



News Release

Contact: Amy Blaser, Vice President

Phone: (402) 562-3371

Email: aebblaser@columbushosp.org

Date: May 16, 2019

Platte County Lifestyle Coalition Working to Create a Healthier Community

For Immediate Release

(COLUMBUS, Neb.) – The Platte County Lifestyle Coalition (PCLC) is a grassroots effort to create a culture of health in our community. It encourages people to move more, eat healthier and get proper rest so they can live their healthiest lives.

The coalition has organized several local programs and events designed to improve the health of community members. For example, the coalition recently organized a Walk to Jerusalem with nine local churches and Youth and Families for Christ. It was an imaginary walk from Columbus, Nebraska to Jerusalem, Israel that took place over 12 weeks. The event's 1,000 participants walked more than 219,000 miles – enough to make 29 round trips from Columbus to Jerusalem.

Other recent coalition efforts include creating an after-school running club at St. Isidore School and bringing the Complete Health Improvement Program (CHIP) to a local business. CHIP is a 12-week intensive lifestyle enrichment program – offered through Columbus Community Hospital – which is designed to reduce disease risk factors through better health and eating habits.

These are just a few of the programs and events the PCLC has brought to the community, but the coalition is always looking to do more. Community members are encouraged to join the coalition so they can help promote a culture of health in Columbus.

The coalition meets on the second Friday of each month from 7 to 8 a.m. The June meeting will be held June 14 in the Columbus Wellness Center's multipurpose room at 3912 38th St.

For more information on the coalition or how to join, contact Roberta Miksch at rhmiksch@columbushosp.org.

The PCLC has received valuable technical assistance and guidance from the Rural Futures Institute and the University of Nebraska.

###