



News Release

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Date: July 1, 2022

Columbus Community Hospital to host The Good Lifestyle Class

For Immediate Release

(COLUMBUS, Neb.) People who are at risk for chronic diseases and want to take the first step toward improving their health can receive free information at Columbus Community Hospital's The Good Lifestyle Class.

The class takes place from 6-8:30 p.m. on Tuesday, July 19, in the multipurpose room at the Columbus Wellness Center, 3912 38th St. in Columbus.

CCH's outpatient diabetes educators use this informational session to teach participants how to prevent and manage health problems through lifestyle changes. They will discuss carbohydrate counting, fat and calories, weight-loss strategies, the importance of physical activity, tips on healthy snacks and the process of setting personal goals for self-improvement.

"This class gives the participants an overview of what they can do in their own lives to improve their overall personal health," said Joan Plummer, dietician and class instructor.

People who are most at risk for high blood pressure, diabetes and heart disease include those who:

- Are overweight.
- Exercise infrequently.
- Are older than 45.
- Have a family member with diabetes or heart disease.
- Have high blood pressure or high cholesterol.
- Previously had gestational diabetes or a baby who weighed more than 9 pounds at birth.
- Are from an African American, American Indian, Asian American, Hispanic/Latino or Pacific Islander family background.

To register for the class, call 402-562-4462 or visit www.columbushosp.org.

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