



News Release

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**Columbus Community Hospital to Host Lunch and Learn Demonstration  
on Insta Pots and Pressure Cookers**

For Immediate Release

**(COLUMBUS, Neb.)** – Columbus Community Hospital (CCH) will be hosting a free “Insta Pot/Pressure Cooker” Lunch & Learn demonstration and discussion on Wednesday, July 31. The event will be held from 11:30 a.m. to 1 p.m. in CCH’s third-floor conference center.

Susan Olmer, MS, RD, LMNT, with CCH, will lead a fun-filled class with a demonstration and discussion on the use of Insta Pots and other pressure cookers. The class will include recipes to take home.

Preregistration for the event is required by Monday, July 29. To register, call 402-562-3380 or register online at [www.columbushosp.org](http://www.columbushosp.org). Registration includes a light lunch.

For more information, visit [www.columbushosp.org](http://www.columbushosp.org).

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