

# RED WILLOW COUNTY HEALTH DEPARTMENT

1400 West 5<sup>th</sup> McCook, NE 69001 308-345-1790

## CALENDAR OF EVENTS – AUGUST 2018

- AUG 1 – WED  
Blood Pressure Clinic @ Red Willow Co. Courthouse 10-10:45 am  
Blood Pressure Clinic @ Heritage Sr. Center 11:00-11:45 am
- AUG 2 – THURS  
Bee Movin' Exercise Class w/Kristen @ East Ward Village  
Bee Movin' Sr. Fitness @ Sr. Center 12:30-1:00 pm  
Blood Pressures @ Red Willow Co. Health Dept. 1-3:00 pm
- AUG 7 – 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
- AUG 9 – 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
- AUG 14 – 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
- AUG 15 – WED  
Blood Pressure Clinic @ Highland Park 10:00-10:45 am  
Blood Pressure Clinic @ Brookdale 11:00-11:45 am
- AUG 16 – 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
- AUG 21 – 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
- AUG 22 - WED  
Blood Pressure Clinic @ East Ward Village 10:00 – 10:30 am  
Blood Pressure Clinic @ McCook Housing 10:45 – 11:30 am
- AUG 23 - 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
- AUG 28 – 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 @ 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 5<sup>th</sup> – McCook NE 69001 308-345-1790

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## 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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## AUGUST 2018 BLOOD PRESSURE CLINICS

WEDNESDAY – 1	Red Willow County Courthouse Heritage Senior Center	10:00 – 10:45 AM 11:00 – 11:45 AM
WEDNESDAY – 15	Highland Park Brookdale McCook	10:00 – 10:45 AM 11:00 – 11:45 AM
WEDNESDAY – 22	East Ward Village McCook Housing	10:00 – 10:30 AM 10:45 – 11:30 AM
TUESDAY – 28	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.*