

**South Heartland District Health Department
Community Resource Guide**

(Last updated March 2015)

Nutrition and Fitness

UNL Extension Services

Adams County:

300 North St. Joseph Avenue

Hastings, NE 68902

(402) 461-7209

Email: Adams-County@unl.edu

Clay County:

111 West Fairfield

Clay Center, NE 68933

(402) 762-3644

Email: Clay-County@unl.edu

Nuckolls County:

150 S. Main St.

PO Box 386

Nelson, NE 68961

(402) 225-2381

Email: Nuckolls-County@unl.edu

Webster County:

621 North Cedar

Red Cloud, NE 68970

(402) 746-3417

Email: Webster-County@unl.edu

- Education programs for nutrition and health

YMCA

1430 West 16th Street

1220 West 18th Street

Hastings, NE 68901

(402) 463-3139 – (402) 462-6220

- Health and recreation for all ages

YWCA

604 N Saint Joseph Ave

Hastings, NE 68901

(402) 462-8821