

COLUMBUS COMMUNITY HOSPITAL

Support Groups

Group	Phone
Brain Fog classes	402-562-4436
Breastfeeding class	402-562-3266
Bump & Beyond Prepared Childbirth class	402-562-3266
CHIP/Pivio club	402-562-4490
Columbus Alzheimer's and dementia support group	402-910-8111/402-910-8580
Cooking classes	402-562-4462
Diabetes activity group	402-562-4462
Diabetes Tidbits	402-562-4462
Diabetes support group	402-562-4462
Enhance Fitness classes	402-564-9477
Food Thoughts	402-562-4462
Grief support group	402-562-3300
Helping Hands Cancer Foundation support group	402-270-7740/402-562-4436
LIVESTRONG® exercise group	402-564-9477
Parkinson's wellness group	402-562-3333
Rock Steady Boxing for Parkinson's	402-562-3333
SPEAK OUT exercise group	402-562-3333
Spine Fit classes	402-562-3333
TBI and stroke support group	402-562-3333
A Time to Heal	402-562-4794

Since date and place of meetings are subject to change, please phone contact prior to meeting for confirmation.