

# Panhandle

## Public Health District

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### **New Year, New Start: Panhandle Public Health District Encourages Residents to Use the New Year as New Opportunity to Start Anew With Health**

The new year offers an opportunity for a fresh start. For some of us, this means setting health goals such as losing weight, following a healthier diet, starting an exercise routine, quitting smoking or chewing, or focusing on managing stress more effectively, or making a plan to do something we've always wanted to do.

Reflecting on what we really want is so important to ensure that we are on track for what we truly want. Perhaps it is time to determine your goals for 2026. Reflecting on the past year can help determine what is needed to set successful goals for the coming year. What small changes can make a lasting difference?

Here are some keys to being successful with new goals:

- Focus on habits, the daily actions you can do that create results you really want.
- Be kind to yourself because it's ok if it's not perfect everyday.
- What's most important to you? Its crucial to pursue goals that you truly want, not just that you feel obligated to do.

Panhandle Public Health District is offering several free programs that can assist you in putting your health first. "We want everyone in our rural communities to know that support is available," said Tabi Prochazka, Assistant Director. "No matter your age, schedule, or health goals, these programs make it easier to take the first steps toward a healthier you in 2026."

Join a proven, evidence-based virtual program launching January 6. These workshops are designed to support healthier living, prevent chronic disease, and help individuals gain confidence in managing well-being from the comfort of home or office.

#### **Living Well at the Workplace (wCDSMP) – Virtual Starts January 6**

Designed for working adults, this program helps participants manage stress, improve energy levels, and build practical skills to stay healthy while balancing busy work schedules. Participants learn techniques for self-management, communication, goal setting, and navigating workplace wellness challenges. Register here:

<https://tinyurl.com/WLWell2026> or call Nicole at 308-279-3496



## **Living Well with High Blood Pressure – Virtual**

### **Opening session January 8**

This 8-week workshop is designed for individuals diagnosed with hypertension or those wanting to better understand blood pressure management. Participants learn how to monitor their blood pressure at home, reduce risks, and adopt lifestyle habits that support heart health. The sessions include practical strategies for improving diet, reducing stress, and communicating effectively with healthcare providers. This workshop uses a proven curriculum to guide each session. You'll get group and coach support. Register here:

<https://tinyurl.com/HealthyHeart2026> or call Cheri at 308-220-8020

## **Healthy for Life - Virtual**

### **Starts January 6**

This yearlong, CDC-recognized lifestyle change program helps individuals at risk for type 2 diabetes build healthier habits through improved nutrition, increased physical activity, and weight loss support. The virtual group format offers accountability, coaching, and a supportive community for long-term success. This program is ideal for adults with prediabetes or other risk factors such as a family history of diabetes or a history of gestational diabetes.

In 2026, you will get 16 weekly group sessions plus monthly support for the rest of the year, an online platform/smart phone application to help you track your progress, and support from your coach and the group. PPHD's programs have helped over 1,200 residents lose over 12,000 pounds in the last 12 years!

Join us and get the support you need to make 2026 your healthiest year yet. Register for the virtual workshop here: <https://tinyurl.com/HealthyLife2026> or call Cheri at 308-220-8020

## **In-Person National Diabetes Prevention Class**

If you are near the Cahdron community, you can join the in-person workshop starting January 7<sup>th</sup> at 5:30 p.m. Contact Heidi Wess at 308-432-0455 to learn more.

Source: <https://pphd.crediblemind.com/insights/resolutions-how-to-set-yourself-up-for-success>

You can find support and more information at <https://pphd.crediblemind.com/> and at <https://pphd.org/Pages/chronicconditionsprevention&managementprograms.htm>

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.