

# 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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## FEBRUARY 2019 BLOOD PRESSURE CLINICS

WEDNESDAY – 6	Red Willow County Courthouse Heritage Sr. Center	10:00 – 10:45 AM 11:00 – 11:45 AM
WEDNESDAY – 20	Highland Park Brookdale McCook	10:00 – 10:45 AM 11:00 – 11:45 AM
TUESDAY - 26	Sehnert's Bakery	9:30 – 10:30 AM
WEDNESDAY – 27	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.*

# RED WILLOW COUNTY HEALTH DEPARTMENT

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

## CALENDAR OF EVENTS – FEBRUARY 2019

FEB 5 – 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
FEB 6 – WED	Blood Pressure Clinic @ Courthouse 10:00-10:45 am Blood Pressure Clinic @ Heritage Sr. Center 11:00-11:45 pm
FEB 7 – 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
FEB 12 – 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
FEB 14 – THURS	LAB DRAWS- CALL FOR AN APPOINTMENT (345-1790) Bee Movin' Exercise Class w/Kristen @ East Ward Village Bee Movin' Sr. Fitness W/Kristen @ Sr. Center
FEB 18 – MON	OFFICE CLOSED FOR PRESIDENT'S DAY
FEB 19 – 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
FEB 20 – WED	Blood Pressure Clinic @ Highland Park 10:00-10:45 am Blood Pressure Clinic @ Brookdale 11:00-11:45 am
FEB 21 – 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
FEB 26 – 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
FEB 27 - WED	Blood Pressure Clinic @ East Ward Village 10:00 – 10:30 am Blood Pressure Clinic @ McCook Housing 10:45 – 11:30 am
FEB 28 – THURS	CANCELLED - Bee Movin' Exercise Class w/Kristen @ East Ward Village 11:00-11:30 CANCELLED - 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.*