

Embrace Life Beyond Cancer

Survivorship 101 can help you:

- Reduce anxiety and depression
- Improve memory and concentration
- Boost happiness and quality of life

Join others who truly understand your journey.

The next **FREE**, 9-week class starts

Wednesday, January 7,

10-11:30 a.m.

Free, Registration Required

Learn more & register

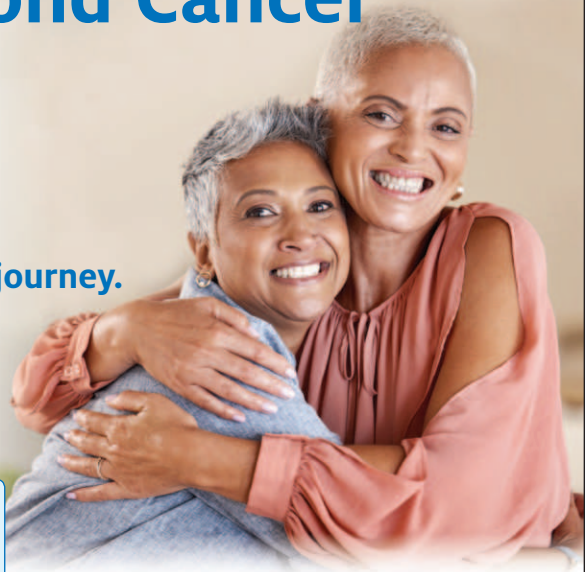
BryanHealth.org/Survivorship101

Or call 402-481-7919

Location:

April Sampson Cancer Center

4101 Tiger Lily Road • Lincoln



APRIL SAMPSON
CANCER CENTER



Take Action to Prevent Diabetes

If you have prediabetes or are at risk for diabetes, the Bryan Diabetes Prevention Program is for you! Led by a trained lifestyle coach, this yearlong program gives you the support and skills to prevent diabetes. Plus, it's covered by Medicare and other insurance plans.

“*This program is so encouraging, and life changing. I've lost 30 pounds and lowered my A1c from 6.4% to 5.4%. The best part – I still enjoy my favorite foods, just in moderation thanks to new skills I learned in the class.* **”**

– Holly, class participant

Join us for an Information Session

Learn more, ask questions and find out if this program is right for you! **Registration required.**

**Wednesday, January 21,
2-3 p.m.**

Bryan Medical Plaza • 1500 S. 48th St.

Register Today!

Call: 402-481-6322

Online: Scan QR code or visit
BryanHealth.org/DiabetesInfo

