

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – NOVEMBER 2018

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| NOV 1 – 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 |
| NOV 6 – 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 |
| NOV 7 – WED | Blood Pressure Clinic @ Courthouse 10:00-10:45 am Blood Pressure Clinic @ Heritage Sr. Center 11:00-11:45 pm |
| NOV 8 – THURS | LAB BLOOD DRAWS – CALL FOR AN APPOINTMENT Bee Movin' Exercise Class w/Kristen @ East Ward Village Bee Movin' Sr. Fitness w/Kristen @ Sr. Center Blood Pressures @ Red Willow Co. Health Dept. 1-3:00 pm FLU SHOTS @ DIABETES HEALTH FAIR @ COMMUNITY HOSPITAL 3:00-6:00 pm |
| NOV 12 – MON | CLOSED FOR VETERAN'S DAY |
| NOV 13 – TUES | Bee Movin' Exercise Class w/Kristen @ East Ward Village Bee Movin' Sr. Fitness W/Kristen @ Sr. Center |
| NOV 14 – WED | McCOOK FARM & RANCH EXPO |
| NOV 15 – THURS | McCOOK FARM & RANCH EXPO Bee Movin' Exercise Class w/Kristen @ East Ward Village Bee Movin' Sr. Fitness W/Kristen @ Sr. Center |
| NOV 20 – TUES | Bee Movin' Exercise Class w/Kristen @ East Ward Village Bee Movin' Sr. Fitness W/Kristen @ Sr. Center |
| NOV 21 – WED | Blood Pressure Clinic @ Highland Park 10:00-10:45 am Blood Pressure Clinic @ Brookdale 11:00-11:45 am |
| NOV 22 – THURS | OFFICE CLOSED FOR THANKSGIVING HOLIDAY |
| NOV 23 – FRI | OFFICE CLOSED FOR THANKSGIVING HOLIDAY |
| NOV 27 – 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 |
| NOV 28 - WED | Blood Pressure Clinic @ East Ward Village 10:00 – 10:30 am Blood Pressure Clinic @ McCook Housing 10:45 – 11:30 am |
| NOV 29 – THURS | 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 5th – McCook NE 69001

308-345-1790

BLOOD PRESSURE CLINICS

FIRST WEDNESDAY EACH MONTH

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

THIRD WEDNESDAY EACH MONTH

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

FOURTH WEDNESDAY EACH MONTH

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

EVERY THURSDAY EACH MONTH

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

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

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| WEDNESDAY – 7 | Red Willow County Courthouse Heritage Sr. Center | 10:00 – 10:45 AM 11:00 – 11:45 AM |
| WEDNESDAY – 21 | Highland Park Brookdale McCook | 10:00 – 10:45 AM 11:00 – 11:45 AM |
| WEDNESDAY – 27 | 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.*