

RED WILLOW COUNTY HEALTH DEPARTMENT

1400 West 5th McCook, NE 69001 308-345-1790

CALENDAR OF EVENTS – MAY 2018

- MAY 1 – TUES Bee Movin' Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am
Bee Movin' Sr. Fitness @ Sr. Center 12:30-1:00 pm
- MAY 2 – WED Blood Pressure Clinic @ Red Willow Co. Courthouse 10-10:45 am
Blood Pressure Clinic @ Heritage Sr. Center 11:00-11:45 am
- MAY 3 – THURS CANCELLED - Bee Movin' Exercise Class w/Kristen @ East Ward Village
CANCELLED - Bee Movin' Sr. Fitness @ Sr. Center 12:30-1:00 pm
Blood Pressures @ Red Willow Co. Health Dept. 1-3:00 pm
- MAY 8 – TUES Bee Movin' Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am
Bee Movin' Sr. Fitness @ Sr. Center 12:30-1:00 pm
- MAY 10 – THURS LAB BLOOD DRAWS – CALL FOR AN APPOINTMENT (345-1790)
Bee Movin' Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am
Bee Movin' Sr. Fitness @ Sr. Center 12:30-1:00 pm
Blood Pressures @ Red Willow Co. Health Dept. 1-3:00 pm
- MAY 15 – TUES Bee Movin' Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am
Bee Movin' Sr. Fitness W/Kristen @ Sr. Center 12:30-1:00 pm
- MAY 16 – WED Blood Pressure Clinic @ Highland Park 10:00-10:45 am
Blood Pressure Clinic @ Brookdale 11:00-11:45 am
- MAY 17 – THURS Bee Movin' Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am
Bee Movin' Sr. Fitness W/Kristen @ Sr. Center 12:30-1:00 pm
Blood Pressures @ Red Willow Co. Health Dept. 1-3:00 pm
- MAY 22 – TUES Bee Movin' Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am
Bee Movin' Sr. Fitness @ Sr. Center 12:30-1:00 pm
- MAY 23 - WED Blood Pressure Clinic @ McCook Housing 10:00 – 10:30 am
Blood Pressure Clinic @ East Ward Village 10:45 – 11:30 am
- MAY 24 - THURS Bee Movin' Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am
Bee Movin' Sr. Fitness W/Kristen @ Sr. Center 12:30-1:00 pm
- MAY 25 – FRI OFFICE CLOSED FOR IMMUNIZATION CONFERENCE
- MAY 28 - MON OFFICE CLOSED FOR MEMORIAL DAY
- MAY 29 – TUES Blood Pressures @ Sehnert's Bakery 9:30-10:30 am
Bee Movin' Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am
Bee Movin' Sr. Fitness W/Kristen @ Sr. Center 12:30-1:00 pm
- MAY 31 – THURS Bee Movin' Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am
Bee Movin' Sr. Fitness W/Kristen @ Sr. Center 12:30-1:00 pm

Red Willow County Health Department Services Available: Adult & Children Vaccinations: Walk-ins or by Appt.; Flu Shots; Free Colorectal Screening Kits available; Foot care; Paternity testing; Walk-in Blood Pressure Checks. For more information call the Red Willow County Health Department at 345-1790 or 1-877-250-2057. *These services are also available for people who live outside Red Willow County.*

Red Willow County Health Department

1400 West 5th – McCook NE 69001 308-345-1790

BLOOD PRESSURE CLINICS

FIRST WEDNESDAY EACH MONTH

Red Willow County Courthouse	10:00 – 10:45 AM
Heritage Senior Center	11:00 – 11:45 AM

THIRD WEDNESDAY EACH MONTH

Highland Park	10:00 – 10:45 AM
Brookdale McCook	11:00 – 11:45 AM

FOURTH WEDNESDAY EACH MONTH

East Ward Village	10:00 – 10:30 AM
McCook Housing	10:45 – 11:30 AM

EVERY THURSDAY EACH MONTH

Red Willow County Health Dept.	1:00 – 3:00 PM
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LAST TUESDAY OF EACH MONTH

Sehnert's Bakery	9:30 – 10:30 AM
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MAY 2018 BLOOD PRESSURE CLINICS

WEDNESDAY – 2	Red Willow County Courthouse Heritage Senior Center	10:00 – 10:45 AM 11:00 – 11:45 AM
WEDNESDAY – 16	Highland Park Brookdale McCook	10:00 – 10:45 AM 11:00 – 11:45 AM
WEDNESDAY – 23	East Ward Village McCook Housing	10:00 – 10:30 AM 10:45 – 11:30 AM
TUESDAY – 29	Sehnert's Bakery	9:30 – 10:30 AM
ALL THURSDAYS	Red Willow Co. Health Dept.	1:00 – 3:00 PM

*These services are also available to people who live outside Red Willow County.
Appointments are not necessary. Free of charge.*