

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.



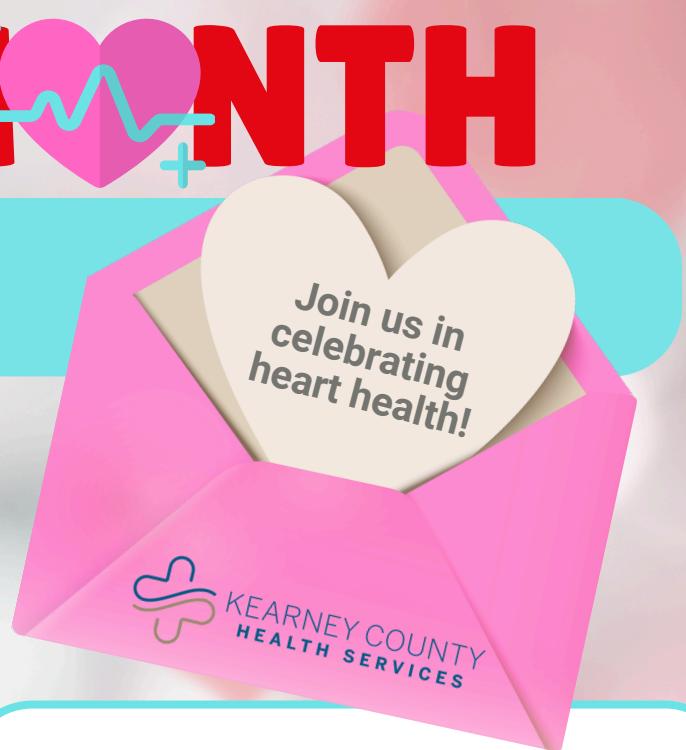
Our Cardiac Rehab team helps you build strength, confidence and lifelong heart-healthy habits.

KEARNEY COUNTY
HEALTH SERVICES



LEARN MORE: kchs.org/cardiac-rehab
308-832-3400

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



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 by Thurs, Feb 19

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