

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – OCTOBER 2018

- OCT 2 – TUES
Bee Movin' Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am
Blood Pressure Clinic @ Heritage Sr. Center 11:45 am – 12:00 pm
Bee Movin' Sr. Fitness @ Sr. Center 12:30-1:00 pm
- OCT 4 – THURS
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
- OCT 8 – MON
OFFICE CLOSED FOR COLUMBUS DAY
- OCT 9 – TUES
LAB BLOOD DRAWS – CALL FOR AN APPOINTMENT
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
- OCT 11 – THURS
Bee Movin' Exercise Class w/Kristen @ East Ward Village CANCELLED
Bee Movin' Sr. Fitness w/Kristen @ Sr. Center CANCELLED
Blood Pressures @ Red Willow Co. Health Dept. 1-3:00 pm
- OCT 16 – TUES
Bee Movin' Exercise Class w/Kristen @ East Ward Village - CANCELLED
Bee Movin' Sr. Fitness W/Kristen @ Sr. Center - CANCELLED
Blood Pressure Clinic @ Courthouse 12:00 – 12:30 pm
- OCT 17 – WED
Blood Pressure Clinic @ Highland Park 10:00-10:45 am
Blood Pressure Clinic @ Brookdale 11:00-11:45 am
- OCT 18 – 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
- OCT 23 – 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
- OCT 24 - WED
Blood Pressure Clinic @ East Ward Village 10:00 – 10:30 am
Blood Pressure Clinic @ McCook Housing 10:45 – 11:30 am
- OCT 25 - 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
Public Flu Clinic @ Bartley Community Building 12:00 -1:30 pm
Blood Pressures @ Red Willow Co. Health Dept. 1-3:00 pm
- OCT 30 - 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

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~~ RESCHEDULED 10:00 – 10:45 AM
~~Heritage Senior Center~~ RESCHEDULED 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

OCTOBER 2018 BLOOD PRESSURE CLINICS

TUESDAY – 2	Heritage Sr. Center	11:45 – 12:30 PM
TUESDAY – 16	Red Willow Co. Courthouse	12:00 – 12:30 PM
WEDNESDAY – 17	Highland Park Brookdale McCook	10:00 – 10:45 AM 11:00 – 11:45 AM
WEDNESDAY – 24	East Ward Village McCook Housing	10:00 – 10:30 AM 10:45 – 11:30 AM
TUESDAY – 30	Sehnert's Bakery	9:30 – 10:30 AM
ALL THURSDAYS	Red Willow Co. Health Dept.	1:00 – 3:00 PM

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Appointments are not necessary. Free of charge.*