



LIVING

Swell

LIVE LONGER AND STRONGER



COLUMBUS
FIELDHOUSE



**ALL AGES
WELCOME!**

Drawings for giveaways:

- Two adult bikes
- Two kids' bikes
- Two scooters
- Hy-Vee gift certificates
- Columbus Sports Performance Center gift certificates
- Columbus Fieldhouse passes
- Columbus YMCA passes
- Columbus Massage Therapy gift certificates
- Basket of healthy snacks

Thursday, Oct. 23
4-8:30 p.m.

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The first 50 youth to attend the event will receive a Living Swell swag bag filled with fun giveaways.

There also will be giveaways for adults.

Dietitians will offer healthy and delicious food demonstrations.

Featured speakers:

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

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

Free health services:

- Blood pressure screenings
- Paraffin wax hand dips
- Atrial fibrillation screenings
- Vision screenings



**PLUS,
MORE THAN
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