



News Release

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CCH dietitians offer food for thought in July

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 July include:

- July 1 — Easing your child's constipation.
- July 8 — Gout.
- July 15 — Older adults and food poisoning.
- July 22 – Nutrition for celiac disease and related conditions.
- July 29 —Cauliflower no-crust quiche (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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