

Mount Carmel Healthy Living **WINTER PROGRAM GUIDE**



January – April 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



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Healthy Living Center



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.



HEARTY LENTIL SOUP

INGREDIENTS

3 tablespoons extra virgin olive oil
1 medium onion, chopped
2 carrots, peeled and chopped
4 garlic cloves, pressed or minced
2 teaspoons ground cumin
1 teaspoon curry powder
½ teaspoon dried thyme
1 28-oz can diced tomatoes, lightly drained
1 cup brown or green lentils, picked over and rinsed
4 cups vegetable broth
2 cups water
½ teaspoon salt, more to taste
Pinch of red pepper flakes
Freshly ground black pepper, to taste
1 cup chopped kale, tough ribs removed
1 to 2 tablespoons lemon juice (½ to 1 medium lemon), to taste

DIRECTIONS

1. Warm the olive oil in a large Dutch oven or pot over medium heat.
2. Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
3. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.
4. Pour in the lentils, broth and the water. Add 1/2 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils are tender but still hold their shape.
5. Transfer 2 cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)
6. Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice.. For spicier soup, add another pinch or two of red pepper flakes.
7. Serve while hot. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months (just defrost before serving).

VARIATIONS & TIPS

- You can add other veggies that you may have on hand.
- Substitute the kale for any other green of your choice, like spinach or collard greens.

NUTRITIONAL INFO (PER SERVING):

Calories: 366 cal, Carbohydrates: 50.6g, Fiber: 9.8g, Sugar: 9.5g (0g added sugar), Protein: 14.6g, Fat: 11g, Saturated fat: 1.5g, Cholesterol: 0mg, Sodium: 488mg

YIELD: 4 servings | **SOURCE:** Adapted from Cookie & Kate

MARK YOUR CALENDARS

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WINTER PROGRAM GUIDE

at the Von Zychlin Healthy Living Center

Cooking & Nutrition

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

Tuesday, January 13
Tuesday, February 10
Tuesday, March 10
Tuesday, April 14

TIME

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

TOPIC

Lifestyle Medicine
Heart Month: AFib
National Nutrition Month
Arthritis Awareness

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, January 9,
March 27, April 10

TIME

1:00–3:00pm

INSTRUCTOR

Katie Brosmer

LOCATION

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

Wednesdays,
February 11–March 18

TIME

10:30am–12:30pm

INSTRUCTOR

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

LOCATION

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

Wednesdays,
April 8–April 29

TIME

10:30am–12:30pm

INSTRUCTOR

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

LOCATION

Healthy Living Center

EXPLORING THE MEDITERRANEAN DIET



Please join us at **Mount Carmel Grove City** 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, March 26

TIME

10:30am–12:00pm

INSTRUCTOR

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

LOCATION

Mount Carmel Grove City
Conference Room 1201

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

Fridays, January 16,
February 20, March 20
and April 17

TIME

1:00–3:00pm

INSTRUCTOR

Akil Fletcher

LOCATION

Healthy Living Center

LOVE AT FIRST SLICE

Celebrate Valentine's Day with this hands-on cooking experience that's equal parts delicious and heart healthy. In this class, you'll learn to craft better-for-you pizzas from scratch – think wholesome crusts, vibrant sauces, and fresh feel-good toppings that taste as amazing as they look.

DATES	TIME	INSTRUCTOR	LOCATION
Friday, February 13	1:00–3:00pm	Aimee Shea, MPH, RDN, CCMS, LD Josh Edwards MSW, LSW	Healthy Living Center

MYTHBUSTERS: FAD DIETS & NUTRITION CONTROVERSIES

Do you ever feel like you're constantly hearing about the latest "miracle" diet that will cure everything that ails you? Are you confused and overwhelmed by conflicting nutrition headlines? In this class, we'll examine popular fad diets and nutrition controversies with the goal of learning how to distinguish between quackery and sound nutrition advice.

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, January 20	12:00–1:00pm	Aimee Shea, MPH, RDN, CCMS, LD	Healthy Living Center AND Virtual on Microsoft Teams

NUTRITION FOR HYPERTENSION

Please join us at **Mount Carmel Dublin and East** 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, February 26	10:30am–12:00pm	Aimee Shea, MPH, RDN, CCMS, LD Josh Edwards MSW, LSW	Mount Carmel Dublin, Sr. Barbara Hall 1 and 2 Conference Rooms
Thursday, April 23	10:30am–12:00pm	Aimee Shea, MPH, RDN, CCMS, LD Josh Edwards MSW, LSW	Mount Carmel East, Holy Cross Conference Room.

