

# Healthy Living Center CLASS DESCRIPTIONS

The following descriptions are organized chronologically by category so you can easily find what interests you. These programs are available for free to anyone in the community, including Mount Carmel colleagues, partners, volunteers, patients and families. Free parking and bus passes are also available.

## COMMUNITY PROGRAMS

### Franklinton Area Commissioner Meeting

Franklinton Area Commissioners meet to address various neighborhood issues. Open to Franklinton residents. *Registration NOT required. Contact Jackie Miles at 614-516-5176 or [jmiles56264@twc.com](mailto:jmiles56264@twc.com) to learn more.*

**DATES** | Tuesdays, January 14, February 11, March 10, April 14

**TIME** | 6:00 - 7:30pm

### Franklinton Historical Society Meeting

Franklinton Historical Society meets to provide local history programs for the public on various topics. Open to the public. *Registration NOT required. Contact Leslie Blankenship at [lblanken@att.net](mailto:lblanken@att.net) or 614-853-2324 to learn more.*

**DATES** | Wednesdays, January 15, February 19, March 18, April 15

**TIME** | 6:00 - 7:30pm

### Westside Food Access Meeting

This is a bi-monthly meeting where community and agencies network around food security to help build access to healthy food and food education on the West Side of Columbus. This meeting is open to all. *Registration NOT required. Contact Tori Strickland at 614-263-5662 or [tstrickland@local-matters.org](mailto:tstrickland@local-matters.org) to learn more. Dates and times vary.*

### Hispanic/Latino Collaborative

This group meets quarterly to network about current and upcoming programs that benefit the Hispanic/Latino community to unite community agencies, which provide services to the Spanish-speaking population in our community. *Contact Roxann Payne at 614-546-4212 or [rpayne@mchs.com](mailto:rpayne@mchs.com) to learn more.*

**DATES** | Wednesdays, January 29, April 29

**TIME** | 9:30 - 11:00am

## Community Member Spotlight

The monthly cooking demo was our first class at the Healthy Living Center in March of 2019 and we have been hooked ever since. These programs are truly life altering, giving us ways to take better care of ourselves in mind, body, and soul. We have been involved in all of the cooking classes, wellness walks, diabetes classes, tai chi, yoga, and mindfulness classes. It is like always being around family, especially the staff! We have noticed that our health has really improved. We've been on a weight loss journey for 2 years and with getting older, we want to do everything we can to stay out of the hospital and to stay flexible, strong and healthy. We really look forward to coming to the HLC and are always excited to just keep learning and sharing it with others!



Ken & Ingrid Weekley

## EXERCISE

### Mixed Levels Yoga

This class is designed to teach the fundamentals of yoga postures, help increase flexibility, improve strength, and reduce stress. You will learn how to coordinate movement with breath to flow from one pose to the next, creating a moving meditation. *Contact 614-234-4660 to register. Wear comfortable clothing.*

**DATES** | Fridays, January 24 - March 13

**TIME** | 10:30 - 11:30am

**INSTRUCTOR** | Lori Fannin, Registered Yoga Teacher

### No Gym? No Problem!

In this session you will learn about different types of exercise and how to incorporate them into your daily life, no gym membership or fancy equipment required. *Contact 614-234-4660 to register.*

**DATE** | Tuesday, March 31

**TIME** | 1:30 - 3:00pm

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

## COMMUNITY RESOURCE ROOM

Did you know that the Community Resource Room is available to you four days a week? Find out more information about this space below.

- » Computers with free printing available
- » Community resources and health information
- » Private conference room that seats up to four people
- » Tables for community meetings
- » Children's area available for guests using the space (children must be supervised at all times)
- » Comfortable seating



## HEALTHY LIVING CENTER PROGRAM REGISTRATION & CONTACT INFORMATION

### HOW TO REGISTER

**By Phone** | 614-234-4360 (*main phone*)

**Online** | [www.mchs.com/hlcregister](http://www.mchs.com/hlcregister)

**In Person** | Healthy Living Center  
777 West State Street, Building 2  
Columbus, Ohio 43222  
(*Stop by the Front Desk in Community Resource Room*)

