



News Release

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Food Thoughts: September Schedule

For Immediate Release

(COLUMBUS, Neb.) – Learn how to live a healthier life with Food Thoughts, a free educational series of classes at Columbus Community Hospital.

Food Thoughts classes take place every Friday and focus on nutrition-related topics. CCH dietitians lead the classes and provide expert advice about health and nutrition. Classes are 11:30 a.m.-12:30 p.m. in the multipurpose room at the Columbus Wellness Center.

Tentative topics include:

- Sept. 3 – The benefits of java.
- Sept. 10 – Are artificial sweeteners safe for kids?
- Sept. 17 – What is the low FODMAP diet?
- Sept. 24 – Global foods for a healthy plate.

Dietitians are available to 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.