

MOUNT CARMEL Class Offerings & Programs

Registration is required for these classes: Call 614-234-LIFE to register unless otherwise indicated. For classes at Mount Carmel Haven of Hope, call 614-234-7545 to register unless otherwise indicated. Classes are free unless noted differently.

CANCER CARE

Cancer Care classes are for patients and survivors of cancer.

Art Therapy: Journey Mapping

Where have you been and where are you headed? Celebrate and clarify your cancer journey through the creation of a work of collaged art.

Call 614-383-6256 to register.

[Mount Carmel Haven of Hope](#)

January 9, 6 - 7:30 p.m.

Breast Cancer Voices

A panel of local breast cancer patients will share their inspiring breast cancer journeys during this interactive support group session. Call 614-234-7545 to register.

[Mount Carmel Haven of Hope](#)

March 13, 6 - 7:30 p.m.

Burn & Learn

Diet and exercise are the hallmarks of a healthy lifestyle. This new class will examine the relationship between what foods we choose to eat, the calories we are consuming and the amount of effort it takes to burn them off. Participants will work out, eat lunch and hear from one of our oncology dietitians. Two dates, two different classes. Call 614-383-6256 to register.

[Mount Carmel Haven of Hope](#)

March 21, 11:30 a.m. - 12:30 p.m.

March 28, 11:30 a.m. - 12:30 p.m.

Finding Your Balance

This two-part series will teach you ways to assess and improve your balance. We will work on your weak areas and continue to strengthen your stronger areas.

Call 614-383-6256 to register.

[Westar Health Center](#)

February 19 and 26, 5 - 6 p.m.

Introduction to Mindfulness

Join us to learn about the benefits of mindfulness and be introduced to a variety of practices. Open to patients and caregivers. Call 614-234-7545 to register.

[Mount Carmel Haven of Hope](#)

March 14, 1:30 - 3 p.m.

Lymphedema Care Class

Lymphedema is a common surgical side effect. Breast cancer survivors will learn about the causes of and risk factors for lymphedema, as well as strategies to prevent and manage it. Call 614-234-7545 for more information.

[Mount Carmel St. Ann's](#)

January 8, 9:30 a.m. - Noon

[Mount Carmel Haven of Hope](#)

March 12, 5 - 7:30 p.m.

Meet the Oncologist: Colorectal Cancer

The way we treat colon and rectal cancers and manage side effects continuously evolves. Join us for an evening dedicated to the latest advancements in colorectal cancer. Call 614-234-7545 to register.

[Mount Carmel Haven of Hope](#)

March 27, 6 - 7:30 p.m.



DIABETES MANAGEMENT

Free Community Classes

These free, monthly classes cover topics like diabetes, diabetes monitoring, medication basics, nutrition, physical activity and weight management.

Mount Carmel St. Ann's

March 21, 6 - 7:30 p.m.

Mount Carmel East

January 31 and April 25, 6 - 7:30 p.m.

Diabetes Support Group

Fun, informal sessions for people coping with diabetes. Friends and family welcome. Call 614-546-4582 for more information. No registration necessary.

Mount Carmel St. Ann's

January 23, February 27, March 27, April 24, 6:30 - 8 p.m.

Mount Carmel East

January 28, February 25, March 25, April 22, 7 - 8:30 p.m.

Diabetes Prevention Program

Did you know 1 in 3 Americans has pre-diabetes? Pre-diabetes can often be reversed. Mount Carmel offers free prevention classes to help lower your risk of heart attack and stroke, feel more energetic and improve your overall health. To learn more or to register, call 614-546-4300 or visit mountcarmelhealth.com/DPP.

Nutrition (Cancer): Cold Weather Belly Warmers

This program will discuss the challenges of eating healthy during the winter months. Tips will be provided on how to enjoy comfort food guiltlessly and how to prevent overeating. Call 614-234-7545 to register.

Mount Carmel Haven of Hope

January 30, 6 - 7:30 p.m.

Nutrition (Cancer): Looking Sharp

Looking Sharp will examine what nutrients can help protect your eyesight as you age and which foods they are present in. We will discuss what puts you at risk for vision loss and how to prevent it, and how to possibly slow macular degeneration.

Call 614-234-7545 to register.

Mount Carmel Haven of Hope

April 24, 6 - 7:30 p.m.

Survivors on the Move Spring Picnic

Open to any patient who has previously participated in one of Mount Carmel's cancer exercise programs. Participants will complete a variety of exercise stations before enjoying a celebratory dinner.

Call 614-383-6256 to register.

Mount Carmel Haven of Hope

April 16, 6 - 7:30 p.m.

Support Groups

Cancer support groups are open to all cancer survivors and their supporters. Call 614-234-7545 for more information.

▶ **Breast Cancer Support Group**

Mount Carmel Haven of Hope

January 9 and March 13, 6 - 7:30 p.m.

▶ **GYN Cancer Support Group**

Mount Carmel Haven of Hope

February 7, March 7, April 4, 11:30 a.m. - 1 p.m.

▶ **Prostate Cancer Support Group**

Mount Carmel Haven of Hope

January 17, February 21, March 21, April 18, 6 - 7:30 p.m.

▶ **Face 2 Face: Networking Group for Young Women with Breast Cancer**

Mount Carmel East

January 16, February 20, March 20, April 17, 6:30 - 7:30 p.m.



GRIEF AND LOSS

Hospice Volunteering 101

Interested in becoming a hospice volunteer? Learn all about the various roles and contributions from a panel of current volunteers. All talents are welcome.

[Mount Carmel Hospice and Palliative Care](#)

March 12, 1 - 2 p.m. or March 19, 6 - 7 p.m.