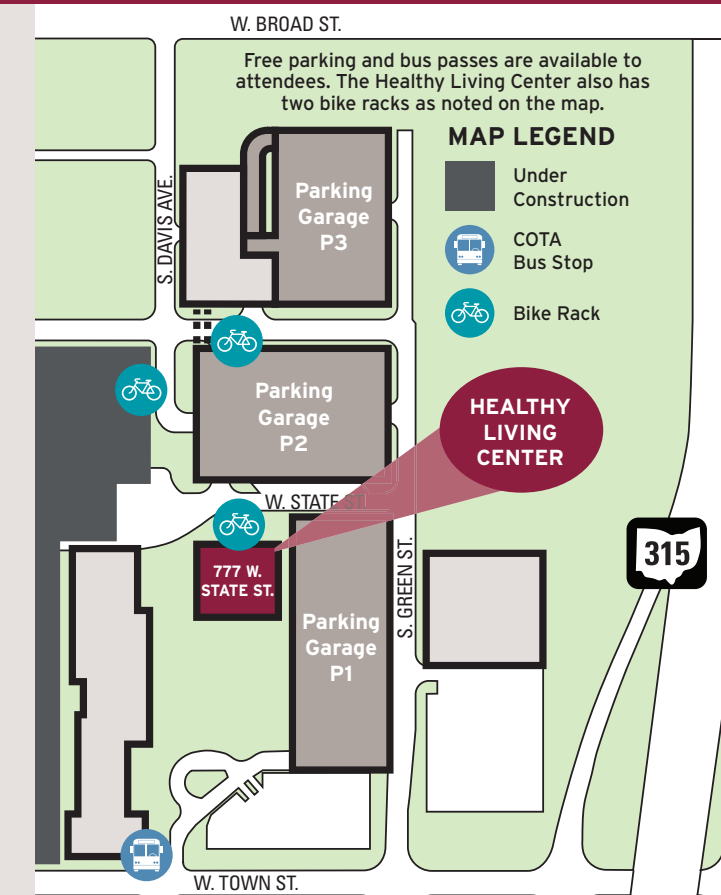
### GENERAL CONTACT INFORMATION

[healthylivingcenter@mchs.com](mailto:healthylivingcenter@mchs.com) (*main email*)  
[mountcarmelhealth.com/hlc](http://mountcarmelhealth.com/hlc) (*website*)

**Stacey Conrad, MPH, Manager**  
[Stacey.Conrad@mchs.com](mailto:Stacey.Conrad@mchs.com) | 614-234-4360

**Casey Slive, Program Specialist**  
[casey.slive@mchs.com](mailto:casey.slive@mchs.com) | 614-234-3999

**Josh Edwards, MSW, LSW, Program Specialist**  
[joshua.edwards@mchs.com](mailto:joshua.edwards@mchs.com) | 614-234-4355



WINTER 2019

# HEALTHY LIVING CENTER Building A Healthier Community NEWSLETTER

Mount Carmel's **Healthy Living Center** is a community health and wellness center that provides **FREE** holistic health and wellness programs for everyone, empowering and equipping each individual to embrace long-term health behavior changes in a safe, inclusive space.

### IN THIS ISSUE YOU'LL FIND:

- Community Programs
- Cooking & Nutrition
- Chronic Disease Prevention & Management
- Exercise
- Healthy Babies & Families
- Wellness & Stress Management
- Featured Recipe
- And Much More!



*Programming is made possible thanks to the contributions to the Mount Carmel Foundation and a number of generous community partners.*

## What is Wellness Coaching?

Wellness coaches are trained to help clients develop and implement personal wellness plans to help us reach our peak wellness - whatever peak wellness means to us as individuals. Each of our wellness goals are unique, and a certified coach can walk you through a process to help you define what your peak wellness goals are and develop a plan to help you get there.

