

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



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

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

**Call (308) 865-6913 to Register**

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Sentinel Health Care  
Living Well Program  
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Kearney, NE 68847-4425

Help Yourself to Better Health  
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**Apr. 16 - May 21**  
5:30 — 7:30 PM  
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Wednesday  
**Jul. 10 — Aug. 14**  
10 AM—Noon  
Peterson Senior Center  
Yanney Park, Kearney

Monday  
**Sept. 16 - Oct. 21**  
6 - 8 PM  
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Circle the one that works best for you!



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