



News Release

Contact: Amy Blaser, Vice President

Phone: 402-562-3371

Email: [aebblaser@columbushosp.org](mailto:aebblaser@columbushosp.org)

Date: December 30, 2021

### **Columbus Community Hospital to host healthy lifestyle class**

For Immediate Release

**(COLUMBUS, Neb.)** – People who are at risk for high blood pressure, diabetes or heart disease can learn more about how to live healthier at Columbus Community Hospital’s free healthy lifestyle class.

The class takes place from 6-8:30 p.m. on Tuesday, Jan. 18 in the multipurpose room at the Columbus Wellness Center, 3912 38<sup>th</sup> St. in Columbus.

CCH’s outpatient diabetes educators use this informational session to teach participants how to prevent and better manage health problems through lifestyle changes. During the class, they will discuss carbohydrate counting, fat and calories, weight-loss strategies, the importance of increased physical activity, goal setting and healthy snacks.

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](http://www.columbushosp.org).

###