



News Release

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### **Hospital brings new lifestyle medicine program to Columbus**

For Immediate Release

**(COLUMBUS, Neb.)** – Columbus Community Hospital’s Occupational Health Services is offering a new lifestyle medicine program to the public.

According to the Lifestyle Medicine Institute, Pivio is built on the scientifically proven principles of lifestyle medicine and the Complete Health Improvement Program (CHIP). Pivio works with program participants to identify lifestyle conditions that could allow disease to take root. It then steers them toward a lifestyle that creates positive, long-term change.

“Pivio is an excellent program that highlights the everyday challenges that get in the way of people living their best life,” said Dr. Luke Lemke, program facilitator and doctor at Columbus Medical Center. “It focuses on overcoming life’s challenges, and incorporates habits to help maintain a healthier lifestyle.”

The program consists of 18 one-hour sessions for 13 weeks, starting Monday, Jan. 22, from 5:30-6:30 p.m. at the Columbus Wellness Center. The cost of the class is \$220, which includes two blood work-ups and biometric measurements, class materials and a free Columbus Family YMCA membership for the duration of the class.

“As a Pivio participant and former CHIP graduate, I found Pivio to be a priceless education experience toward my wellness goal,” said Ileana Jarecki, health and wellness manager at Occupational Health Services. “The lessons are a hands-on approach to a healthier lifestyle, which makes it very easy to succeed in the program. Plus, the videos and written materials are extremely useful and user-friendly.”

To learn more about Pivio or to enroll in the program, call 402-562-4490 or email [imjarecki@columbushosp.org](mailto:imjarecki@columbushosp.org) by Wednesday, Jan. 10.

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