



News Release

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Food Thoughts: January Schedule

For Immediate Release

(COLUMBUS, Neb.) – Almost every day, research studies about food and nutrition appear in the headlines. With so many news reports, how do you tell which information is reliable?

This January, Columbus Community Hospital would like to invite the public to a free educational series called Food Thoughts. This program gives community members the opportunity to interact with a nutrition professional and get their health questions answered.

The classes, led by CCH dietitians, are held in the Columbus Wellness Center's multipurpose room from 11:30 a.m. to 12:30 p.m. Following the discussion, the dietitians will be available to answer questions on nutrition-related topics.

Tentative topics for the sessions, include:

January 3— *What Is Malnutrition?*

January 10— *Shopping Healthy on a Budget*

January 17— *What Is an Elimination Diet?*

January 24— *The Role of Genetics in Food, Taste and Smells*

January 31— *Desktop Dining*

Our CCH dietitians can also answer questions about diabetes, weight loss, heart health, healthy cooking and much more.

For more information on CCH's Food Thoughts events, contact Susan Olmer at (402) 562-4460 or Joan Plummer at (402) 562-4462.

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