Wellness coaches help us by:

- » Accepting and meeting us where we are today
- » Asking us to take charge
- » Guiding us in mindful thinking and doing work that builds confidence
- » Helping us define a higher purpose for wellness and uncover our natural impulse to be well
- » Helping us tap into our innate fighting spirit
- » Addressing mental and physical health together
- » Helping us draw a personal wellness blueprint
- » Harnessing the strengths we need to overcome our obstacles.
- » Helping us build a support team
- » Inspiring and challenging us to go beyond what we would do alone

The Healthy Living Center is launching a brand new wellness coaching program beginning in January 2020! We invite you to look inside at the Wellness and Stress Management section to learn more.



# Chicken Poblano Tortilla Soup

2 tablespoons olive oil	1 14.5-oz. can unsalted diced tomatoes, undrained
1½ cups chopped yellow onion	12 ounces cooked and shredded chicken (about 2 cups)*
1 cup finely chopped carrot	½ cup chopped fresh cilantro, optional
1 poblano pepper, finely chopped	3 6-inch soft yellow corn tortillas, cut into strips and baked**
4 cups unsalted chicken stock or broth	1 avocado, diced
1 teaspoon chili powder	6 lime wedges
1 teaspoon cumin	Cilantro sprigs for garnish
¼ teaspoon kosher salt	
½ teaspoon freshly ground black pepper	

1. Heat Dutch oven or large saucepan over medium-high heat. Add oil and warm.
2. Add onion, carrot, and poblano pepper; sauté 8 minutes.
3. Add broth, chili powder, cumin, salt, black pepper and tomatoes; bring to a boil.
4. Cover, reduce heat, and simmer until carrot is tender, about 8 minutes. Stir in chicken and cilantro, if desired; cook for another minute or two.
5. Ladle about 1½ cups soup into each of 6 bowls. Top with tortilla strips, avocado, lime wedges and cilantro, if desired.

## VARIATIONS/TIPS

The healthiest way to cook chicken in a hurry is to poach it. Place boneless, skinless chicken breasts or thighs in skillet or saucepan. Add water or unsalted broth and bring to a boil. Cover, reduce heat to low and simmer until chicken reaches 165°. You can also use leftover rotisserie chicken.

\*\*Stack tortillas; cut into ¼-inch strips and then in half. Place on baking sheet and spray with cooking spray. Bake at 375° F for 8-10 minutes or until crispy and golden brown.

**NUTRITION FACTS PER SERVING:**  
6 Servings | Calories 255 | Total Fat 12.5g  
Saturated Fat 2.2g | Sodium 220mg  
Protein 19g | Fiber 5.5g | Carbohydrates 18g  
Total Cost \$9.47 | Cost Per Serving \$1.58

*Adapted from CookingLight.com*

## COOKING & NUTRITION

### Free Cooking Demo + Lunch

These cooking demonstrations, presented by Mount Carmel Chefs and a registered dietitian, will focus on teaching ways to prepare a healthy meal for your household. A doctor will be present to share health information and answer questions. The Living Your Best Life class is held following this demo. **Contact 614-234-4660 to register.**

**DATES** | Tuesdays, January 7, February 4, March 3, April 7  
**TIME** | 11:00am - 12:30pm

### Cooking Matters – Cooking Class for Adults

This free six-week hands-on cooking program is facilitated by Local Matters and teaches families how to prepare healthy, tasty meals and snacks on a limited budget. This class is designed for adults. **Contact 614-234-4660 to register. Space is limited. Must attend all six sessions.**

**DATES** | Tuesdays, February 11 - March 17  
**TIME** | 10:30am - 12:30pm

### C.H.E.F.S. – Cheap, Healthy, Easy and Fast Cooking Class

C.H.E.F.S. classes will focus on preparing cheap, healthy, and easy to make recipes for salads, sides, snacks, soups, suppers, and sweets. This fun, interactive class is a combination of demonstration and hands-on cooking. Tastings will be provided. May attend one or more classes. **Contact 614-234-4660 to register. Space is limited.**

- » Monday, January 27 | 2:30 - 4:00pm
- » Wednesday, March 25 | 10:00 - 11:30am
- » Wednesday, April 15 | 1:30 - 3:00pm

### The Clever Eater (3-class series)

Want to be more informed about what you eat? After these classes, you'll be an expert at reading food labels and making the best food decisions for you and your family whether you're at the grocery store, a restaurant or at home. You can sign up to attend one or more of these classes. **Contact 614-234-4660 to register.**

- » **Deciphering Food Labels and Tricky Food Marketing**  
Food labels contain a lot of information and it can be tricky figuring them out. Because food companies try to get you to buy their products, we can be easily be fooled into buying something that we might otherwise leave on the shelf. This class will focus on all aspects of the food label and so you're not tricked by clever marketing.

