Healthy Columbus Calendar: **September 2013** hr.columbus.gov/healthycolumbus

See p. 2 for registration details and locations for events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Standing classes **Yoga (stress)** 910 Dublin Rd 12:00-1:00 Health 11:15-12:15 Health 11:30-12:30 **Yoga (strength)** 77 N. Front 11:45-12:45 **Fitness Basic** Fire Academy 11:30-12:30 **Zumba** 757 Carolyn Ave. 4:45-5:45 **Tobacco Free For Life** 1250 Fairwood 10:00-2:00	**Standing classes** **Yoga (stress)** Fire Academy 11:30-12:30 COAAA 5:30-6:30 **Yoga (strength)** Health 1:00-2:00 **Fitness Basic** Police Academy 11:30-12:30 77 N. Front 11:30-12:30 **Fitness Challenge** Health Dept. 5:30-6:30 **Tobacco Free For Life** 77 N. Front St- 10:00-1:00	**Standing classes** **Yoga (stress)** 1111 E. Broad St. 11:30-12:30 77 N. Front 11:30-12:30 **Zumba** 910 Dublin Rd. 4:45-5:45 Health Dept. 5:00-6:00 **Tobacco Free For Life** Health Dept.- 1:00-5:00	**Standing classes** **Yoga (stress)** Muni. Cts. 12:15-1:15 **Fitness Basic** Health Dept. 11:30-12:30 **Zumba** 77 N. Front 5:15-6:15 **Tobacco Free For Life** 77N. Front St.. 11:00-2:00 TWC Agler Rd. Office-2:30-7:00	**Standing classes** **Yoga (stress)** 1250 Fairwood Ave. 12:00—1:00 **Tobacco Free For Life** Total Wellness Concept Offices by appointment any day of the week.
2	3	4 **How we Roll COGO Tour 12-1**	5	6 **How we Roll COGO Tour 12-1**
9	10	11 **How we Roll COGO Tour 12-1**	12	13 **How we Roll COGO Tour 12-1** **Last Day to sign up for produce/meat subscriptions**
Q4 Fitness Catalog & Registration available on the Healthy Columbus website under Events and Announcements				
16	17	18 **How we Roll COGO Tour 12-1**	19	20 **How we Roll COGO Tour 12-1**
23	24	25 **How we Roll COGO Tour 12-1**	26 **Nutrition 101 Webinar 12-1**	27 **How we Roll COGO Tour 12-1**
9/23-9/27. Last week of Q3 Yoga, Zumba and Fitness Classes.				
30				
Walk with the City's team for Making Strides Against Breast Cancer on 10/27. Raise/donate $20 or more and get a free t-shirt! Friends, family, pets and strollers welcome!				

Fall Health Fair/Flu Shot Clinics:

Oct. 1: 1881 E. 25th Ave., 7am-11am
Oct. 2: 77 N. Front St., 7am-12:30am
Oct. 3: 375 S. High St. (18th Floor). 10am-1pm
Oct. 8: 240 Parsons Ave., 7am-12:30pm
Oct. 9: 3639 Parsons Ave., 9am-12pm
Oct. 10: 1111 E. Broad (Citywide Training): 10am-1pm
Oct. 15: 1250 Fairwood, 11am-3pm
Oct. 17: 910 Dublin Rd., 9:30am-12:30pm

New Q4 fitness classes begin the week of 10/14. Choose from Body Burn, TRX Suspension, Stretch and Sculpt, Kickboxing, Cardio Circuit & Challenge and Total Body Blast, Tight Tush & Tummy, Piloxing, La Blast, Zumba, Yoga for Stress, Strength & Chair Yoga.

healthy COLUMBUS
CITY EMPLOYEE WELLNESS PROGRAM

THE CITY OF COLUMBUS
MICHAEL B. COLEMAN, MAYOR
DEPARTMENT OF HUMAN RESOURCES

September 2013

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

How We Roll COGO Tour:

Free educational bike tours twice weekly (Weds/Fri) through October. These rides occur during the lunch hour, and begin and end at the station at Broad & High. Register at https://howweroll-cogo.eventbrite.com.

If the tour you want is full, please contact khseringer@columbus.gov. Healthy Columbus will offer free tours for employees in the Spring of 2014 if there is interest!

Nutrition 101 Webinar:

From label reading to understanding fats, this class will cover the principles you need to know to make informed nutrition decisions. Email slwade@columbus.gov for the webinar link.

Making Strides Against Breast Cancer Walk: 700 women in Franklin County will be diagnosed with breast cancer in 2013**.** Finish the fight against Breast cancer.

Grab your family, friends, co-workers and join the City's team to walk the 5K (3.1 miles) on October 27th. There is no fee to walk- employees who raise or donate $20 or more will get this free long sleeved t-shirt! Email khseringer@columbus.gov to join our team! Prizes will be awarded to the top fundraiser and the team members from the department with the highest participation!

Farm Fresh Meat and Produce Delivered to your Home or Work!

Fall Subscriptions include 9 weeks of produce from New Century Farms in Circleville and 2 months of meat from Oink Moo Cluck Farms.

Eighty percent of the produce subscription items are seasonal items foods you are familiar with (selected by the farmer) including apples, tomatoes, eggplant, melons, potatoes, squash, zucchini, onions, corn and more! Recipes will be included with the items you might be less familiar with. Work delivery at Columbus Public Health or City Hall/Downtown (Wednesday afternoons). Home delivery is available for produce. Payment can be made in installments.

Meat orders are customizable and delivered once a month. Call 500-3276 with questions. Sign up and learn more at www.azoti.com/cityofcolumbus.

Yoga, Fitness and Zumba Classes:

Registration forms are available at www.hr.columbus.gov/healthycolumbus under Events and Announcements for the remainder of Q3. Adult dependents may participate if there is room in the class.

The Q4 class offerings have been re-vamped! Look for the Q4 Group Fitness Classes Catalog on the Healthy Columbus Website beginning September 9th.

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.