



News Release

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CCH dietitians offer nutrition classes

For Immediate Release

(COLUMBUS, Neb.) – Learn how to live a healthier life with Food Thoughts, a free educational series of classes at Columbus Community Hospital.

Food Thoughts classes take place 11:30 a.m.-12:30 p.m. every Friday in the multipurpose room at the Columbus Wellness Center, and focus on nutrition-related topics. Dietitians lead the classes and provide expert advice about health and nutrition.

Tentative topics include:

- Jan. 7 – Gastroesophageal reflux.
- Jan. 14 – What is prediabetes?
- Jan. 21 – Back to basics for healthy weight loss.
- Jan. 28 – Making homemade granola (cooking demo).

Dietitians are available to answer questions following each presentation.

For more information about Food Thoughts, contact Susan Olmer at 402-562-4460 or Joan Plummer at 402-562-4462.

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