



News Release

Contact: Amy Blaser, Vice President

Phone: 402-562-3371

Email: aebblaser@columbushosp.org

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Columbus Community Hospital to host healthy lifestyle class

For Immediate Release

(COLUMBUS, Neb.) – Columbus Community Hospital will host a free healthy lifestyle class from 6-8:30 p.m. October 26. CCH's outpatient diabetes educators teach the class.

The class will be in the multipurpose room at the Columbus Wellness Center at 3912 38th St. in Columbus.

During the class, participants will learn how to prevent and better manage health problems through lifestyle changes. They will discuss carbohydrate counting, fat and calories, weight-loss strategies, the importance of increased physical activity, goal setting and healthy snacks.

The class is for people whose lifestyle or family history puts them at risk of high blood pressure, diabetes or heart disease.

People who are most at risk 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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