

55Plus Fall Schedule
Community Memorial Hospital
1579 Midland St.
Syracuse, NE

55PLUS... Helping you stay healthy and active

No doubt you lead a very busy life, and staying healthy will help keep you active. If you are like many individuals, you look to your hospital for help staying active and fit. Community Memorial Hospital brings you reliable information and assistance with 55PLUS. CMH offers a variety of educational seminars presented by professionals with the goal of keeping you informed and healthy. Your free membership in the 55PLUS program at CMH entitles you to all the benefits of a 55PLUS member at BryanLGH in Lincoln.

Call us at 402-269-7589 and we will send you an application.



September 1, 2011 – 12:00 noon

Shannon Hoffman and Rachel Werner CMH Staff - Exercise and Cardiopulmonary Rehabilitation: The key to a healthier you!

*Free will lunch provided



October 6, 2011 – 12:00 noon

Lisa Bloss, Southeast District Health Department – Be Aware Be Prepared

*Free will lunch provided.



November 3, 2011 – 12:00 noon

Randy Bybee, Community Service Officer with Nebraska State Patrol – Keeping the Keys

*Free will lunch provided.



December 1, 2011 – 12:00 noon

Sue Lister, CMH Dietary Manager - Holiday Fun with CMH

*Free will lunch provided.

***Call 269-7589 by noon the day before the meeting to reserve your lunch.**