

# Member Update

McCONNELL HEART HEALTH CENTER



November 2023

## UPCOMING EVENTS

### Healthy Through the Holidays

Want to reinforce your healthy lifestyle and work to keep your weight under control this holiday season? Sign up for Healthy Through the Holidays, an eight-week challenge. Avoid gaining more than two pounds, and you'll be entered in a prize drawing.

**Dates:** November 13, 2023 - January 21, 2024

**Location:** McConnell Heart Health Center

**Cost:** \$10

**Registration:** Register between October 20 and November 19 at the Communications desk or through the Empower M.E. member portal

### Food for Thought Lecture Series

The Gerlach Center offers free education programs to the community that cover a wide variety of topics specific to older adults and their caregivers.

**Dates:** Second and fourth Wednesdays of each month at 12:30 PM

**Location:** Neuroscience Wellness Center, Classroom A

**Cost:** Free!

**Registration:** Call (614)566-5858, email [SeniorHealth@OhioHealth.com](mailto:SeniorHealth@OhioHealth.com) or by stopping by our front desk.

## CLASSES

Land class schedule

Aquatic class schedule

## WORKOUTS

28 Top spots to see Ohio's best fall colors

## CHEF'S CORNER

Your favorite Thanksgiving recipes, with a healthy twist



## UPCOMING EVENTS (CONT.)

### Gerlach Center for Senior Health Food for Thought Series: Leqembi

Alzheimer's disease will affect 14 million people by 2060. What can be done to change this disease? Join us as we discuss the future of Alzheimer's disease and a new medicine to treat it. You can also join a research study by completing a survey about how people think about memory problems and a new medicine to treat people with memory problems.

**Presentors:** Melissa Mann, DO and Stephanie Garrett, MD,  
*Gerlach Center for Senior Health*

**Date:** November 8, 12:30 PM

**Microsoft Teams Meeting:** Click [here](#) to join meeting

**Meeting ID:** 212 252 597 088 **Passcode:** CCp8A3

**Registration:** Please call (614) 566-5858 or email  
[SeniorHealth@OhioHealth.com](mailto:SeniorHealth@OhioHealth.com)

**Series update:** *There will be no session on November 22 due to Thanksgiving holiday.*

## OTHER UPDATES

### 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.