



Health Promotion Disease Prevention Workshops*

Free 1 hour workshops available to everyone focusing on VA Healthy Living Messages.

Healthy living matters in every aspect of your life. Taking that one step further, prevention works to keep you safe from and aware of the issues affecting your path to healthy living.

Omaha

Workshop meets the 1st Tuesday of the month
9AM -10AM and 2PM-3PM in Room 3366
Pictel availability to Shenandoah & Bellevue

Lincoln

Workshop meets the 2nd Thursday of the month
9AM -10AM and 1PM-2PM in the Pioneer Room
Pictel availability to Norfolk

Grand Island

Workshop meets the 3rd Wednesday of the month
10AM -11AM in Room N107 and 1PM-2PM in Room S413
Pictel availability to North Platte & Holdredge

January	Be Involved in Your Health Care
February	Strive for a Healthy Weight
March	Eat Wisely
April	Limit Alcohol
May	Be Physically Active
June	Be Safe
July	Eat Wisely and Be Physically Active
August	Screenings and Immunizations
September	Be Safe
October	Screenings and Immunizations
November	Be Tobacco Free
December	Manage Stress

**Not Eligible for Travel Pay*

For more information contact:
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