



News Release

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### **CCH dietitians offer food for thought in 2023**

For Immediate Release

**(COLUMBUS, Neb.)** – Have fun and learn how to live a healthier life with Food Thoughts, a free educational series of classes through Columbus Community Hospital.

Food Thoughts classes are from 11:30 a.m.-12:30 p.m. every Friday in the multipurpose room at the Columbus Wellness Center. Dietitians lead the classes and provide expert advice about health and nutrition.

Topics for July-September include:

- July 7 — Food Tips for Summer Travel
- July 14 — Hydrate Right
- July 21 — Fire Up the Barbecue
- July 28 — Blue Banana Smoothies (cooking demo)
- Aug. 4 — Smart Snacks for Your Trip
- Aug. 11 — Irritable Bowel Syndrome
- Aug. 18 — Are Artificial Sweeteners Safe?
- Aug. 25 — Simple Pico De Gallo Recipe (cooking demo)
- Sept. 1 — Brain Health and Fish
- Sept. 8 — Foods for Eye Health
- Sept. 15 — Triglycerides – Why Do They Matter?
- Sept. 22 — Diverticulitis
- Sept. 29 — No-Bake Coconut Truffles (cooking demo)

The dietitians will answer questions following each presentation.

For more information about Food Thoughts, contact Susan Olmer at 402-562-4460 or Joan Plummer at 402-562-4462.

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