	11:00 am-12:00 pm	Marcia Cronin, RN, CHWC	Healthy Living Center

LIFESTYLE COACHING

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

THE 10 WARNING SIGNS OF ALZHEIMER'S

This education program from the Alzheimer's Association will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor. Resources from the Alzheimer's Association will be shared.

DATE	TIME	INSTRUCTOR	LOCATION
Wednesday, February 26	1:00 - 2:00 pm	Jenny Lobb, MPH, RD, LD-OSU Extension	Healthy Living Center

THE HEART'S ATLAS: CREATING MEANINGFUL EMOTIONAL CONNECTION

In this 3-part series, we'll explore lessons based on Brené Brown's book Atlas of the Heart, diving into the powerful emotions and experiences that shape our lives and connections. You will deepen your understanding of vulnerability, empathy, and resilience. Join us as we map out the terrain of human emotion, learning tools to foster more meaningful connections with others.

DATES	TIME	INSTRUCTOR	LOCATION
Thursdays, January 23; February 6 & 20	1:30 - 2:30 pm	Erika Niewold	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, January 15; February 19; March 19; and April 16	1:00-2:00 pm	Josh Edwards, MSW, LSW	Healthy Living Center

WORRY LESS, REST MORE

Learn how to savor rest even when you're busy and stop making stressful times worse. Learn practical mindfulness strategies for navigating work pressures, family drama, and the challenges of ordinary life.

DATE	TIME	INSTRUCTOR	LOCATION
Monday, March 10	10:30 -11:30 am	Daron Larson	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 January 2)	11:00am-12:00pm	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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