

# Healthy Living Center CLASS DESCRIPTIONS

The following descriptions are organized alphabetically by category and name 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 [jmiles56264@twc.com](mailto:jmiles56264@twc.com) or 614-279-0052 to learn more.*

DATES | Tuesdays, January 8, February 12, March 12, April 9

TIME | 6:00pm - 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 614-527-1957 to learn more.*

DATES | Wednesdays, January 16, February 20, March 20, April 17

TIME | 6:00pm - 8:00pm

### 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 Josh Edwards at 614-234-4355 or [joshua.edwards@mchs.com](mailto:joshua.edwards@mchs.com) to learn more.*

DATES | Wednesdays, February 6, April 3

TIME | 12:00pm - 1:15pm

### 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.*

DATE | Wednesday, February 27

TIME | 9:30am - 11:00am

## Community Member Spotlight

"I was referred to the Healthy Living Center as a good way to get me up and out of the house. I was pre-diabetic, but I've lost weight (20 pounds and counting) and I'm not anymore.

I walked to the HLC when I attend classes. When I first started going to classes, I had to stop five times on my walk here, and now I only stop once. I didn't notice how much weight I'd lost until my son said 'Mom, you look good!' My clothes are fitting much better. Now, I'm also able to walk my dog instead of letting her outside.

The classes have also been helping me with my anxiety by keeping me focused, grounded and reminding me to live in the moment. The people at HLC are nice, friendly and welcoming. All of the classes are free and they get me off the couch. I've made a lot of friends here, too."



Katreena



The HLC's Community Resource Room is open Monday through Thursday from 9:00 am to 5:00 pm and is open to all. In addition to being a great place to get access to community resources and health information, it's a great place to read, relax, meet and chat. There's lots of comfortable seating, computer stations (with free printing available), tables for small-group meetings and discussions, and a private conference room. There's even a children's area (children must be supervised at all times). *To learn more about the Community Resource Room or to reserve the conference room, contact Emily Bango at 614-234-4660.*

## CONTACT US

To learn more about the Healthy Living Center, visit [mountcarmelhealth.com/hlc](http://mountcarmelhealth.com/hlc) or contact us:

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Mount Carmel West  
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Columbus, Ohio 43222  
614-234-4660 (main line)  
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Josh Edwards, MSW, LSW, Program Specialist  
[joshua.edwards@mchs.com](mailto:joshua.edwards@mchs.com) | 614-234-4355

Emily Bango, MSW, LSW, Community Health Coordinator  
[Emily.Bango@mchs.com](mailto:Emily.Bango@mchs.com) | 614-234-4660

Free parking and bus passes are available to attendees. The Healthy Living Center also has two bike racks at the entrance closest to the Emergency Department and in Parking Garage 2.



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
- Diabetes Education & Prevention
- Exercise
- Healthy Babies & Families
- Wellness & Stress Management
- Featured Recipe
- And Much More!

BECAUSE OF YOU  
**MOUNT CARMEL**  
Healthy Living Center

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

## Mindful Eating Tips

Mindful eating is a key part of good nutrition. It's the process of paying close attention to what, when and how we're eating. Being mindful of what we're eating and enjoying the food we eat is an excellent habit to build since it can help us manage our weight, more closely follow a special diet and eat healthier. Here are some simple tips to help you eat more mindfully:

- » Before eating, ask yourself if you're really hungry.
- » Try keeping a food journal. Record how you are feeling as you begin and end eating, what you are eating, and the time you are eating.
- » Slow down and savor each bite. Put down your fork between bites.
- » Try smelling your food. Enjoy the different scents of foods.
- » Focus on chewing food well and enjoying the tastes and textures.
- » Eat at the table. Put your food on a plate and sit down when you eat.
- » Don't multi-task while eating or eat in front of the TV or the computer.
- » If there's food left on your plate and you're no longer hungry, cover and save it or clear your plate.
- » Don't leave food sitting out (like candy dishes) at home or at work.
- » At parties, don't stand close to the food tables.
- » Portion out your food. Never eat out of an original container such as a box of crackers or a bag of chips.

Building mindful eating habits takes time and practice — just like any other skill — but it's something you can learn. It helps to have support, too, so share what you're doing with your family and friends and enlist their help. And if you have any questions or concerns, talk with your dietitian, nurse or doctor.



