



## Columbus Community Hospital Occupational Health Services invites you to join us each month

- **Tuesday, June 19, 2018** Benefits of Walking, Dr. Luke Lemke - Lake Esther
- **Tuesday, July 17, 2018** Importance of Pre and Post Workout Stretch, Doug Janssen - Castner's Crossing
- **Tuesday, August 21, 2018** Mindfulness, Kelli Thomazin, PA-C - Pawnee Park (meet in front of Memorial Stadium)
- **Tuesday, September 18, 2018** Metabolic Syndrome, Dr. Daniel Rosenquist - Lake Esther
- **Tuesday, October 16, 2018** Running in the Cold, Randy Perault - 1C Field House
- **Tuesday, November 20, 2018** Fractures, Sprains and Strains, Oh My!, Dr. Dustin Volkmer - 1C Field House
- **Tuesday, December 18, 2018** Exercise when sick: Should you sweat it out?, Dr. Michelle Sell - 1C Concrete Gym
- **Tuesday, January 15, 2019** A Good Night's Sleep, Dr. Jeffrey Gotschall - 1C Wood Gym
- **Tuesday, February 19, 2019** The Dangers of Caffeine, Dr. Joseph Citta - 1C Wood Gym
- **Tuesday, March 19, 2019** Headphones and your Hearing, Dr. Nila Novotny - US 30 Center Mall
- **Tuesday, April 16, 2019** Mindful Eating: Learn How to Listen and Nourish Your Body, Kelli Thomazin, PA-C - Pawnee Park (meet in front of Memorial Stadium)

Walk with a Doc is the Third Tuesday of every month from 5:30 p.m. - 6:30 p.m.  
Walking location due to inclement weather: US 30 Center Mall

*CCH employees will receive 150 SimplyWell points for participating.  
Employees will be required to sign in at the event and OHS will coordinate with SimplyWell to distribute wellness points to individual employees accordingly.*

