

Fitness For Life

S E R V I C E S



Stability


COLUMBUS
COMMUNITY HOSPITAL

Well into the future

Well into the future



 **COLUMBUS**
COMMUNITY HOSPITAL

1515 Park Ave. • Columbus, WI 53925

920-623-2200 • 800-549-7511

www.cch-inc.com

Education Classes

Columbus Community Hospital offers a variety of Education Classes to fit your needs. For more information, contact our Education Department at 920-623-1276 or visit us online at www.cch-inc.com.

Nutritional Programs

- Anti-Inflammatory Foods
- Food Portion Control
- Navigating the Grocery Store Jungle
- Disease Fighting Foods

Wellness Related Classes

- Freedom From Smoking
- Stress Management
- Back Pain & Lifting
- Pilates, Yoga & Cardio/Sculpting Classes

CCR, CPR, AED & First Aid

- Heartsaver First Aid
- Heartsaver CPR & AED
- CPR for Family & Friends

Staying fit with Columbus Community Hospital



It's more than just exercise. It's EDUCATION too.

Our supervised exercise and education program will help build your strength and endurance. You'll start out with an evaluation by a registered nurse and from there you'll be participating in group exercise sessions that are specifically designed to keep you healthy, active, and living your life to the fullest.

We'll also introduce you to our education programs. Our registered nurses, a dietitian, and a pharmacist will provide education classes that will help you make healthy lifestyle changes.

Direct, individualized and personal attention is the hallmark of our program.

We'll provide you with continuous and ongoing support to help you achieve your individual goals. We'll also assist in creating a plan for continued progress with home exercise as well.

What you should know.

Talk to your doctor today to see how you could benefit by enrolling in our Fitness for Life program. A medical referral is required. Fitness for Life is a private pay program. For additional information and to learn about the cost to enroll in the program, call the Columbus Community Hospital Rehabilitation Department at 920-623-2200, Ext. 1432.



We'll help you stay on the road to living a longer and fuller life.

The way you live your life can play a big part in keeping you healthy.

At Columbus Community Hospital, our Rehabilitation Department helps people just like you develop and maintain a healthy lifestyle. If you've had a history of heart disease, stroke or risk factors for these diseases, our Fitness for Life program may be just what the doctor ordered.

Give us a call today and we'll help you stay on the road to living a longer and fuller life.

920-623-2200 Ext. 1432

Connected

TO YOU AND THE COMMUNITIES WE SERVE

