



News Release

Contact: Amy Blaser, vice president

Phone: 402-562-3371

Email: [aebblaser@columbushosp.org](mailto:aebblaser@columbushosp.org)

Date: June 24, 2021

**Columbus Community Hospital continues Walk with a Doc Summer Series events  
at Humphrey Medical Clinic**

For Immediate Release

**(COLUMBUS, Neb.)** – Columbus Community Hospital will continue to host Walk with a Doc summer series events during July and August at the Humphrey Medical Clinic, located at 303 Main St. in Humphrey.

Members of the public can join Christi Mastny, APRN, to take a stroll and learn about general health and wellness.

Mastny recently joined the staff at Humphrey Medical Clinic. She received her Bachelor of Science in family science from the University of Nebraska-Lincoln. She then earned her Bachelor of Science in nursing from Creighton University in Omaha and her Master of Science in nursing as a family nurse practitioner from Clarkson College in Omaha. Mastny has spent the last nine years working as a family nurse practitioner. She is board certified by the American Nurses Credentialing Center and holds a certification for basic life support.

The Walk with a Doc summer series continues from 12-1 p.m. on Friday, July 9. Those planning to attend the event can meet outside the front entrance of the Humphrey Medical Clinic. Everyone who attends will have a chance to win a pedometer, an Echo Dot, wireless earbuds or a BBQ set.

Walk with a Doc encourages people of all ages to participate in physical activity so they can reverse the consequences of a sedentary lifestyle. While participants walk at their own pace, they will have the opportunity to talk with Mastny about their health questions and concerns.

It's a great way to get out, get active and enjoy all the benefits that come from walking. The event will last about an hour. No registration is necessary and no special gear is needed.

For more information on Walk with a Doc, visit [www.columbushosp.org](http://www.columbushosp.org).

###