



Ask the Dietitian

Tentative topics are:

SEPTEMBER 7, 2018

Healthy Nutrition for Healthy Teeth

SEPTEMBER 14, 2018

Hydrate Right

SEPTEMBER 21, 2018

What is Magnesium?

SEPTEMBER 28, 2018

Money Saving Grocery Shopping Tips

OCTOBER 5, 2018

Is Your Body Trying to Tell You Something?

Common Nutrient Inadequacies and Deficiencies

OCTOBER 12, 2018

Cooking Tips for One or Two

OCTOBER 19, 2018

Special Nutrient Needs of Older Adults

OCTOBER 26, 2018

Where to Store Foods in the Kitchen

NOVEMBER 2, 2018

What are Food Additives?

NOVEMBER 9, 2018

Choose Healthy Fats

NOVEMBER 16, 2018

Dash Diet: Reducing Hypertension Through Diet and Lifestyle

NOVEMBER 23, 2018

No Topic

DECEMBER 7, 2018

Supplements and Safety

DECEMBER 14, 2018

Holiday Home Food Safety Tips

DECEMBER 21 & 28, 2018

No Topic



Join us September through December as a CCH dietitian will be available in the multipurpose room at the Wellness Center from 11:30 a.m. - 12:30 p.m. to discuss a Nutrition topic for 30 minutes and then be available afterwards to answer any individual questions.

There is no cost for the class or time with the dietitian.



For more information contact
Joan Plummer RD LMNT CDE at 402-562-4462
or Susan Olmer RD LMNT at 402-562-4460

* *Ask the Dietitian, 50 points for attending each session. Participants will be required to sign in to each session. OHS will coordinate with Simply Well to assign points.*