



News Release

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Spring diabetes event coming to the Columbus Wellness Center

For Immediate Release

(COLUMBUS, Neb.) – It can be a daily struggle to live with diabetes. This chronic disease increases a person’s risk for heart disease and stroke and can lead to other serious complications, such as kidney failure, blindness and the need to amputate a toe, foot or leg.

Columbus Community Hospital actively works to educate the community on the risks of diabetes, and help people living with the disease prevent these complications.

As part of these efforts, CCH will host a spring diabetes event from 5:30-7 p.m. on Thursday, April 18, at the Columbus Wellness Center. The event is free and open to the public, and will help attendees better manage and understand diabetes.

During the event, attendees can enjoy a light meal while browsing diabetes-related booths and enjoying a mini-tour of the Columbus Fieldhouse. The event will also feature two speakers. Jay Pelan, a physical therapist with Premier Physical Therapy, will present on “Applying training principles into daily exercise.” After his presentation, Marina Channer, a registered dietician, will share “Pre- and post-workout snacks.”

You can register for this event by calling 402-562-4462 before April 15.

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