



News Release

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### **CCH dietitians offer food for thought**

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 are from 11:30 a.m.-12:30 p.m. every Friday in the multipurpose room at the Columbus Wellness Center and focus on nutrition-related topics. Dietitians lead the classes and provide expert advice about health and nutrition.

Tentative topics for April include:

- April 1 – The basics of the nutrition facts label.
- April 8 – Love your heart. Love your food.
- April 15 – Eat right for a healthy mouth and teeth.
- April 22 – Try food from around the world for breakfast.
- April 29 – Easy roasted vegetables (cooking demo).

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.

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