

August 2013

Participate in these activities to promote your health and well-being. Call 645-0988 with questions

American Heart Association 1 mile and 3 mile Heart Walk: City of Columbus team open to employees, friends and family members. Employee who raise \$25 or more via online donations will receive a free city team t-shirt (in addition to AHA prizes for meeting fundraising targets). To join the City of Columbus team, visit centralohheartwalk.kintera.org and click Find a Company on the left side of the page. Then search City of Columbus.

Healthy Start to Home Cooking Classes: If you'd like to make healthy meals at home but don't know where to start, join our cooking class series. Register for one or register for all. Space is limited. Call 645-8049 or email slwade@columbus.gov to register:

Aug. 7th: Kitchen Essentials. *Get the skinny on what you need to start using your kitchen and healthy cooking substitutes*

Aug. 21st: You've Got it Made: *Cook once, eat three times! Learn to love your slow cooker*

Aug. 28th: Meals on the Run: *Did you know breakfast is the most important meal of the day? Get ideas and prepare recipes for a healthy breakfast on the go*

A Week of Healthy Eats Webinar: Planning your weekly menu can save you time, money and calories. Learn how to put together a 7-day plan and shopping list of nutritious foods for simple and tasty meals. Email slwade@columbus.gov to get the webinar link.

Columbus Public Health Farmer's Markets: Variety of fresh fruits and vegetables at Columbus Public Health's annual farmers markets. Because many chronic health conditions – including diabetes, overweight and obesity – are related to poor nutrition, Columbus Public Health holds three farmers markets each year in an effort to bring healthier food to Columbus residents.

Yoga, Fitness and Zumba Classes: Registration forms are available at www.hr.columbus.gov/helathycolumbus under Events and announcements. Adult dependents may participate if there is room in the class.

Free Columbus Commons Fitness Classes: These classes are not sponsored by Healthy Columbus, but are free to all Central Ohio residents. Visit www.columbuscommons.org to register for classes.

Tobacco Free For Life Program: Employees and adult dependents can quit tobacco with the help of a Quit Specialist at one of four city locations or at the Total Wellness Concepts offices. Get 2 months of free patches, gum or lozenges. Participation in this program is confidential. Call 614-390-3935 to get started.

Art Walks: Join in conversations during these free, hour-long guided tours led by expert historians and guides. Whether you live up the street or are visiting from another city, take a walk while taking in local culture. These unique tours offer a great way to explore the art, history, and architecture of our Columbus neighborhoods. Tours will begin promptly at the time and location listed. No need to register in advance – just show up. Visit columbuslandmarks.org for complete tour information. In case of inclement weather, please call 614-221-0227 for tour status. A recorded message will be left by 6 p.m. on tour days. Visit http://publichealth.columbus.gov/health_rss.aspx?id=59481 to find the meeting locations for each art walk.