**DATE** | Thursday, January 16  
**TIME** | 3:00 - 4:00pm

- » **Staying on Track When Eating Out:** Going out to eat can make it difficult to stay on track when you're trying to eat healthy. This presentation will focus on providing you with some resources and tips to help you make the best food choices when you're eating out.

**DATE** | Thursday, January 23  
**TIME** | 3:00 - 4:00pm

- » **Eat This, Not That:** This presentation will provide you with guidance on making better choices so that you're not eating as many calories, fat, sodium and the dreaded added sugar. We'll focus on common foods that you'll see eating out and also provide you with examples on simple food swaps at home.

**DATE** | Thursday, January 30  
**TIME** | 3:00 - 4:00pm

## COOKING & NUTRITION

### Planning Your Garden

A successful gardening season starts with a successful garden plan. Come learn how the backyard grower, community gardener and urban farmer can increase the harvest, decrease the work and make the 2020 garden a success. Topics will include composting, variety selection, crop rotation, organic matter, soil health, site selection and more. **Contact 614-234-4660 to register.**

**DATE** | Monday, February 24

**TIME** | 1:00 - 3:00pm

**INSTRUCTOR** | Timothy McDermott DVM, OSU Extension

## CHRONIC DISEASE PREVENTION & MANAGEMENT

### Free Diabetes Education Community Class and Support Group

Managing diabetes can be a challenge, but getting the right information and support can make it easier. That's why Mount Carmel offers FREE diabetes education classes and support groups. Come to learn basic information about diabetes, diabetes monitoring, medication basics, nutrition, physical activity and weight management. These classes are open to anyone interested in learning more about diabetes. **Contact 614-546-4582 to register.**

**DATES** | Mondays, January 13, February 10, March 9, April 13

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

**INSTRUCTOR** | Mount Carmel Diabetes Educator

### Diabetes Prevention Program

Did you know that **1 out of 3 people in America have Pre-Diabetes?** Most don't know it! The good news is, **diabetes is preventable.** Mount Carmel is offers free classes for community members to prevent diabetes. This 26-hour program offers evidence-based curriculum from CDC-trained Coaches. **Contact Mount Carmel Urban Health at 614-546-4300 or urbanhealthmgmt@mchs.com for more details and to enroll.**

### Healthy Connections Class

No matter where you are in your healthy living journey, Healthy Connections is right for you! This drop-in style, free educational program will guide you to take charge of your health and wellness and help you learn to better manage your mental health. Eight topics will be presented on a rotation. Start anytime and complete six of the topics to receive a certificate of completion. Continue attending for accountability and support. **Call 614-234-4660 to register.**

**DATES** | Wednesdays, March 4, March 18, April 1, April 15, April 29, May 13, May 27, June 10

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

**INSTRUCTOR** | Mental Health America

### Aging and Eating

In this session you will learn how nutrition needs change with age and strategies to maintain good health and nutrition throughout your life. **Contact 614-234-4660 to register.**

**DATE** | Tuesday, April 28

**TIME** | 2:00 - 3:30pm

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

### Healthy U Chronic Pain Self-Management Program

This six-week course will help you find healthy ways to cope with chronic pain in a holistic way. Topics include:

- » Techniques to deal with frustration, fatigue, isolation and poor sleep
- » Appropriate exercise for maintaining and improving strength, flexibility and endurance
- » Appropriate use of medications
- » Communicating effectively with family, friends and health professionals
- » Nutrition
- » Pacing your activity and rest
- » How to evaluate new treatments

Each participant will receive a copy of the book: Living a Healthy Life with Chronic Pain, which includes the Moving Easy Program CD. **Registration is required. Call 614-234-4660 to register.**

