

Member Update

McCONNELL HEART HEALTH CENTER



December 2023

UPCOMING EVENTS

Generosity: Cultivating Open-Hearted Presence, A Mindfulness-Based Offering

Join us for a two-hour mindfulness mini retreat exploring Generosity, one of the foundations of Mindfulness-Based Stress Reduction (MBSR).

We will be engaging in various practices such as mindful movement, loving kindness and sitting meditation. These practices are intended to soften and expand our hearts, growing our capacity to be more fully present for ourselves and others.

Please wear loose-fitting, comfortable clothing and bring a blanket or small pillow for comfort/support, and, if desired, a water bottle. Register soon as space is limited for this no-cost, in-person event!

Dates: Monday, December 4 from 1:00-3:00 PM

Location: McConnell Heart Health Center, Classrooms A and B

Cost: Free!

Registration: Click [here](#) to register.

Bone Health Program

If you've been diagnosed with Osteoporosis or Osteopenia, we've got the perfect program for you! Join the Bone Health Program at the McConnell Heart Health Center. Space is limited so please reserve your spot today!

Dates: January 15 and 16, 2024, from 1:00-2:30 PM

Location: McConnell Heart Health Center, Classroom 1

Cost: \$35 for McConnell members and \$45 for non-members.

Registration: Call **(614) 566-2700** and select option three.

CLASSES

Land class schedule

Aquatic class schedule

WORKOUTS

Stretches to help you survive
Holiday activities

CHEF'S CORNER

12 Healthy substitutes to use
in your holiday baking



UPCOMING EVENTS (CONT.)

Healthy Pelvic Floor Program

Join us for a 6-week series on exercises to help support and strengthen your pelvic floor. This class will meet weekly and experience the following:

- + Specialized Weekly Exercise Class
- + Educational speaker from a Pelvic Floor Therapist
- + Information on prevention for all ages
- + Special Pilates for Pelvic Floor with Kami Prince (Seated or Mat)

Dates: January 8 through February 12, 2024 on Mondays from 12:30-1:30pm (Speaker is on January 22, 11:30 AM to 12:30 PM with class to follow)

Location: Studio 2

Instructors: Erin Fausett and Kami Prince

Cost: \$35 for members \$50.00 for non-members

Registration: Sign up at the front desk or call (614) 566-5356.

Masters Swimming

A swim coach will help hone your stroke technique while giving you a conditioning one-hour workout. There is a maximum number of eight swimmers permitted. The total distance is 1,200-3,000 yards (dependent upon individual skill level).

Dates: Monday mornings, 6-7 AM

Cost: \$60 for five one-hour workouts or \$100 for 10 one-hour workouts.

Registration: Call Lisa Drugan at (614) 566-3828.

Inner Tube Water Polo

Join us for some holiday fun and:

- + De-stress for the holidays.
- + Come and play inner tube water polo with your friends or while meeting new ones.
- + Players sit in inner tubes and swim and paddle their way to shooting a goal.
- + Rules of the game are similar to hockey and soccer.

Date: Wednesday, December 13, 6–7 PM

Cost: Free!

Registration: Pre-register at the front desk or on the Empower M.E. online portal. Pre-registration is required as space is limited to 12 participants.

OTHER UPDATES

Annual McConnell Heart Health Center Diabetes Forum

Save the Date for the Annual McConnell Heart Health Center Diabetes Forum on March 9, 2024, featuring expert speakers and a health fair. The event runs from 9 – 11:30 AM and takes place in classrooms A and B and the café. More information coming soon.

Locker Rental Available

Men's and women's lockers are available for rental for only \$15 per month. Stop by the Communication Center for more information and availability.