



# LIVING Swell

LIVE LONGER AND STRONGER



COLUMBUS  
FIELDHOUSE



Dietitians will  
provide healthy  
and delicious food  
demonstrations.

**ALL AGES  
WELCOME!**

Drawings for giveaways:

- Two adult bikes
- Two kids bikes
- Two scooters
- Hyvee gift certificates
- CSPC gift certificates
- Columbus Fieldhouse passes
- Columbus YMCA passes
- Columbus Massage Therapy gift certificates
- Basket of healthy snacks

**Featured speakers:**

- Luke Lemke, MD  
Columbus Medical Center
- Leslie Bonci, MPH, RD  
Active Eating Advice/  
Performance 365
- Kevin Reichmuth, MD  
Nebraska Pulmonary Specialties

YMCA and Columbus  
Sports Performance  
Center will provide  
free activity  
demonstrations.

Free screenings:

- Blood pressure
- Paraffin Hand Wax  
Dips
- Atrial Fibrillation  
Screenings
- Vision Screenings

**PLUS,  
OVER 20  
VENDORS!**



For more information about this event, and the  
complete list of vendors, scan the QR code.



COLUMBUS  
COMMUNITY HOSPITAL

f X @ P columbushosp.org

