



News Release

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Hospital offers lifestyle change program for people with diabetes

For Immediate Release

(COLUMBUS, Neb.) – If you’ve been diagnosed with diabetes, it can feel like you added a full-time job to everything else already going on in your life. At times, it can feel frustrating and overwhelming, but diabetic educators at Columbus Community Hospital want to help. They are hosting a lifestyle change program for people with diabetes.

The free program will last six weeks, starting on November 6th. Classes will be held each Wednesday from 12 p.m. to 1 p.m. at the hospital.

Diabetic educators will help participants get better control of their diabetes by teaching them lifestyle changes that can help improve their blood sugar levels.

Topics discussed during the class will include the following:

- How to work activity into daily life
- Tips on tracking food and the importance of calories and carbohydrates
- The importance of fiber in a diet
- The role of fat in diabetes
- How to handle special occasions

Every day, diabetics are in charge of checking blood sugar levels, counting carbs, getting exercise, creating healthy meal plans, taking medications and keeping up with health care appointments. This class will help teach participants how to instill healthy habits into their everyday lives.

Those who are interested in signing up should call Joan Plummer at 402-562-4462 or Amy Soulliere at 402-562-3322. To learn more about Columbus Community Hospital’s diabetic educators and other programs available at the hospital, visit www.columbushosp.org.

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