

KCHS NEWSLETTER

FEBRUARY 2026

KCHS.ORG



KEARNEY COUNTY
HEALTH SERVICES
Exceptional Family-Centered Care |



SCAN THE
CODE TO
LEARN
ABOUT KCHS
CARDIAC
REHAB

FEBRUARY IS
HEART

MONTH



SHELBY SHANNON, RN | KAILEY LEISINGER, RN
CARDIAC REHABILITATION DIRECTORS

NO MATTER WHERE YOU ARE ON YOUR HEART HEALTH JOURNEY, OUR TEAM IS HERE TO HELP YOU MOVE FORWARD WITH CONFIDENCE.

KCHS CARDIAC REHAB

2026 FEBRUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

SAVE THE DATE

**CARDIAC REHAB
OPEN HOUSE**

Join us for door prizes, Q&A with cardiac rehab directors & dietician, blood pressure checks, tours and more!

TUES, FEB 10 10AM-12PM KCHS OPEN TO ALL!

**FROM THE CLINIC TO THE KITCHEN:
HEART HEALTHY COOKING WITH BEEF**

Join us for a heart healthy cooking demo with the Nebraska Beef Council

TUES, FEB 24 KCHS
RSVP & INFO AT [KCHS.ORG/CARDIAC-REHAB](https://www.kchs.org/cardiac-rehab)

Our goal is to help you regain strength and confidence so you can return to your daily life. We support patients recovering from heart attacks, heart surgery and other cardiac conditions with guided care focused on improving heart health and reducing future risk-right here in Minden.

- ASSESSMENT OF YOUR PERSONAL RISK FACTORS
- PERSONALIZED EXERCISE PLAN
- PSYCHOLOGICAL/STRESS ASSESSMENT & COUNSELING
- EDUCATION AND SUPPORT TO MAKE HEALTHY LIFESTYLE CHANGES
- MONITORING AND BETTER CONTROL OF BLOOD PRESSURE, LIPIDS/CHOLESTEROL AND DIABETES
- IMPROVED COMMUNICATION WITH YOUR PROVIDERS

From personalized exercise plans to education and support, we're here for you every step of the way! The KCHS Cardiac Rehabilitation department offers Phase II and Phase III of cardiac care.

Call 308-832-3400 ext 2550 for more information

RECENT STUDIES HAVE SHOWN THAT PEOPLE WHO COMPLETE A CARDIAC REHAB PROGRAM CAN INCREASE THEIR LIFE EXPECTANCY BY UP TO 5 YEARS.



CARDIAC LABS
ECHOCARDIOGRAMS
BUBBLE ECHOCARDIOGRAMS
CHEST XRAYS
CHEST CT SCANS
AORTIC STUDIES

CARDIOLOGY
SERVICES AT KCHS

CARDIAC REHABILITATION
CAROTID DUPLEX
VENOUS & ARTERIAL DUPLEX
TREADMILL STRESS TESTS
LEXISCANS
ANKLE-BRACHIAL INDEX

CONTACT US TO HELP MANAGE ARRHYTHMIAS, HYPERTENSION, HEART FAILURE, CORONARY ARTERY DISEASE, LEG EDEMA, SYNCOPE & DIZZINESS, SHORTNESS OF BREATH, PALPITATIONS



www.kchs.org



308.832.3400



727 East First Street, Minden