



News Release

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Date: September 24, 2019

Food Thoughts: October 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 October, 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:

October 4— *6 Tips to Lighten Your Carbon Footprint*

October 11— *Understanding Gout*

October 18— *Getting the Most Flavor and Nutrients*

October 25— *10 Ways to Save Time & Money at the Grocery Store*

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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