



News Release

Contact: Amy Blaser, Vice President

Phone: 402-562-3371

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

Date: July 1, 2021

### **Food Thoughts: July Schedule**

For Immediate Release

**(COLUMBUS, Neb.)** – Learn how to live a healthier life with Food Thoughts, a free educational series of classes at Columbus Community Hospital.

Food Thoughts takes place each Friday throughout July and focuses on nutrition-related topics. CCH dietitians lead the classes and provide expert advice about health and nutrition. Classes are 11:30 a.m.-12:30 p.m. in the multipurpose room at the Columbus Wellness Center.

Tentative topics include:

- July 2 – Healthy lifestyle for older adults.
- July 9 – Four simple steps to keep food safe.
- July 16 – Fire up the barbeque.
- July 23 – Smart snacks for your trip.
- July 30 – Making fitness fun for the whole family.

Dietitians are available to answer questions following each presentation.

For more information about Food Thoughts, contact Susan Olmer at 402-562-4460 or Joan Plummer at 402-562-4462.

###