AN ORGANIZED KITCHEN

Discover the joy of cooking in a clean, efficient space! This class will guide you through the process of decluttering, cleaning, and reorganizing your kitchen to maximize functionality and flow. Learn the principles of mise en place—the art of preparing and organizing ingredients before cooking—and how it can transform your culinary experience. This session will include the opportunity to practice skills taught in the lesson.

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, March 24	10:00am–12:00pm	Josh Edwards MSW, LSW	Healthy Living Center

SOUPS OF THE WORLD

Warm up your palate and your passport in this hands-on cooking experience. You'll explore flavors, spices, and techniques from kitchens around the world. Join us for a global culinary adventure, one bowl at a time.

DATES	TIME	INSTRUCTOR	LOCATION
Friday, January 23	1:00–3:00pm	Aimee Shea, MPH, RDN, CCMS, LD Josh Edwards MSW, LSW	Healthy Living Center

STARTING SEEDS FOR YOUR SPRING GARDEN

Seed starting is a powerful tool in the toolbox of the vegetable grower. Come learn the basics of how you can start your own seeds at home and be able to grow almost any vegetable for your vegetable garden.

DATES

Tuesday, February 24

TIME

1:00–2:00pm

INSTRUCTOR

Tim McDermott, OSU Extension

LOCATION

Healthy Living Center

EXERCISE

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

Mondays, January 12,
February 9, March 9
and April 13

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

Thursdays,
January 8–April 30

TIME

11:00am–12:00pm

INSTRUCTOR

Larissa Brophy,
Registered Yoga Teacher

LOCATION

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

Tuesdays,
January 6 & 20
February 3 & 17
March 3 & 17 and
April 7 & 21

TIME

10:30–11:30am

INSTRUCTOR

Aimee Shea, MPH, RDN, CCMS, LD
and Stacey Conrad, MPH,
Certified Yoga Teacher

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 12–April 6
(no class February 23)

TIME

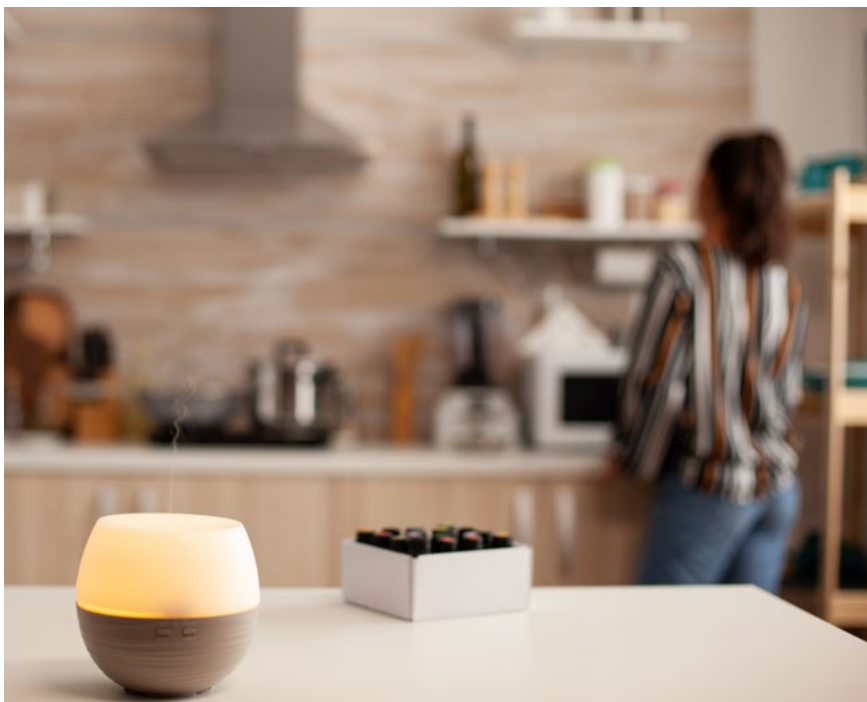
1:00–2:00pm

INSTRUCTOR

Maxine Bryant RN, BSN,
Coach, Tai Chi Instructor

LOCATION

Healthy Living Center



WELLNESS & STRESS MANAGEMENT

THE 10 WARNING SIGNS OF ALZHEIMER'S

This course helps caregivers recognize common signs of the disease in themselves and others and identify next steps to take, including how to talk to their doctor.

