



News Release

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

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. Dietitians lead the classes and provide expert advice about health and nutrition.

Tentative topics for August include:

- Aug. 5 — Body image and you.
- Aug. 12 — Farmers market: Bringing the farm to the table.
- Aug. 19 — Reducing the risk of food allergies.
- Aug. 26 — Roasted beet hummus (cooking demo).

Dietitians can 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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