



KASD Health & Wellness Center

Convenient care, when and where you need it

The KASD Health & Wellness Center provides convenient and complimentary access to healthcare for Kimberly Area School District employees, dependents and retirees with the KASD insurance plan. The Health Center staff provides high quality care to treat, reverse and prevent disease that match each individual's needs.

MEET YOUR TEAM:

Nurse Practitioner and Licensed Practical Nurse

RN Health Coach and Registered Dietitian

Occupational and Physical Therapy Services



Sarah Eskofski,
APNP



Cheryl
Whitney, LPN



Melissa Baum,
RN Health Coach



Diane Kelbel,
RD, CD, CWC



Jacklyn Peer,
OTR/L



Kyle Schwebke,
PT

HOURS:

Mon and Tues: 11 a.m.-6 p.m.
Wed and Fri: 6:30-9:30 a.m.
Thurs: 2-6 p.m.

Mon and Tues: 1-6 p.m.

Thurs: 2-6 p.m.

Mon - Thurs: 3:30-6 p.m.
Fri: 11 a.m.-1 p.m.

SERVICES:

Nurse Practitioner

- Primary care
- Urgent/Episodic care
- Occupational health
- Preventive physicals
- Chronic condition management
- First aid treatment
- Well child visits
- Sport/camp physicals
- Sprains/strains
- Minor cuts/burns
- Medication education

Licensed Practical Nurse

- Blood pressure check
- Vaccinations
- Lab draw/collection

Health Coaching

- Stress management
- Disease prevention
- Wellness screening & education
- Health improvement
- Tobacco cessation

Registered Dietitian

- Digestive issues
- Diabetes prevention & management
- Improve heart health & blood pressure
- Weight management
- Behavioral intervention/Intuitive eating
- Women's Health; Prenatal and menopause
- Eating disorders

Therapy

- Injury prevention
- Instruction exercise/stretching
- Body mechanics
- Joint & muscle injury/pain
- Work comp therapy
- Dry needling

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419-1 S. Washington St.
Combined Locks, WI 54113

Appointments: Call 920-423-4192 or schedule online:
www.ascension.org/KASDHealth



Ascension