KCHS NEWSLETTER

SCAN ME

NOVEMBER 2026 | KCHS.ORG

KEARNEY COUNTY HEALTH SERVICES
Exceptional Family-Centered Care |

5 THINGS TO DO BEFORE 2027

- Schedule your annual wellness visit
- Catch up on recommended health screenings
- Review medications and prescriptions
- Check your blood pressure and other key health numbers
- Make any overdue follow-up appointments



Celebrating RURAL HEALTH

CELEBRATING THE HEART OF RURAL HEALTHCARE

KCHS is proud to care for the communities we call home. Every day, we celebrate the people, partnerships and commitment that make quality healthcare possible right here in Kearney County.

Mammograms | Colonoscopies | Blood Tests

ARE YOU UP TO DATE?

Not sure which screenings you need? Your healthcare provider can help you determine the right screenings and schedule for your age and health history. **Call 308-832-3400 for Appointments.**



APPOINTMENTS AVAILABLE

UPPER EXTREMITY ORTHOPEDICS

with DR. SEAN GRIGGS

Dr. Griggs specializes in upper extremities, including conditions of the hand, wrist, elbow and shoulder while also providing comprehensive orthopedic care throughout the body.

CALL 308-832-3400 to schedule.

- FRACTURE MANAGEMENT
- TREATMENT OF: ACUTE INJURIES, CHRONIC ARTHRITIC CONDITIONS, SHOULDER INSTABILITY
- LATERAL EPICONDYLITIS
- ELBOW ARTHRITIS
- NERVE COMPRESSION DISORDERS
- CARPAL TUNNEL RELEASE
- ENDOSCOPIC CARPAL TUNNEL RELEASE
- CUBITAL TUNNEL SYNDROMES
- SHOULDER ARTHROSCOPY
- WRIST ARTHROSCOPY
- CYST REMOVALS
- JOINT INJECTIONS
- BRACING & CASTING