

Health Beat



LINCOLN COUNTY HOSPITAL

“Neighbors Helping Neighbors”

A new year often brings with it resolutions to lose weight. Many people will implement diets that will result in weight loss and then rebounding weight gain because diets don't work. What does work is a lifestyle of regular exercise and healthy eating. Snacking on fresh fruits and vegetables instead of processed foods and drinking water instead of soda can help eliminate many empty calories from your diet. Please see your family doctor before beginning any weight loss program.

If you would like to join our caring team as a part-time, or PRN staff RN please contact Megan Huehl, RN/DON or Amanda Uhl, RN/DON at 524-4403