

ANTELOPE MEMORIAL HOSPITAL
WELLNESS HOURS
FEBRUARY 2012

“S.T.A.C.” CLASS
(STRENGTH TRAINING AND CARDIO)
5:00 – 6:00 P.M. (MONDAY & WEDNESDAY)

AMH WELLNESS ROOM
7:30 A.M. – 6:00 P.M. (MONDAY & WEDNESDAY)
8:00 A.M. – 7:00 P.M. (TUESDAY & THURSDAY)
7:30 A.M. – 4:00 P.M. (FRIDAY)

SENIOR WELLNESS
NELIGH SENIOR CENTER
11:30 P.M. – 12:00 NOON, (FRIDAY)

PLEASE CALL NATALIE OR JESSICA
WITH QUESTIONS OR FOR AN APPOINTMENT
402-887-6204

