



News Release

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Healthy lifestyle class to begin new session in October

For Immediate Release

(COLUMBUS, Neb.) – Columbus Community Hospital’s Occupational Health Services is offering the Complete Health Improvement Program 20.0 sessions to the public, beginning Oct. 4.

CHIP is an affordable lifestyle enrichment program designed to reduce disease risk factors through lifestyle modifications. The program's goal is to lower participants’ cholesterol, blood pressure and blood sugar levels and help them lose excess weight.

CHIP-20 courses are offered in 18 one-hour sessions for 12 weeks. Participants can attend classes at noon or 5:30 p.m. at the Columbus Wellness Center. All CHIP-20 participants will receive a free 12-week membership to the Columbus YMCA.

The CHIP program also has a couple incentives for CHIP graduates. The program is inviting graduates to refer-a-friend to the CHIP program. If the referred individual completes the program with 80 percent participation, the graduate will receive \$50 in Columbus Bucks as a reward for helping someone else live their best life. CHIP graduates can also re-take the program one additional time.

To learn more about CHIP and how to enroll in the program, call 402-562-4480, email imjarecki@columbushosp.org or visit www.columbushosp.org.

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