

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
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LAST TUESDAY OF EACH MONTH

Sehnert's Bakery	9:30 – 10:30 AM
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JANUARY 2019 BLOOD PRESSURE CLINICS

WEDNESDAY – 2	Red Willow County Courthouse Heritage Sr. Center	10:00 – 10:45 AM 11:00 – 11:45 AM
WEDNESDAY – 16	Highland Park Brookdale McCook	10:00 – 10:45 AM 11:00 – 11:45 AM
WEDNESDAY – 23	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.*

RED WILLOW COUNTY HEALTH DEPARTMENT

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CALENDAR OF EVENTS – JANUARY 2019

JAN 2 – WED	Blood Pressure Clinic @ Courthouse 10:00-10:45 am Blood Pressure Clinic @ Heritage Sr. Center 11:00-11:45 pm
JAN 3 – 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
JAN 8 – 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
JAN 10 – 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
JAN 15 – 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
JAN 16 – WED	Blood Pressure Clinic @ Highland Park 10:00-10:45 am Blood Pressure Clinic @ Brookdale 11:00-11:45 am
JAN 17 – 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
JAN 21 – MON	OFFICE CLOSED FOR MARTIN L. KING HOLIDAY
JAN 22 – 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
JAN 23 - WED	Blood Pressure Clinic @ East Ward Village 10:00 – 10:30 am Blood Pressure Clinic @ McCook Housing 10:45 – 11:30 am
JAN 24 – 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
JAN 29 – 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
JAN 31 – 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.*