



News Release

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### **Columbus Community Hospital to Host 16<sup>th</sup> Annual Diabetes Awareness Day**

For Immediate Release

**(COLUMBUS, Neb.)** – Columbus Community Hospital (CCH) will host their 16<sup>th</sup> annual Diabetes Awareness Day on Tuesday, October 15. The event will be held from 3:30 to 7:30 p.m. at the Columbus Wellness Center at 3912 38<sup>th</sup> Street in Columbus.

The event will feature education and information sessions for all ages, including:

- **4 to 5 p.m. – Diabetes as We Age**
  - This program is for people who are 60 and older.
  - It will feature a “Budget Friendly, Nutrient Dense Foods for One or Two” cooking demonstration, as well as activity tips to help control diabetes and a presentation called “The Medicare Maze: Part B Coverage/Part D Plans.”
- **5:15 - 6:15 p.m. – Diabetes for Teens/Young Adults**
  - This program is for people in their teens to 20s.
  - It will feature a “Breakfast on the Go/Healthy Snacks” cooking demonstration, as well as tips on how new technologies can help control type 1 diabetes and a presentation called “Calories vs carb? What’s important?”
- **6:30 - 7:30 p.m.—Diabetes with a Family**
  - This program is for people in their 30s to 50s.
  - It will feature a “Family Friendly, Quick Meals - Meal Planning and Prepping” cooking demonstration, information on newer medication options, as well as a presentation on nutrition trends such as Keto, low carb and plant-based diets.

Along with these information sessions, informational booths, screenings and vaccinations will also be available at the event from 3:30 to 6:30 p.m.

Below are the screening and immunizations that will be available:

- Blood sugar screening
- Blood pressure screening
- Cholesterol screening: \$8
- Hearing screening
- Bone density screening
- Vision test
- A1c test: \$20
- Influenza immunization: \$21
- Pneumovax vaccine: \$120
- Prevnar13 vaccine: \$179



For more information on the 16<sup>th</sup> annual Diabetes Awareness Day, contact the Diabetes and Health Education Department at 402-562-4462 or visit [www.columbushosp.org](http://www.columbushosp.org).

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