



News Release

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CCH's Occupational Health Services offers program to improve your health

For Immediate Release

(COLUMBUS, Neb.) – Columbus Community Hospital's Occupational Health Services is once again offering the Complete Health Improvement Program (CHIP) to the public.

CHIP is an affordable lifestyle enrichment program designed to reduce disease risk factors through lifestyle modifications. The program aims to lower participants' cholesterol, blood pressure and blood sugar levels and reduce their excess weight.

The class includes three blood work-ups, class materials, food sampling and a free Columbus YMCA membership for the course (if the participant is not already a current YMCA member).

CHIP courses are offered in 18 one-hour sessions over the span of three months. Participants can attend classes at noon or 7 p.m. starting Monday, June 5, in the Columbus Wellness Center's multipurpose room. The deadline to enroll in the CHIP-24 sessions is Monday, May 22, 2023.

To learn more about CHIP and how to enroll in the program, call 402-562-4490, email imjarecki@columbushosp.org or visit columbushosp.org.

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