

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 Danielle Frewing at 402-562-4483 or dafrewing@columbushosp.org.

2025 schedule:

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

Wednesday, March 26 – 5:30-6:30 p.m.

Topic:

The effects of lifestyle on mental health

Presenter:

Dr. Emily Royer, Columbus Psychiatry Clinic

Wednesday, June 25 – 5:30-6:30 p.m.

Topic:

12 hallmarks of aging and the effects of lifestyle

Presenter:

Dr. Luke Lemke, Columbus Medical Center

Wednesday, Sept. 24 – 5:30-6:30 p.m.

Reservations needed

Topic:

Plant-based demonstration and anti-inflammatory eating

Presenter: Susan Olmer