

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – SEPTEMBER 2018

SEPT 3 – MON	OFFICE CLOSED FOR LABOR DAY
SEPT 4 – 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
SEPT 5 – WED	HEALTH FAIR BLOOD DRAWS – Call for an appointment Blood Pressure Clinic @ Red Willow Co. Courthouse 10-10:45 am Blood Pressure Clinic @ Heritage Sr. Center 11:00-11:45 am
SEPT 6 – THURS	HEALTH FAIR BLOOD DRAWS - Call for an appointment 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
SEPT 7 – THURS	HEALTH FAIR BLOOD DRAWS – Call for an appointment
SEPT 11 – 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
SEPT 13 – 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
SEPT 18 – 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
SEPT 19 – WED	Blood Pressure Clinic @ Highland Park 10:00-10:45 am Blood Pressure Clinic @ Brookdale 11:00-11:45 am
SEPT 20 – 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
SEPT 25 – 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
SEPT 26 - WED	Blood Pressure Clinic @ East Ward Village 10:00 – 10:30 am Blood Pressure Clinic @ McCook Housing 10:45 – 11:30 am
SEPT 27 - 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
--------------------------------	----------------

LAST TUESDAY OF EACH MONTH

Sehnert's Bakery	9:30 – 10:30 AM
------------------	-----------------

SEPTEMBER 2018 BLOOD PRESSURE CLINICS

WEDNESDAY – 5	Red Willow County Courthouse Heritage Senior Center	10:00 – 10:45 AM 11:00 – 11:45 AM
WEDNESDAY – 19	Highland Park Brookdale McCook	10:00 – 10:45 AM 11:00 – 11:45 AM
TUESDAY – 25	Sehnert's Bakery	9:30 – 10:30 AM
WEDNESDAY – 26	East Ward Village McCook Housing	10:00 – 10:30 AM 10:45 – 11:30 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.*