



News Release

Contact: Amy Blaser, Vice President

Phone: 402-562-3371

Email: aebblaser@columbushosp.org

Date: October 31, 2022

CCH dietitians offer food for thought in November

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 November include:

- Nov. 4 — Practical tips for managing diabetes at home.
- Nov. 11 — Top tips for safe stuffing.
- Nov. 18 — Pumpkin pie dip (cooking demo).
- Nov. 25 — No class. Happy Thanksgiving!

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.

###