



News Release

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CCH dietitians offer food for thought in December

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 December include:

- Dec. 2 — Healthy baking alternatives.
- Dec. 9 — Ways to deal with dietary restrictions at holiday meals.
- Dec. 16 — Peanut butter chocolate chip date cookies (cooking demo).
- Dec. 23 & 31 — No class. Happy Holidays!

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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