# Butternut Squash Soup

Here's a recipe for a heart-healthy lunch or dinner.

2 tbsp. olive or canola oil	1 tsp. chile powder
4 c. peeled butternut squash (from a 2-pound squash), cut in 1-inch cubes	1 tsp. dried sage
1 large yellow onion, coarsely chopped	4 c. low-sodium vegetable broth or stock
1 celery stalk, coarsely chopped	Salt and freshly ground black pepper (to taste)
2 carrots, coarsely chopped	2 tbsp. reduced fat sour cream or plain yogurt (optional)
1 large Granny Smith apple, coarsely chopped	

In a large soup pot, heat oil over medium-high heat until hot. Add the squash, onion, celery, carrots and apple. Sauté until the vegetables are golden and starting to soften, about 10 to 12 minutes. Add the chile powder, sage and a pinch of salt and cook for 30 seconds longer. Add the broth and bring the mixture to a boil. Reduce the heat and simmer until the squash is very soft, about 40 minutes. You can serve the soup chunky or if you have a blender, work in batches by adding a few cups of the soup to the blender at a time and mix until smooth. Be careful as the soup is hot. If you don't have a blender, use a potato masher to mash the vegetables. Add salt and pepper to taste. Stir in sour cream or yogurt, if desired.

NUTRITION FACTS PER SERVING: 8 servings | 1 cup per serving | Total Fat 3.6g | Sodium 341mg Carbohydrates 22.9g | Fiber 5.9g | Protein 5g | Cost \$7.72 (total) \$0.96 (per serving)



## VARIATIONS/TIPS

In place of the chile powder and sage, use a combination of cinnamon, allspice and/or nutmeg for a sweeter soup. Use chicken broth in place of the vegetable broth if you don't need to make the soup vegetarian. The soup can be frozen (don't add the sour cream or yogurt until after reheating). If you have leftover squash, toss it with olive oil in a large bowl; season with salt and black pepper. Arrange the coated squash on a baking sheet. Roast in the oven at 425° until squash is tender and lightly browned, (25-30 minutes).

## 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. A Weight Management class is held following this demo (see below). **Contact 614-234-4660 to register.**

DATES | Tuesdays, February 5, March 5, April 2

TIME | 11:00am - 12:30pm

### Weight Management

In partnership with Lower Lights Christian Health Center, this class meets monthly to help you improve your eating habits and lose weight. This class is led by a Registered Dietitian. **Contact 614-234-4660 to register.**

DATES | Tuesdays, February 5, March 5, April 2

TIME | 12:45pm - 1:45pm

### Cooking Matters - Cooking Class for Adults

This six week hands on cooking class is facilitated by Local Matters and offers the opportunity to learn how to prepare delicious and nutritious food on a budget. **Contact 614-234-4660 to register. Space is limited. Must attend all six sessions.**

DATES | Wednesdays, January 16 - February 20

TIME | 10:30 am - 12:30 pm

### 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.**

DATES | TIMES

» Wednesday, January 23 from 2:30 - 4:00 pm

» Tuesday, March 19 from 10:00 am - 11:30 pm

» Tuesday, April 16 from 3:30 - 5:00 pm

## DIABETES EDUCATION & PREVENTION

### 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 offering **Free Classes** for community members to prevent diabetes. 26-hour program, offering evidence-based curriculum from CDC-trained Coaches. **Please call Mount Carmel Urban Health at 614.546.4300 or email urbanhealthmgmt@mchs.com for more details and to enroll.**

### EXERCISE



### Tai Chi: Enhance Your Health and Vitality

During this six week series, learn stress reduction, heart and lung strengthening, immune system activation, balance improvement and flexibility with Tai Chi Easy™. **Registration is required. No experience necessary. Wear comfortable clothes. Contact 614-234-4660 to register.**

DATES | Mondays, February 11 - March 18

TIME | 3:30 - 4:30 pm

INSTRUCTOR | Dan Hughes

### Fitness 101

Learn basic exercise that you can easily do at home in a safe, supportive, and fun class! Improve strength, core muscles, and endurance in this beginners exercise class. Contact 614-234-4660 to register. No experience required. Wear comfortable clothing.

