

Columbus Center Services and Programs

Members living in the Central Ohio area are invited to take advantages of services and programs offered at our corporate office, located at 510 Wilson Bridge Road Suite G, Worthington Ohio. These activities include:

InforMED™ Health 101 – offered in a 4-session format, food is served at each class

InforMED™ Health 201 – offered in a 4-session format

InforMED™ Health 301 – offered both live and via teleconference

Cooking Classes – Wellness Forum Health is home to Celebrity Chef Del Sroufe, *New York Times* best-selling author of the *Forks Over Knives* cookbook, *Better Than Vegan*, *China Study Quick and Easy*, and *China Study Family Style*. Chef Del and his staff offer interesting, varied, and entertaining cooking classes regularly for both members and non-members. Recipes are provided.

Wine and Dine – this popular series is offered several times per year. Participants bring their own wine (or other favorite beverage), Chef Del and the staff prepare and serve a 4-course meal while providing entertaining discourse about the food. Recipes are provided.

Workshops and Special Events – workshops on a variety of health-related topics, some featuring guest speakers; potlucks, movie nights, weekend retreats and more!

Calendars are mailed out to local members every month; an online calendar can be found on our website at www.wellnessforumhealth.com

Food!

Fresh Prepared Foods

Wellness Forum Foods features the incredible cuisine of renowned chef Del Sroufe. Del has been a celebrity chef in Central Ohio for many years. He has worked in two area vegetarian restaurants, operated his own vegan bakery, and cooked for some of Columbus' most prominent families.

Chef Del has created an extensive menu that appeals to a wide variety of tastes, ranging from comfort foods to unusual ethnic dishes, all of which feature the freshest ingredients available.

We can arrange for meals to be delivered to your office, home, or other location, or you can stop in to see our fresh selections in the deli case.

We make custom orders. If you really want something specific, please call ahead - we will set it aside for you.

In-The-Bag Foods

We make an extensive line of shelf-stable products which include cereals, bread mixes, instant soups, entrées, meat substitutes, desserts, and more! These products are inexpensive, convenient, shelf-stable, and easy to make.

Stop in! Store Hours: Monday-Thursday 9AM-9PM; Friday 9AM-5PM

Catering: We cater many different events, ranging from an intimate dinner party to large gatherings like wedding receptions. Menus for these events can be highly customized.

Cooking Classes: In addition to the cooking classes which are offered as part of our regular local programming, we offer private cooking classes, which can be scheduled in our commercial kitchen, in your home or office, or other location. We can accommodate both small and large groups.

To consult with one of our staff or to place an order, please call 614 888-FOOD (3663).

Hot Yoga at Wellness Forum Health

Our hot yoga program is a very specific type of yoga involving 26 poses, all of which are performed twice in a 90-minute class. The room is kept at 105 degrees, and the humidity is set at 40% in order to promote sweating and detoxification.

The heat and humidity contribute greatly to the positive effect. This allows maximum muscle stretch while minimizing the opportunity for injury. You'll also sweat more (this is good for you!), your heart rate will increase (also good for you!), and you'll burn fat (even better!).

You can do it! It does take some time to get used to the heat. Your first goal is to get to the place where you can stay in the classroom for the full 90 minutes, and many students frequently sit and rest during their first few classes. This is fine – students can also learn from observing.

Our instructors are trained to teach and correct. Yoga is only beneficial if the poses are done correctly. Teachers frequently demonstrate, and walk around the room in order to make corrections. You will receive individual attention during class.

We are open 365 days per year. (including holidays). This means that you can take classes often and when yoga best fits into your schedule.

Our packages make yoga affordable. You can try us out for a week for only \$15, and unlimited yoga is available for only \$49 monthly (6 month commitment required).

Fitness at Wellness Forum Health

Both individual sessions and group classes are available at our private gym. We offer programs for everyone, ranging from those who just want to get in shape or remain that way to the professional athlete.