



News Release

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Hospital offers free event on emotional well-being in the workplace

For Immediate Release

(COLUMBUS, Neb.) — Employee morale is at an all-time low, with workers experiencing higher levels of anxiety and depression. This is costing the U.S. economy more than \$210 billion annually in absenteeism, reduced productivity and medical costs.

Columbus Community Hospital is offering a free Lunch & Learn on emotional well-being in the workplace, featuring Karen Rehm, the wellness services manager at the Nebraska Safety Council.

The hospital's Occupational Health Services department will host the event from 11:30 a.m.-1 p.m. Tuesday, March 21, in the Platte and Prairie rooms of the first-floor conference center.

Join Rehm to learn more about identifying and addressing mental health in the workplace and helping your staff and coworkers.

Attendees must register for the event by Friday, March 17. For more information or to register, contact Ileana Jarecki at 402-562-4490 or imjarecki@columbushosp.org.

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