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PROGRESS 2010

Spirit of the Sandhills

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Good Nutrition for Growing Minds

Reading the newspaper regularly leads children to discover new words and new ideas, helping them succeed in the classroom and beyond. Strong reading skills and curiosity about the world around them are important characteristics that will help children both now and in the future as adults. Do your child a favor and subscribe to home delivery of the **Custer County Chief**.

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Custer County Chief

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The Road To A "Healthier New You"

Central Nebraska Weight Loss Challenge invites you to attend these workshops

TAI CHI *A Gentle Physical Activity*

presented by **Jessye Goertz**
UNL Educator

Monday, Mar. 8, 2010 • 7-8 p.m.
Broken Bow Armory

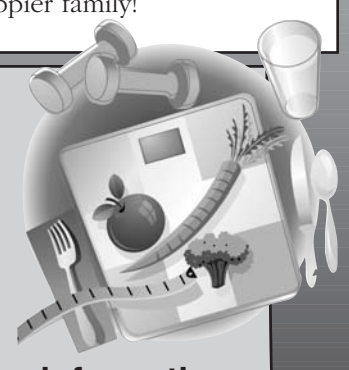
Researchers have found that Tai Chi (pronounced tie-chee) show favorable effects on the promotion of balance control, flexibility, cardiovascular fitness and reduces the risk of falls. You'll find it hard to believe that these gentle, low impact movements burn more calories than surfing and nearly as many as downhill skiing. One of the Tai Chi forms will be introduced, and plans for more sessions will be discussed. Wear comfortable clothes and soft soled shoes. Call Jessye @ 308-872-6831 or Deb @ the Custer County Chief (308-872-2471) for more information.

ABC's For Healthy Families

presented by **Jennifer Schauer**
Program Coordinator for
Loup Basin Public Health District

Monday, Mar. 15, 2010 • 7-8 p.m.
Broken Bow Armory

Whether there are 2 or 20 people in your family, you won't want to miss this workshop! We'll discuss lots of great ways to be healthy, from learning how to get more physical activity to eating smart when eating out and in. Lots of fun, hands on activities will help you learn how to be a healthier, happier family!



Watch the *CHIEF* for more information on these upcoming Classes!

March 22 - Yoga & You - *presented by Karen Green at the Broken Bow Armory*

March 29 - Nutrition: A Bird's Eye View - *presented by Jessye Goertz at the Broken Bow Armory*

April 5 - Warrior Challenge - *presented by the Nebraska National Guard at the Broken Bow Armory*

April 12 - Road to Good Health - *presented by Dr. Keith Gautreaux, Central NE Medical Clinic - at the Broken Bow Armory*

April 19 - Jazzersize - *at Custer School from 6:30-7:30 p.m.*

These workshops are open to the public, FREE of charge, no registration required. Watch the CHIEF for more information.

Healthier Central Nebraska Weigh-in times and places

FINAL Weigh-in April 19-23

Broken Bow
Broken Bow Medical Clinic
Mon., 7:30-8:30 a.m.
12-1 p.m. & 4-5 p.m.
Tues. - Thurs. 8-9 a.m.
12-1 p.m.
4-5 p.m.
Fri, 7:30-8:30 a.m.
12-1 p.m. & 4-5 p.m.
Central NE Medical Clinic
Mon- Fri 7:30-8:30 a.m.
4:30-5:30 p.m

Sargent
Central Nebraska Medical Clinic
Mon.- Fri. 12 - 1 p.m.

Thedford
Broken Bow Medical Clinic
Tues.& Fri. 11 a.m.-1 p.m.

Loup City
Broken Bow Medical Clinic
Thur. 1-4:30 p.m.

Arcadia
Broken Bow Medical Clinic
Thur. 9 a.m.-11 p.m.

Your team's Final weigh in photo will be taken at this weigh-in.
You *must* weigh in as a *team* to qualify for prizes.
Watch the May 6th *Custer County Chief* for the Winning Team!!

This program made possible by:

McMeen Physical Therapy
Broken Bow Clinic, P.C.
Central Nebraska Medical Clinic PC – Sargent, Broken Bow, Ansley
The Grocery Kart – Broken Bow, NE
Bow Food Pride
Loup Basin Public Health Department
Army Nebraska National Guard – www.NATIONALGUARD.com
Custer County Chief

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