



News Release

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CCH dietitians offer food for thought in September

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 September include:

- Sept. 2 — Eating for mental health.
- Sept. 9 — Are canned foods nutritious for my family?
- Sept. 16 — Ways to reduce added sugars.
- Sept. 23 — What is glycemic index?
- Sept. 30 — Fruity guacamole (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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