



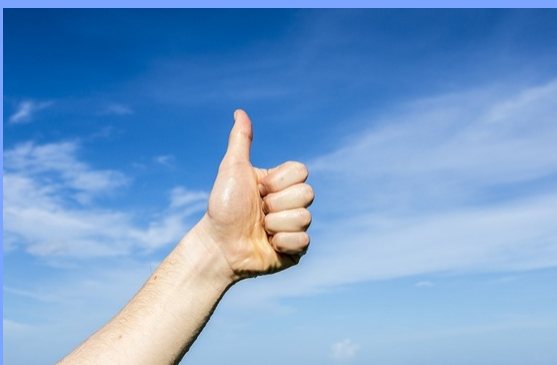
HEALTHY PEOPLE

healthy communities

December 2018

Make 2019 your year to get healthy!

As we reflect on 2018 and look forward to the new year, many of us have at least one healthy change we would like to make....some of us have quite a few more than that! Rather than concentrate on one big resolution, perhaps try to break it into smaller pieces. If the goal is to lose weight, ease into it by bringing in one healthy new habit each month of year. For example: January - drink one extra glass of water per day, February - cut back the sugar-sweetened beverages, March - try one new vegetable each week and so on. Use your calendar to note which healthy tip/habit you are going to work on for the month and keep building on the healthy changes until the end of the year.



Child & Adult Immunizations at our Tekamah office!

We are excited to announce that we have expanded our immunization

program to have vaccines available at our Tekamah office. We accept most major insurance plans and we also have the Vaccines for Children (VFC) program for children who are uninsured, underinsured or have a Heritage Health plan. Please call to schedule an appointment. We are available Monday - Friday from 8:00am to 4:30pm and after-hours scheduling is often available as well.

Fall Stepping On

Prevention class starting January 10th!

Join us at the Madison House in Norfolk for a Stepping On (Fall Prevention) class series.

Date: Begins January 10th and will meet once per week for 7 weeks on Thursdays.

Time: 10am - 12pm each date

Where: Madison House, Norfolk

"Stepping On" is a fun, interactive class that is held once a week for 7 weeks. Those attending the class will learn about how to prevent falls in and around the home by taking simple steps to improve safety. Topics include: medication safety, vision, footwear, exercise, home hazards and community safety. There is no cost for the class but a free will donation will be accepted. Registration is required: call 402-529-2233, email - krista@elvphd.org or online at www.elvphd.org (Register: Class/Event).



Tai Chi times three!

Looking for the motivation to get

moving more in 2019 and increase your balance, flexibility and strength? If so, we have THREE new Tai Chi classes starting in January in Norfolk:

Class 1: Begins January 7th at the Norfolk Senior Center. Classes will be held each Monday & Wednesday for 12 weeks from 4pm to 5pm.

Class 2: Begins January 7th at the Madison House in Norfolk. Classes will be held each Monday and Wednesday for 12 weeks from 1pm to 2pm.

Class 3: Begins January 8th at the Norfolk Methodist Church. Classes will be held each Tuesday & Thursday for 12 weeks from 9am to 10am.

Registration is required: call 402-529-2233, email - krista@elvphd.org or online at www.elvphd.org (Register: Class/Event).

Class size is limited so sign up soon!



Colon Cancer Kits

We have FREE colon

cancer (FOBT) screening kits! Screening kits are available for adults aged 50-74. Colon cancer

is preventable, treatable and beatable. **Get screened in 2019!**

CHILDREN'S CAR SEATS EVOLVE AS THEY GROW. STARTING JANUARY 1, 2019, CHILDREN MUST:

- UP TO AGE 2** Ride rear-facing in a secured car seat
- UP TO AGE 8** Ride secured in a car seat or booster seat
- UP TO AGE 8** Ride in the back seat

FIND MORE INFORMATION AT DRIVESMARTNE.ORG

Car seat law

changes January 1st

Beginning January 1, 2019, the Nebraska Child Restraint law is changing. The three main points of the law are:

1. Children ride rear facing until up to age two or until they reach the upper weight or height limit allowed by the car seat manufacturer.
2. Children up to age eight must be correctly secured in a federally approved car seat or booster seat.
3. All children up to age eight must ride in the back seat as long as the back seat is equipped with a seat belt and is not already occupied by other children under eight years of age.

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