

For Immediate Release

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Wellness is Within Reach

Southwest Nebraska Public Health Department (SWNPHD) invites everyone to learn about wellness programs in their community or workplace during National Wellness Month in August. Wellness programs often include physical activity, nutrition, and mental health support that add to your quality of life.

“Wellness is within reach,” explains Melissa Propp, Clinic Manager at SWNPHD. “We can make small everyday choices that over the long run add up to big improvements in our well-being. It can be simple things like drinking more water, adding fruits and vegetables to meals, or practicing mindfulness.”

SWNPHD has programs that are free or low-cost and can be used individually or as part of a workplace wellness program.

Physical Activity and Nutrition

Walk to Health is a free walking program for residents of the health district. There are team and individual walking challenges throughout the year, designed to help you get closer to the goal of 150 minutes of activity per week. Sign up at walktohealth.thrives.app.

Target Your Health is a workplace wellness program that assesses risk of chronic disease through cholesterol and glucose checks at businesses and worksites. Program Managers provide education to employees about physical activity and nutrition habits that can protect their health long-term and reduce the risk of disease. Sign up your workplace by calling 308-345-4223.

Mental Health

Credible Mind is a free wellness website with resources across topics like stress, anxiety, sleep, relationships, and personal growth. You can take self-assessments, learn about coping strategies, and get personalized recommendations for improving your mental health. Visit swhealth.CredibleMind.com.

The Lifespan Respite Network brings together respite providers and family caregivers who are taking care of a loved one with a disability or chronic illness. Taking a break from caregiving is essential to protect their mental health and relieve stress. Learn more about getting or providing respite for families in your area at respite.ne.gov.

For more information on wellness programs, contact SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook, You Tube, and Instagram or view the website at swhealth.ne.gov which contains many resources and additional information helpful to prevent disease, promote and protect health.

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