Support Groups and Workshops

► Evergreen Program

A family-centered care and support program for children age 6 through high school and their families who are mourning a loss. Children and caregivers will meet in separate spaces. *Call 614-234-0200 for more information and to schedule an intake prior to attending.*

► Ongoing Grief Process Support Groups

Professional facilitators offer support and comfort on the loss of a mate, friend or family member through conversation, educational materials and sitting together in silence. *Call 614-234-0200 to register.*

[Mount Carmel Hospice & Palliative Care](#)

Second and fourth Wednesdays, 6 - 7:30 p.m.

[Mount Carmel St. Ann's](#)

First and third Thursdays, Noon - 1:30 p.m.

► Meaningful Grieving:

How to Make Sense of Your Loss

This six-week educational grief support group is offered three times per year. Next series begins January 15. *Call 614-234-0200 to register before attending.*

[Mount Carmel East](#)

Tuesdays, 6 - 7:30 p.m.

Special Days Without Your Special Person

This workshop will help prepare participants who have experienced the death of a spouse, partner or significant other to face events, holidays and moments that are geared towards couples.

Call 614-234-0200 to register.

[Mount Carmel Hospice and Palliative Care](#)

February 4, 6 - 7:30 p.m.

Journaling Through Grief

This two-night workshop will provide instruction on processing grief through the written word. No writing experience is necessary. This is a two-night series, please attend both evenings. A journal will be provided on the first night. *Please call 614-234-0200 to register.*

[Mount Carmel Hospice & Palliative Care](#)

March 12 and March 26, 6 - 7:30 p.m.



HEALTH & FITNESS

Healthy Exercise & Lifestyle Program

\$45/month

If you prefer the reassurance of medical supervision while you work out, *call 614-234-4001 (Westerville), 614-546-3686 (Taylor Station) or 614-663-4001 (Grove City) to learn more about this program or become a member.*

Mount Carmel Fitness Center

This all-inclusive fitness center in Lewis Center helps members achieve optimal health and fitness using the latest in state-of-the-art equipment, facilities, services and amenities. *Call 740-879-4850 or visit mountcarmelfitness.com to learn more.*

Mount Carmel Lewis Center

This integrated health and fitness facility in Lewis Center features a fitness center, health services and an emergency department. *Visit mountcarmelhealth.com/MCLC to learn more.*

Next Steps

\$99

This fitness program helps individuals who are transitioning from or managing a medical condition or need additional support to improve their level of physical activity. A referral from a healthcare provider is required. *Call 740-879-4850 or visit mountcarmelfitness.com to learn more.*

HEALTH CONCERNS

Pulmonary Rehabilitation

If you have pulmonary disease, Mount Carmel offers exercise and education classes just for you. A physician referral is required. Call 614-234-4001 (Westerville), 614-546-3686 (Taylor Station), or 614-663-4001 (Grove City).

Stroke Support Group

Learn about the process of stroke recovery with this informal support group. Call 614-392-3400 for more information.

HEALTHY LIVING CENTER

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.

Mount Carmel West

January 28, 4 - 5:30 p.m.

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.

Mount Carmel West

Recipe Modification Workshop: March 21, 2:30 - 3:30 p.m.

Quick and Healthy Meals and Snacks: March 28, 2:30 - 3:30 p.m.

Healthy Eating on a Budget: April 4, 2:30 - 3:30 p.m.

Weight Loss Workshop: April 11, 2:30 - 3:30 p.m.

Healthy Eating Workshop: April 18, 2:30 - 3:30 p.m.

Physical Activity Workshop: April 25, 2:30 - 3:30 p.m.

HEART HEALTH

CPR: Heartsaver AED (Adult/Child and Infant)

\$45

Learn adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children and infants. You'll receive your CPR certification card and Heartsaver AED course completion card after completing this course.

Mount Carmel St. Ann's

January 26, 8:30 a.m. - Noon

March 16, 8:30 a.m. - Noon

CPR: Family and Friends (Infant Only)

\$15

Learn the lifesaving skills of infant Hands-Only CPR, CPR with breaths, adult and child AED use, infant CPR and relief of choking in an infant. This class is for participants who want to learn CPR but don't need a course completion card in CPR for their job.

Mount Carmel St. Ann's

January 26, 1 - 2 p.m.

March 16, 1 - 2 p.m.

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an education course does not represent sponsorship by the AHA, and fees charged do not represent income to the AHA.

Cardiac Rehabilitation

This program offers monitored exercise and education classes for heart patients. A physician's referral is required. Call 614-234-4001 (Westerville), 614-546-3686 (Taylor Station) or 614-663-4001 (Grove City) for more information.

MEDICARE SEMINARS

Have questions about Medicare? Attend a MediGold seminar and learn more about their Medicare Advantage Plans, including enhanced benefits and affordable premiums.

Mount Carmel East - Siegel Center

Every Tuesday, 9:30 a.m. (except on holidays)

Mount Carmel Fitness Center

January 16, February 20, March 20, April 17, 10 a.m.

Mount Carmel St. Ann's Conference Room A (use Main Entrance)

January 18, February 15, March 15, April 19 at 4 p.m.

Register by calling 1-800-964-4525 (TTY 711), 8 a.m. - 8 p.m., 7 days a week.

MediGold is a Medicare Advantage organization with a Medicare contract. Enrollment in MediGold depends on contract renewal. A sales person will be present with information and applications. For accommodations of persons with special needs at sales meetings please call 1-800-964-4525 (TTY 711). H1846 H3668_01healthieryou_18 Accepted.

