

# FEBRUARY IS HEART MONTH

**LOCAL CARE FOCUSED  
ON YOUR HEART.**

## **CARDIAC REHAB OPEN HOUSE**

**TUESDAY, FEBRUARY 10  
10AM-NOON | KCHS**

- Free Risk Factor Assessment with RNs
  - Q&A with Cardiac Rehab Staff and Dietician
  - Blood Pressure Checks
  - Cardiac Rehab Tours
  - Door Prizes & More!
  - Everyone is Welcome!
- No RSVP Required

**LEARN ABOUT OUR EXPERT  
SUPPORT FOR YOUR HEART  
HEALTH JOURNEY**

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

*Our Cardiac Rehab team helps you  
build strength, confidence and lifelong  
heart-healthy habits.*



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

**TUESDAY, FEBRUARY 24  
11:30AM | KCHS**



Please RSVP by scanning the code or  
visiting [www.kchs.org/cardiac-rehab](http://www.kchs.org/cardiac-rehab)  
by Thurs, Feb 19

**JOIN US FOR A FREE HEART HEALTHY  
COOKING DEMO AND LUNCH WITH THE  
NEBRASKA BEEF COUNCIL**



**KEARNEY COUNTY  
HEALTH SERVICES**

**LEARN MORE:** [kchs.org/cardiac-rehab](http://kchs.org/cardiac-rehab)  
308-832-3400

**Kearney County Health Services Hospital Entrance  
727 East First Street, Minden, NE**