



News Release

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**CCH's Occupational Health Services to Offer  
Complete Health Improvement Program (CHIP) to the Public**

For Immediate Release

**(COLUMBUS, Neb.)** – Columbus Community Hospital's (CCH) Occupational Health Services is 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's goal is to lower participants' cholesterol, blood pressure and blood sugar levels and help them lose excess weight.

CHIP courses are offered in 18 one-hour sessions for 12 weeks. Participants can attend classes virtually via Zoom at noon or 7 p.m., starting Monday, April 5, 2021. All CHIP-18 Zoom participants will receive a free 12-week membership to the Columbus YMCA.

To learn more about CHIP and how to enroll in the program, call 402-562-4480, email [imjarecki@columbushosp.org](mailto:imjarecki@columbushosp.org) or visit [www.columbushosp.org](http://www.columbushosp.org).

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