

A graphic at the top of the page features several white paper boats of various sizes scattered across the left and center, and one prominent blue paper boat on the right. The background is a light, neutral color.

WE'RE HERE FOR YOU!

Columbus Community Hospital invites you to attend these education and support group sessions.

FEBRUARY 2020

GRIEF SUPPORT GROUP

February 3 – 6:00 p.m. at CCH

COLUMBUS CANCER CARE SUPPORT GROUP

February 4 – 5:00 p.m. – 6:15 p.m. in the CCH Prairie Room

DIABETES SUPPORT GROUP

February 4 – 7:00 p.m. – 8:00 p.m. in the CCH Platte Room

SPINE FIT CLASS

February 4, 11, 18 & 25 – 12:15 p.m. – 12:45 p.m. at the Columbus Wellness Center

COMPREHENSIVE DIABETES CLASS

February 4, 11, & 18 – 1:30 p.m. – 4:00 p.m. in the CCH Prairie Room

February 19, 26 & March 4 – 5:30 p.m. – 8:00 p.m. in the CCH Platte Room

DIABETES ACTIVITY GROUP

February 6, 13, 20 & 27 – 7:30 a.m. in the CCH Prairie Room

LOUD CROWD EXERCISE GROUP

February 7, 14, 21 & 28 – 1:30 p.m. at the Columbus Wellness Center

BABY CARE CLASS

February 11 – 7:00 p.m. in the CCH Pawnee Room

DIABETES UPDATE

February 12 – 9:00 a.m. – 11:00 a.m. in the CCH Prairie Room

COPD SUPPORT GROUP

February 12 – 3:00 p.m. in the CCH Platte Room

PARKINSON'S SUPPORT GROUP

February 13 – 2:30 p.m. – 4:00 p.m. at the Columbus Wellness Center

BREAST FEEDING CLASS

February 18 – 7:00 p.m. in the CCH Prairie Room

MORE ABOUT CARBS CLASS

February 25 – 1:30 p.m. – 3:30 p.m. in the CCH Prairie Room

TIME TO HEAL SUPPORT GROUP

February 26 – 5:00 p.m. – 7:30 p.m. in the CCH Pawnee Room

For more information on any of our education or support group sessions, visit www.columbushosp.org



   columbushosp.org