



News Release

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Spice up the new year with 2024 cooking classes

For Immediate Release

(COLUMBUS, Neb.) – Columbus Community Hospital invites you to discover new recipes and cooking techniques this year.

Each month, hospital dietitians and certified diabetes educators host healthy cooking classes where participants test their skills on new recipes. After the class, participants taste the completed recipes and share their cooking experiences.

All community members can join the fun by attending one of the monthly classes from 5:30-7 p.m. in the multipurpose room at the Columbus Wellness Center. The cost for each cooking class is \$15 per person.

Below is a complete list of the 2024 cooking class schedule:

- Jan. 9, 5:30-7 p.m. — “Soup’s On”
- Feb. 13, 5:30-7 p.m. — “Low-Calorie Sweets Without Guilt”
- March 19, 5:30-7 p.m. — “Breakfast, Anyone?”
- April 9, 5:30-7 p.m. — “Easy Meals for Busy Families”
- May 14, 5:30-7 p.m. — “Beans – The Miracle Fruit”
- June 11, 5:30-7 p.m. — “Summer Salads”
- July 9, 5:30-7 p.m. — “Recipes for 1 or 2”
- Aug. 13, 5:30-7 p.m. — “Gluten- or Dairy-Free – Now What?”
- Sept. 10, 5:30-7 p.m. — “Garden Variety”
- Oct. 8, 5:30-7 p.m. — “Mexican Flair”
- Nov. 12, 5:30-7 p.m. — “Carb Balance”
- Dec. 10, 5:30-7 p.m. — “Holiday Delights”

For more information or to register, call Joan Plummer at 402-562-4462 or visit columbushosp.org.



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