**DATES** | Mondays, March 23 - April 27

**TIME** | 1:00 - 3:00pm

**INSTRUCTOR** | The Ohio Department of Aging and COAAA

## 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. **Registration NOT required. Walk-ins are welcome. For more information, call Moms2B at 614-292-1605.**

**DATES** | Thursdays, , January 2 - April 30

**TIME** | 11:00am - 1:00pm

## WELLNESS & STRESS MANAGEMENT

### Living Outside of the Box:

#### An Innovative Approach to Positive Aging

Want to create your “best you can be” future? In this interactive workshop you will learn a process for drawing your past and present day experiences, imagining what you would like your future to be and uncovering beliefs you have about yourself that will help you succeed. This astounding method is so simple yet so powerful. **Contact 614-234-4660 to register.**

**DATES** | Wednesday, March 25

**TIME** | 2:00 - 3:30pm

**INSTRUCTOR** | MediGold

### Living Your Best Life

Want to improve your health and your numbers? Sick and tired of being sick and tired? Receive encouragement from peers to support you in making positive changes on the journey to a healthier you. This group meets on the first and third Tuesday of the month. The first class of the month will follow the monthly cooking demo, diving deeper into the monthly health topic. The second class of the month will focus on setting and achieving goals. **Call 614-234-4660 to register.**

**DATES** | Tuesdays, January 7, January 21, February 4, February 18, March 3, March 17, April 7, April 21

**TIME** | 12:45 - 1:45pm

### Mindfulness Practice Group

Learn how to exercise your ability to focus, recharge and connect with mindfulness. These practice sessions are an opportunity for you to learn about mindfulness and gain confidence in your ability to do it. You'll not only pick up empowering exercises to test out in the laboratory of your daily life, but you'll also be part of a supportive community of explorers. **Call 614-234-4660 to register.**

**DATES** | Thursdays, February 13 - April 23

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

**INSTRUCTOR** | Daron Larson

### Increasing Your Comfort With Conflict

Are you comfortable with conflict or do you avoid it at all costs? Participants will use a self-discovery tool to examine their current approach to dealing with conflict. New ground rules for effective conflict management will be identified while committing to practicing new skills around conflict management. **Call 614-234-4660 to register.**

**DATE** | Monday, March 2

**TIME** | 2:00 - 3:30pm

**INSTRUCTOR** | Betsy Cowardin, LISW-S

### Foundations of Faith Community Nursing Course

Link spirituality with your nursing profession and learn how to use those skills in your congregation. Non-nurses are also invited to attend. R.N.s receive 34 contact hours for the course. The cost for the course is \$295; reduced rate \$150 for Mount Carmel colleagues, alumni, and congregational partners. Enroll by January 31. **For more information, please contact Kate Whitman at 614-234-4389 or kwhitman@mchs.com.**

**DATES** | Course begins on February 10 and ends on April 3, 2020. There is weekly online course work with 3 in-person classes held Fridays, February 28, March 20, and April 3, 2020

**TIME** | 10:00am - 4:00pm (in-person classes)

### Preventing Falls in Your Home

In this session you will learn common causes of falls, how to prevent falls, and what to do if a fall occurs. **Call 614-234-4660 to register.**

**DATE** | Monday, January 13

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

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

### Beating the Winter Blues

In this session you will learn how to recognize symptoms of the winter blues and strategies you can use to overcome them. **Call 614-234-4660 to register.**

**DATE** | Monday, February 17

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

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

### Wellness Coaching

Join us for this free 12-week program that provides you with a coach (trained through Wellcoaches®) to help you to focus on your strengths and identify new habits to support the life you have always wanted. Coaches will help you identify a wellness plan, review weekly progress, explore how to overcome challenges, and set goals for the next week. The program consists of: two individual, in-person sessions, seven individual sessions over the phone, and three group sessions where you will get the support of folks on a similar path as you to celebrate your accomplishments. Program starts the week of January 20. **Reserve your spot today by filling out the interest form or calling 614-234-4660. Space is limited.**

### Wellness Coaching Information Session

Want to learn more? Join us at this information session to learn more details about Wellness Coaching!

**DATE** | Tuesday, January 7

**TIME** | 10:00 - 11:00am