



Living Well Workshop

Free 6-week workshop for people with chronic health conditions such as arthritis, diabetes, heart disease, and even those who are struggling with tobacco use. This series provides tools that enable participants to take control of their chronic disease and live healthier lives. Caregivers and family members can also benefit from this workshop.

Please Join Us!

Nebraska Heart Institute

Medical Office Building, 7440 S. 91st St.

Thursdays, September 12 - October 17

5:30 - 7:30 p.m.

Conference Room 1

Call (402) 441-4605 to register
or for more information.

