Do you or a loved one live with diabetes, arthritis, depression or other long-term health issue?

You Are Invited

to an information session on

Living Well

A FREE 6-Week Workshop
Learn how to improve
daily living by managing a
chronic health condition.

Call (308) 865-6913 to Register

Tuesday March 19, 2013 6:30 — 7:15PM Sentinel Health Care 2605 2nd Avenue Kearney, NE 68847 Do you or a loved one live with diabetes, arthritis, depression or other long-term health issue?

You Are Invited

to an information session on

Living Well

A FREE 6-Week Workshop
Learn how to improve
daily living by managing a
chronic health condition.

Call (308) 865-6913 to Register

March 19, 2013 6:30 — 7:15PM Sentinel Health Care 2605 2nd Avenue Kearney, NE 68847

Do you or a loved one live with diabetes, arthritis, depression or other long-term health issue?

You Are Invited

to an information session on

Living Well

A FREE 6-Week Workshop
Learn how to improve
daily living by managing a
chronic health condition.

Call (308) 865-6913 to Register

March 19, 2013 6:30 — 7:15PM Sentinel Health Care 2605 2nd Avenue Kearney, NE 68847 Do you or a loved one live with diabetes, arthritis, depression or other long-term health issue?

You Are Invited

to an information session on

Living Well

A FREE 6-Week Workshop Learn how to improve daily living by managing a chronic health condition.

Call (308) 865-6913 to Register

March 19, 2013 6:30 — 7:15PM Sentinel Health Care 2605 2nd Avenue Kearney, NE 68847



Sentinel Health Care Living Well Program 2605 2nd Avenue Kearney, NE 68847-4425





Sentinel Health Care Living Well Program 2605 2nd Avenue Kearney, NE 68847-4425





Sentinel Health Care Living Well Program 2605 2nd Avenue Kearney, NE 68847-4425





Sentinel Health Care Living Well Program 2605 2nd Avenue Kearney, NE 68847-4425







Name:			Name:		
Address:	City:	St: Zip:	Address:	City:	St: Zip:
Phone:			Phone:		
uesday Apr. 16 - May 21	Wednesday Jul. 10 — Aug. 14	Monday Sept. 16 - Oct. 21	Tuesday Apr. 16 - May 21	Wednesday Jul. 10 — Aug. 14	Monday Sept. 16 - Oct. 21
:30 — 7:30 PM	10 AM—Noon	6 - 8 PM	5:30 — 7:30 PM	10 AM—Noon	6 - 8 PM
entinel Health Care 605 2nd Avenue	Peterson Senior Center Yanney Park, Kearney	Sentinel Health Care 2605 2nd Avenue		Peterson Senior Center Yanney Park, Kearney	Sentinel Health Care 2605 2nd Avenue

Circle the one that works best for you!



Circle the one that works best for you!

	Living Well			Living Well			
Name:			Name:	Name:			
Address:	City:	St: Zip:	Address:	City:	St: Zip:		
Phone:			Phone:				
Tuesday Apr. 16 - May 21 5:30 — 7:30 PM	Wednesday Jul. 10 — Aug. 14 10 AM—Noon	Monday Sept. 16 - Oct. 2 6 - 8 PM	Tuesday Apr. 16 - May 21 5:30 — 7:30 PM	Wednesday Jul. 10 — Aug. 14 10 AM—Noon	Monday Sept. 16 - Oct. 21 6 - 8 PM		

Sentinel Health Care

2605 2nd Avenue

Sentinel Health Care

2605 2nd Avenue

Circle the one that works best for you!

Peterson Senior Center

Yanney Park, Kearney

Sentinel Health Care

2605 2nd Avenue

Circle the one that works best for you!

Peterson Senior Center

Yanney Park, Kearney

Sentinel Health Care

2605 2nd Avenue