



News Release

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Food Thoughts: September 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 September, Columbus Community Hospital (CCH) 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:

September 6 — *Tips for Fueling Your Workout without Overdoing It*

September 13 — *The Facts About Coconut Oil*

September 20 — *Home Composting: Putting Your Scraps to Use*

September 27 — *Slaws Create a Fun Twist on Salads*

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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