



August 2019

## Back to School is here already!

Is your child ready to go back to school? Are they up to date on their immunizations? All children entering 7th Grade are required to get a Tdap vaccine. We have those available in all our offices (Wisner, Norfolk and Tekamah). We also have all other immunizations available. Call for an appointment at 402-529-2233 to schedule a time. Make sure they can go back to school!



## New faces in our offices!

We have 3 recent additions to our staff. Jody Woldt joined us in November as our Public Health Clerk. Jackie Watson came aboard in March as our front desk receptionist, and Kerri Dittrich joined us in July as our registered dental hygienist. WELCOME!



## Beemer Tai Chi Class starting soon

Improve your health in 2019. Beginning September 3rd new 12 week Tai Chi class will begin in Beemer. Classes will meet from 9:00 to 10:00 am on Tuesdays and Thursdays at St. John's Church for 12 weeks. Cost for the class is \$2 per session. Tai Chi is a series of slow focused movements and helps with balance and strength. Registration is required by calling 402-529-2233. Register online at [elvphd.org](http://elvphd.org) (click classes and events)



## Coming Soon!

Have you recently been diagnosed with a chronic disease and are wondering how to live with that diagnosis? Join us beginning on Monday September 16 starting at 3:00 pm in the Norfolk Public Library at 308 W Prospect Ave for the Living Well program. Living Well is a six week workshop for adults who have one or more chronic conditions or are living with someone with a chronic condition. These sessions are led by trained instructors but are interactive and meant to be supportive. Take control and learn how to live healthier with your chronic condition. Call today to register at 402-529-2233 or email [elizabeth@elvphd.org](mailto:elizabeth@elvphd.org) or [jody@elvphd.org](mailto:jody@elvphd.org) to get registered. Register online at [elvphd.org](http://elvphd.org) (Click classes and events)



## Veterans Share Fair

Elkhorn Logan Valley Public Health Department is hosting a free Veteran's Share Fair event August 22, from 4-8 pm and August 23 from 10 am to 4 pm. This event will be held at the Norfolk Public Library 308 W Prospect Avenue, and is for all veterans and/or family members of veterans to help link them to services and information Contact Krista at 402-529-2233 or [krista@elvphd.org](mailto:krista@elvphd.org) if you would like further information or would like a table to share information about services that your agency offers. Participating agencies include: Veterans Administration; NENCAP; Midtown Health Center; Northeast Community College; Easter Seals; Nebraska Department of Labor; Elkhorn Logan Valley Public Health; Home Instead Senior Care; Lifespan Respite; Disabled Persons & Family Support Group; AseraCare Hospice; Area Agency on Aging; Aging & Disability Resource Center.



## Colon Cancer Kits

Colon Cancer is Preventable, Beatable and Treatable! We have FREE colon cancer screening kits (FOBT) available at most pharmacies throughout our service area. We can also mail them to those who complete the screening form online: <https://www.surveymonkey.com/r/QBDGXQZ>. Kits are available for those who are 50-74 years old. Protect your health and complete this simple at home screening kit!

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Prevent. Promote. Protect.

