

Seward County Pre-Diabetes / Diabetes Resources

Counseling				
Blue Valley Behavioral Health	459 6 th Street #1	Seward, NE	(402) 643-3343	http://www.bvbh.net
Metschke Counseling	128 N. 6 th Street F	Seward, NE	(402) 646-0103	http://metschkecounseling.com
Turning Point Behavioral Health	122 S 4 th Street Suite #2108	Seward, NE	(402) 643-4954	http://turningpointbhac.com
Dental Offices				
Seward Dental Clinic	306 S 4 th Street	Seward, NE	(402) 643-2931	https://sewarddentalclinic.com
Seward Smiles Dental	137 N 7 th 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 & Medical Supplies				
Mueri Drug	544 Seward Street	Seward, NE	(402) 643-3332	
Milford Pharmacy	610 1 st street	Milford, NE	(402) 761-2222	https://milfordpharmacy.net
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/services/pharmacy
Wal-Mart Pharmacy	1326 280 th	Seward, NE	(402) 643-6611	https://www.walmart.com
Diabetes Prevention Program Classes				
Memorial Health Care Systems; Molly Petrik, RD, LMNT,CDE or Sharon Luebbe, RN	300 N. Columbia Ave	Seward, NE	(402) 646-4667	https://www.mhcs.us/services/diabetesprogrms
Dietitian / Nutrition / Diabetes Educators				
Memorial Health Care Systems	300 N. Columbia Ave	Seward, NE	(402) 643-2971	https://www.mhcs.us/services/nutrition-counseling
Foot Care Clinic				
Seward Memorial Specialty Clinic	300 N Columbia	Seward, NE	(402) 646-4651	 clinics > specialty clinic">http://www.mhcs.us > clinics > specialty clinic

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Healthy Lifestyles / Exercise

inMotion Fitness Studio	235 River Street	Seward, NE	(402) 646-9444	https://www.inmotionseward.com
Jazzercise Center	133 N. 6 th Street	Seward, NE	(402) 429-0835	http://jcls.jazzercise.com/facility/seward-jazzercise
Memorial Health Care Systems Cardiac and Pulmonary 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 St	Seward, NE	(531) 727-2893	http://trurgentcare.com
Utica Family Medical Center	100 4 th 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
Seward Memorial Physical Therapy Services	300 N Columbia Ave	Seward, NE	(402) 646-4611	https://www.mhcs.us/seward-memorial-physical-therapy
Milford Physical Therapy	511 1 st Street	Milford, NE	(402) 761-4000	http://milfordphysicaltherapy.com

Vision Clinics

Seward Vision Clinic	334 S 4 th Street	Seward, NE	(402) 643-2944	http://sewardvision.com
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Senior Services				
Aging Partners (covering Butler, Fillmore, Polk, Saline, Saunders, Seward, and York Counties)	1005 O Street	Lincoln, NE	(402) 441-7070 Or (800) 247-0938	http://lincoln.ne.gov/city/mayor/aging
Milford Senior Center	105 S B Street	Milford, NE	(402) 761-3367	http://milfordne.gov/community/senior-center
Senior Center of Seward	1010 Manor Dr.	Seward, NE	(402) 643-4466	http://www.cityofsewardne.gov/locations/lie-d-senior-center
Seward County Aging Services	105 B Street	Milford, NE	(402) 761-3593	http://www.countyofseward.ne/aging-services
Utica Senior Center	520 B Street	Utica, NE	(402) 534-3435	http://uticasrcenter.homestead.com
Transportation				
IntelliRide Nebraska (for Medicaid Members)			(844) 531-3783	http://www.iridenow.com/home/nebraska.aspx
Seward County Public Transit & Veterans Services	320 S 14 th St	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 14 th	Seward, NE	(402) 643-4105 jbaker@co.seward.ne.us	http://www.countyofsewardne.com/veteransoffice

