

# SEPTEMBER 2022

## Outpatient Services

*For the best in specialized care, be assured  
Annie Jeffrey Health Center is always here.*

**Call 402-747-2031 to make an appointment for these Outpatient Clinics:**

**BONE DENSITY:** ..... By appointment

**CARDIOLOGY:**

Dr. Christopher Balwanz.....Sept. 21

**CARDIAC REHAB:**

Supervised .....Every M-W-F

**CENTER FOR SURVIVORS:**..... Sept. 13 & 27

**COLONOSCOPIES:**

Dr. Cameron Sidak ..... Sept. 6 & 20

Dr. Brent Jameson ..... Sept. 9 & 23

**CT/PET SCANS:** ..... By appointment

**DERMATOLOGY** (*via telehealth*):..... TBA

**GENERAL SURGERY:**

Dr. Stephen Nagengast ..... Sept. 13 & 27

**LACTACTION CONSULTATION:**

Lori Palik, RN..... By appointment

**MAMMOGRAPHY:**..... Monday - Friday

(By appointment)

**NUTRITIONAL COUNSELING:**

Deb Moore, RD ..... Mondays

**OCCUPATIONAL THERAPY:**

Sally Meineke, OT ..... By appointment

**ORTHOPAEDICS/SPORTS MEDICINE:**

Dr. Robert Dugas.....Sept. 17

**PHYSICAL THERAPY:**

Nate Olson, PT ..... Monday - Friday

Douglas Hackett, PT..... Monday - Friday

Brandi Watts, PTA ..... Monday - Friday

Myra Pinney, PT Aide ..... Monday - Friday

**SPEECH THERAPY:** Mentink Speech Solutions, LLC

Jena Ockander M.S.-CC-SLP..... By appointment

**ULTRASOUND:** .... Tuesday & Thursday mornings

### Clinic Locations:

***Prairie Creek Family Medicine - Osceola***

***(402)747-8851***

Monday-Friday: 8 a.m. - Noon & 1:00 - 5:00 p.m.

Saturdays: 8 a.m. - Noon

***Prairie Creek Family Medicine - Shelby***

***(402)527-1287***

Monday: 1:00 p.m. - 6:00 p.m.

Tuesday-Thursday: 1:00 p.m. - 5:00 p.m.

Thursday Evenings: 6:00 p.m. - 8:00 p.m.

Friday: 1:00 p.m. - 4:00 p.m.

***Prairie Creek Family Medicine - Stromsburg***

***(402)764-2491***

Monday-Friday: 8 a.m. - Noon & 1:00 - 5:00 p.m.

Tuesday Evenings: 6:15 p.m. - 8:00 p.m.

*Want to reduce your risk for heart disease,  
type 2 diabetes, stroke and some cancers?*

*Get out and walk!*

*Start today by making strides  
toward better health!*

 **Annie Jeffrey**

