

# HEALTHY LIFESTYLE CLUB

CHIP/PIVIO™



## TAKE CONTROL OF YOUR HEALTH

Our goal is for members to make good choices so they can control how they feel at home and work. We know that if we take breaks, prioritize sleep, stay on track with our healthy eating routines and get exercise, we will be calmer, have a clearer head and live/work more effectively.

### Our mission

It is the mission of the Healthy Lifestyle Club to promote the health and wellness of CHIP and Pivio graduates through education and initiatives that:

- Encourage wellness habits.
- Increase awareness of factors and resources contributing to well-being.
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community.

For more information about the Healthy Lifestyle Club, contact Ileana Jarecki at 402-562-4490 or [imjarecki@columbushosp.org](mailto:imjarecki@columbushosp.org).

### 2024 schedule:

All meetings take place in the Columbus Wellness Center's multipurpose room.

#### Tuesday, Feb. 20 – 5:30-6:30 p.m.

*Topic:* Cardiovascular disease 101

*Presenter:* Dr. Sabu George, Columbus Cardiology Clinic

#### Tuesday, April 23 – 5:30-6:30 p.m.

*Topic:* Inflammation: How to manage

*Presenter:* Dr. Mukund Kumar, Faith Regional Physician Services – Rheumatology

#### Thursday, Aug. 29 – 5:15-7 p.m.

*Reservations needed*

*Topic:* Cooking plant-based (cooking demonstrations)

*Presenters:* Susan Olmer, Joan Plummer, Angie Fehringer and Dr. Luke Lemke

#### Wednesday, Nov. 6 – 5:30-6:30 p.m.

*Topic:* Lifestyle medicine/longevity medicine and recent studies

*Presenter:* Dr. Luke Lemke, Columbus Medical Center