

Seward County Pre-Diabetes / Diabetes Resources

Counseling / Mental Health

Blue Valley Behavioral Health
459 6th Street #1
Seward, NE
(402) 643-3343
<http://www.bvbh.net/>

Metschke Counseling Center
128 N. 6th Street F
Seward, NE
(402) 646-0103
<http://www.metschkecounseling.com>

Turning Point Behavioral Health
122 S 4th Street; Suite 2108
Seward, NE
(402) 643-4954
<http://www.burningpointbhac.com>

Dental Offices

Seward Dental Clinic
306 S 4th Street
Seward, NE
(402) 643-2931
<https://sewarddentalclinic.com>

Seward Smiles Dental
137 N 7th Street
Seward, NE
(402) 643-3909
<https://sewardsmiles.com>

Milford Dental Clinic
1125 B Street
Milford, NE
(402) 761-2351
<https://milfordnedentist.com>

Diabetic Medication & Supplies

Mueri Drug
544 Seward Street
Seward, NE
(402) 643-3332

Pac 'N' Save Discount Pharmacy
1519 West Highway 34, Suite #1
Seward, NE
(402) 643-2918
<http://www.pacnsaverx.com>

Seward Family Pharmacy
250 N. Columbia Ave
Seward, NE
(402) 646-4607
<http://www.mhcs.us/service/pharmacy>

Wal-Mart Pharmacy
1326 280th
Seward, NE
(402) 643-6611
<https://www.walmart.com/>

Diabetes Prevention Program Classes / Diabetes Educators

Memorial Health Care Systems
Molly Petrik, RD, LMNT, CDE
Or Sharon Luebbe, RN
(402) 646-4667
<https://www.mhcs.us/services/diabetesprograms>

Dietitian / Nutrition

Memorial Health Care Systems
300 N. Columbia Ave
Seward, NE
(402) 643-2971
<https://www.mhcs.us/services/nutrition-counseling>

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Foot Care Clinic

Seward Memorial Specialty Clinic
300 N Columbia
Seward, NE
(402) 646-4651
<http://www.cityofsewardne.gov/locations/lied-senior-center/>

Healthy Lifestyles / Exercise

inMotion Fitness Studio
235 River Street
Seward, NE
(402) 646-9444
<http://inmotionseward.com/>

Jazzercise Seward Center
133 N. 6th Street
Seward, NE
(402) 362-2929
<http://yorkphysicaltherapy.com/>

Memorial Health Care Systems
Cardiac Rehab
300 N. Columbia Ave
Seward, NE
(402) 643-2971
<https://www.mhcs.us/services/cardiac-rehabilitation>

Snap Fitness
33 Main Street
Seward, NE
(402) 646-2000
<https://www.snapfitness.com/gyms/seward-ne-68434/193>

T's Gym
443 Main Street
Seward, NE
(402) 643-3460

Hospitals / Medical Clinics

Memorial Hospital
300 N. Columbia Ave
Seward, NE
(402) 643-2971
<http://www.mhcs.us/>

Milford Family Medical Center
119 South C Street
Milford, NE
(402) 761-3307
<http://www.mhcs.us/clinics/milford-family-medical-center>

Seward Family Medical Center
250 N. Columbia Ave
Seward, NE
(402) 643-4800
<https://www.mhcs.us/clinics/seward-family-medical-center>

Twin Rivers Urgent Care & Family Care
510 Bradford
Seward, NE
(531) 727-2893
<http://trurgentcare.com/>

Utica Family Medical Center
100 4th Street
Utica, NE
(402) 534-2081
<http://www.mhcs.us/clinics/utica-family-medical-center>

Physical Therapy

Enhanced Physical Therapy
510 Bradford St
Seward, NE
(402) 646-2007
<http://www.enhancedphysicaltherapy.net/>

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Physical Therapy (cont.)

Memorial Physical Therapy Services
250 N. Columbia Ave
Seward, NE
(402) 646-4611
<https://www.mhcs.us/seward-memorial-physical-therapy>

Milford Physical Therapy
511 1st Street
Milford, NE
(402) 761-4000
<http://milfordphysicaltherapy.com/>

Vision Clinics

Seward Vision Clinic
334 S 4th Street
Seward, NE
(402) 643-2944
<http://sewardvision.com/>

Senior Services

Aging Partners (covering all counties in the Four Corners district)
1005 O Street
Lincoln, NE
(402) 441-7070 or (800) 247-0938
<http://lincoln.ne.gov/city/mayor/aging/>

Milford Senior Center
105 B Street
Milford, NE
(402) 761-3367
<http://milfordne.gov/community/senior-center/>

Senior Center of Seward
1010 Manor Drive
Seward, NE
(402) 643-4466
<http://www.cityofsewardne.gov/locations/lie-d-senior-center/>

Seward County Aging Services
105 B Street
Milford, NE 68405
(402) 761-3593

Utica Senior Center
520 B Street
Utica, NE
(402) 534-3435
<http://uticasrcenter.homestead.com/>

Transportation

IntelliRide (for Medicaid Members)
(844) 531-3783
<http://www.iridenow.com/home/nebraska.aspx>

Seward County Public Transit
320 S 14th Street
Seward, NE
(402) 643-4067
<http://www.countyofsewardne.com>

Seward Senior Shuttle
1010 Manor Drive West
Seward, NE
(402) 643-3177
<http://www.cityofsewardne.gov/locations/lie-d-senior-center/>

Veterans Services

Seward County Veterans Service Office
Jeff Baker
322 S 14th
Seward, NE
(402) 643-4105
<http://www.countyofsewardne.com/veteransoffice>

