

ELVPHD S.H.E.L.L. PROGRAMS

FIVE PROGRAMS. YOUR PATH TO BETTER HEALTH.

**Scale Down * Health Coaching * Empowerment
Living Well with Chronic Disease * Love Your Heart**

SCALE DOWN

A year-long program for weight loss that will help you improve & take control of your weight and help prevent diabetes.

HEALTH COACHING

Three one-on-one sessions tailored to your individual needs.

EMPOWERMENT

A Diabetes Self-Management series that will help you improve & take control of your A1C.

LOVE YOUR HEART HYPERTENSION

Focuses on practical strategies to manage blood pressure, improve your heart health, and reduce your risk of chronic disease.



402-529-2233
elvphd.ne.gov

LIVING WELL WITH CHRONIC DISEASE

A 6-week class series that will help you improve & take control of your health if you or a loved one is diagnosed with Arthritis, Diabetes, Heart Disease, Cancer, High Blood Pressure, Fibromyalgia, Depression, Obesity, Parkinson's, Asthma and many more.

**Interested in one or
more of our
S.H.E.L.L. programs?**

***Our programs are offered
throughout our service area.***

Scan the QR Code to tell
us which programs interest
you, and we'll notify you
when they're available in
your community.



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