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.

EXERCISE

Mixed Level 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 and breathing through the practice of moving meditation. Contact 614-234-4660 to register.

Instructor: Lisa Farren, 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, on your own membership or fancy equipment required. Contact 614-234-4660 to register.

Date: Tuesday, March 31
Time: 1:30-3:00pm
Instructor: Jenny Libs, MPH, RD, LD, CSSD Extension

Wellness & Stress Management
Wellness coaches help us by:
- Inspiring and challenging us to go beyond what we would do alone
- Helping us build a support team
- Harnessing the strengths we need to overcome our obstacles.
- Addressing mental and physical health together
- Helping us define a higher purpose for wellness and uncover our natural impulse to be well
- Asking us to take charge
- Accepting and meeting us where we are today
- Guiding us in mental training 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

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:
- Chronic Disease Prevention
- Healthy Babies & Families
- Wellness & Stress Management
- Exercise
- Healthy Babies & Families
- Wellness & Stress Management
- Featured Recipe
- And Much More!

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 mental training 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.
2 tablespoons olive oil

½ cup chopped yellow onion

1 cup chopped carrots

1 cup chopped celery

1 teaspoon sea salt

1 teaspoon ground black pepper

1 medium-sized onion, diced

1 bunch parsley, chopped

1 tablespoon finely minced garlic

8 ounces boneless, skinless chicken, cut into 1-inch cubes

1 cup finely chopped carrot

2 tablespoons chopped cilantro

1 cup chicken broth

1 cup water

2 tablespoons all-purpose flour

2 tablespoons olive oil

1 tablespoon dried onion flakes

1 teaspoon dried basil

1½ teaspoons kosher salt

⅛ teaspoon black pepper

1 tablespoon lime juice

⅔ cup chopped tomato

⅓ cup chopped onion

⅓ cup chopped green pepper