



News Release

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Date: September 29, 2022

CCH dietitians offer food for thought in October

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 October include:

- Oct. 7 — 7 cancer prevention tips for your diet.
- Oct. 14 — Get to know your spice rack.
- Oct. 21 — Enjoy a healthy and happy Halloween.
- Oct. 28 — Alfredo bagel bites (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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