



LIVING Swell

LIVE LONGER AND STRONGER



COLUMBUS
FIELDHOUSE



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

COLUMBUS FIELDHOUSE

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.



**PLUS,
MORE THAN
20 VENDORS!**

Dietitians will
offer healthy
and delicious food
demonstrations.

**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

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



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



COLUMBUS
COMMUNITY HOSPITAL

f X @ p columbushosp.org