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, March 24	1:00–2:00pm	The Alzheimer's Association	Healthy Living Center

ACUPRESSURE FOR PAIN RELIEF

Discover the ancient art of acupressure and learn how to manage pain naturally in this hands-on, interactive class. Whether you're dealing with chronic pain, headaches, muscle tension, or stress, this course will equip you with practical skills to restore balance and improve your quality of life. Please note, this is not an alternative to medical care, but a personal practice that can complement your medical care.

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, April 21	1:00–2:00pm	Erika Niewald, DAc, LAc	Healthy Living Center

ADVANCE CARE PLANNING: GOALS OF CARE FOR PATIENTS AND CAREGIVERS

Want to know more about Health Care Power of Attorney or Living Will? Join us for an open discussion where we will simplify these terms and answer any questions you may have. Learn about why it is beneficial to make these important decisions well before a life-changing event occurs.

DATES	TIME	INSTRUCTOR	LOCATION
Tuesday, February 24	11:00am–12:00pm	Mount Carmel Hospice and Palliative Care	Healthy Living Center AND Virtual on Microsoft Teams

AGING AND HORMONES

Hormones, hormones, hormones... We hear about them, but what are they and what do they do? How do hormones change and affect us as we age? Please join us as we address these questions and delve into how hormones are affected by aging, nutrition, and other lifestyle factors. We will also explore practical ways to manage them.

DATES

Tuesday, March 17

TIME

2:00–3:00pm

INSTRUCTOR

Mary Fry, MSN, RN,
Aimee Shea, MPH, RDN, CCMS, LD

LOCATION

Healthy Living Center
AND Virtual on
Microsoft Teams

ARTFUL JOURNALING

Unleash your creativity and deepen your self-awareness through Artful Journaling, a hands-on workshop that blends expressive writing with visual art. In this class, participants will explore guided prompts, intuitive painting, collage, and mixed-media techniques to create meaningful journal pages that reflect the heart and soul. No artistic experience is needed—just an open mind and a willingness to explore.

DATES

Wednesday, March 25

TIME

12:30–2:00pm

INSTRUCTOR

Erika Niewald, DAc, LAc

LOCATION

Healthy Living Center

HEART CENTERED TRANSFORMATION: PART ONE

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 classes builds on each week, so please be sure you can attend all 6 sessions before registering.

DATES

Wednesdays,
January 21–February 25

TIME

12:30–1:30pm

INSTRUCTOR

Erika Niewald, DAc, LAc

LOCATION

Healthy Living Center

HEART CENTERED TRANSFORMATION: PART TWO

Continuing the principles and concepts laid out in the first 6 sessions, this group class is designed and available only to those who have already completed Part One. Space is limited as this program is designed for small group discussions. The series again builds on each week, so please be sure you can attend all 6 sessions before registering.

DATES

Wednesdays,
January 21–February 25

TIME

11:00am–12:00pm

INSTRUCTOR

Erika Niewald, DAc, LAc

LOCATION

Healthy Living Center

INTRODUCTION TO AROMATHERAPY

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 essential oils in your home or office. Learn about the benefits of different essential oils and ways to use them safely for wellness.

DATES

Tuesday, March 3

TIME

1:00–2:00pm

INSTRUCTOR

Erika Niewald, DAc, LAc

LOCATION

Healthy Living Center

IREST MEDITATION SERIES

Step into six weeks of gentle transformation with iRest Meditation, an evidence-based protocol designed to reduce stress, support emotional regulation, and enhance overall well-being. Each session blends guided meditation with written exercises 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.

DATES

Wednesdays,
February 4–March 11

TIME

1:30–3:00pm

INSTRUCTOR

Kelly Stevenson, LISW-S

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

Mondays, January 19,
February 16, March 16
and April 20

TIME

12:00–1:00pm

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.

DATES

Every Thursday

TIME

11:00am–12:00 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



[777 West State Street,
Columbus, Ohio 43222](https://www.mountcarmelhealth.com/HLC)



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