



CLUB CHIP

2023 SCHEDULE

All meetings are held in the YMCA multipurpose room.
Food samples will be provided at each meeting.

Tuesday, Jan. 24

5:30-6:30 p.m.

Topic: The truth about carbs
Presenter: Joan Plummer, RD, LMNT

Tuesday, Feb. 28

5:30-6:30 p.m.

Topic: At the heart of CHIP...
Presenter: Dr. Luke Lemke

Tuesday, Mar. 28

5:30-6:30 p.m.

Topic: Preparing your body for more activity
Presenter: Lucas Novotny, MS, CSCS

Tuesday, Apr. 25

5:30-6:30 p.m.

Topic: Living your best life includes emotional health
Presenter: Shelby Czarnick, MSW, LIMHP

Tuesday, May 23

5:30-6:30 p.m.

Topic: Great produce for our area
Presenter: Kelly Feehan, UNL extension educator

Tuesday, June 27

5:30-6:30 p.m.

Topic: Sensational summer snacks
Presenter: Katie Beller, RD, LMNT

Tuesday, July 25

5:30-6:30 p.m.

Topic: How healthy eating helped me
Presenter: Betsy Rall

Tuesday, Aug. 22

5:30-6:30 p.m.

Topic: Energy snacks that are good for you
Presenter: Joan Plummer, RD, LMNT

Tuesday, Sept. 26

5:30-6:30 p.m.

Topic: Benefits of fasting
Presenter: Dr. Luke Lemke

Tuesday, Oct. 24

5:30-6:30 p.m.

Topic: Great food! Good choices.
Presenters: Dylan Thompson & Jamen Danielson,
Clean Slate Food Co.

Tuesday, Nov. 28

5:30-6:30 p.m.

Topic: Goodies without the guilt
Presenter: Susan Olmer, MS, RD, LMNT

Wednesday, Dec. 27

5:30-6:30 p.m.

Topic: What has worked well for me!
Presenters: Four of our own CHIP graduates

Eligible CCH employees will receive Virgin Pulse points when they sign in at each Club CHIP event.