DATES | Tuesdays, January 29, February 12, February 26, March 12, March 26, April 9

TIME | 3:00 - 4:00 pm

INSTRUCTORS | Liz McGory, RYT and Stacey Conrad, MPH

### HEALTHY BABIES & FAMILIES



### Breastfeeding Support

Join one of our certified lactation nurses who offers new mothers a chance to learn, ask questions, get advice and share your experience with other moms in a private, nurturing environment. **Registration NOT required. Breastfeeding babies are welcome. Contact 614-234-MILK (6455) for more information or to access our free help line.**

DATES | Fridays, January 4 - April 26

TIME | 11:00am-12:00pm

### Ready, Set, Baby!

You're invited to a free information session for expectant parents. In one hour, you will learn about the delivery experience at Mount Carmel — from arrival to discharge — and bringing your new baby home. **To register, contact 380-898-MOMS (6667) or visit mountcarmelhealth.org.**

### 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. Call Moms2B at 614-292-1605 for more information.**

DATES | Thursdays, January 3 - April 25

TIME | 11:00am - 1:00pm

## WELLNESS & STRESS MANAGEMENT

### Feel More at Home in Your Life with Mindfulness

What is mindfulness? Learn how observing our thoughts and feelings with curiosity can lead to fighting with ourselves less. Discover simple exercises and practical strategies you can put into practice. **Call 614-234-4660 to register.**

DATE | Monday, March 25

TIME | 4:00pm - 5:30pm

INSTRUCTOR | Daron Larson, BSW, MLIS

### Meditation

Learn how to meditate with an easy technique that can help you (gradually) develop more calmness and reduce stress in your life. You'll learn the basic elements of a breath oriented meditation technique and discuss how you can integrate meditation into your day. **Registration is required. Call 614-234-4660 to register.**

DATE | Monday, April 15

TIME | 11:00am - 12:30 pm

INSTRUCTOR | Matthew Fleming, PCC-S

### Resolutions and the Challenges of Making Changes

What are your resolutions and plans for the New Year? Are you saying the same things from years past? Participants will explore ways to set goals and change behaviors to last beyond January. **Call 614-234-4660 to register.**

DATE | Monday, January 28

TIME | 4:00pm - 5:30pm

INSTRUCTOR | Betsey Cowardin, LISW-S

### Wellness Workshops

These fun, interactive workshops cover a variety of topics all focused on health and wellness! **Space is limited. Contact 614-234-4660 to register for 1 or more classes.**

DATES | TIMES

» Recipe Modification Workshop:  
Thursday, March 21 from 2:30 - 3:30 pm

» Quick and Healthy Meals and Snacks:  
Thursday, March 28 from 2:30 - 3:30 pm

» Healthy Eating on a Budget:  
Thursday, April 4 from 2:30 - 3:30 pm

» Weight Loss Workshop:  
Thursday, April 11 from 2:30 - 3:30 pm

» Healthy Eating Workshop:  
Thursday, April 18 from 2:30 - 3:30 pm

» Physical Activity Workshop:  
Thursday, April 25 from 2:30 - 3:30 pm

### Finding Your Best Self through Storytelling

Are you looking to be inspired to find your better self? This class will provide a space to explore all that is great about you. Come share your story or listen to others' stories, and build one another up. **Call 614-234-4660 to register.**

DATE | Tuesday, March 19

TIME | 2:30 - 4:00 pm

INSTRUCTORS | Creola Johnson and Healthy Living Center Team

### How (and Why) to Start a Garden!

Interested in learning how to garden, or to refresh your gardening skills? This class, facilitated by Local Matters, will cover all of the basics of gardening, how to plan a garden, and other gardening techniques. You will have the chance to plant seeds in your own pot that you will take home with you after the class! **Contact 614-234-4660 to register. Space is limited.**

DATE | Wednesday, March 6

TIME | 10:00 - 11:30 am

### What Can I Grow in This?

Interested in learning how to garden, or to refresh your gardening skills? This class, facilitated by Local Matters, will teach you how to build your own container garden in your home or apartment. You will have the chance to plant seeds in your own pot that you will take home with you after the class! **Contact 614-234-4660 to register. Space is limited.**

DATE | Monday, April 8

TIME | 2:00 - 3:30 pm

