



News Release

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### **Spice up the new year with 2023 cooking classes**

For Immediate Release

**(COLUMBUS, Neb.)** – Columbus Community Hospital invites you to discover new recipes and techniques this year.

Each month, hospital dietitians and certified diabetes educators host healthy cooking classes in which participants test their skills on new recipes. After the classes, participants taste the completed recipes and share their cooking experiences.

All community members can join the fun by attending one of the monthly classes from 5:30-7 p.m. in the multipurpose room at the Columbus Wellness Center. The cost for each cooking class is \$15 per person.

Below is a complete list of the 2023 cooking class schedule:

- Jan. 10, 5:30-7 p.m. — Everything Soup
- Feb. 14, 5:30-7 p.m. — Desserts Galore
- March 14, 5:30-7 p.m. — What's for Breakfast?
- April 11, 5:30-7 p.m. — Dining the DASH Way
- May 9, 5:30-7 p.m. — Cooking for 1 or 2
- June 13, 5:30-7 p.m. — Italian Nights
- July 11, 5:30-7 p.m. — Fiber Variety
- Aug. 8, 5:30-7 p.m. — Fruits and Vegetables From the Garden
- Sept. 12, 5:30-7 p.m. — Food Intolerances: Gluten-and-Dairy-Free
- Oct. 10, 5:30-7 p.m. — What Do I Do With That Kitchen Appliance?
- Nov. 14, 5:30-7 p.m. — Reducing Inflammation With Food
- Dec. 12, 5:30-7 p.m. — Holiday Surprise

For more information or to register, call Joan Plummer at 402-562-4462 or visit [columbushosp.org](http://columbushosp.org).

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