

**RED WILLOW COUNTY HEALTH DEPARTMENT**

**1400 West 5<sup>th</sup> – 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**

Eastward Village	10:00 – 10:45 AM
McCook Housing	11:00 – 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
------------------	-----------------

---

**APRIL 2019 BLOOD PRESSURE CLINICS**

WED. APRIL 3	Red Willow County Courthouse	10:00 – 10:45 AM
	Heritage Sr. Center	11:00 – 11:45 AM

WED. APRIL 17	Highland Park	10:00 – 10:45 AM
	Brookdale McCook	11:00 – 11:45 AM

WED. APRIL 24	East Ward Village	10:00 – 10:30 AM
	McCook Housing	10:45 – 11:30 AM

TUE. APRIL 30	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

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

## CALENDAR OF EVENTS – APRIL 2019

- APRIL 2 – 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
- APRIL 3 – WED Blood Pressure Clinic @ Courthouse 10:00 – 10:45 am  
Blood Pressure Clinic @ Heritage Sr. Center 11:00 – 11:45 am
- APRIL 4 – 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. 1:00 – 3:00 pm**
- APRIL 9 – 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
- APRIL 11 – THURS **LAB 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 w/Kristen @ Sr. Center 12:30 – 1:00 pm  
**Blood Pressures @ Red Willow Co. Health Dept. 1:00 – 3:00 pm**
- APRIL 16 – 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
- APRIL 17 - WED Blood Pressure Clinic @ Highland Park 10:00 – 10:45 am  
Blood Pressure Clinic @ Brookdale 11:00 – 11:45 am
- APRIL 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. 1:00 – 3:00 pm**
- APRIL 23 – 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
- APRIL 24 – WED Blood Pressure Clinic @ Eastward Village 10:00 – 10:30 am  
Blood Pressure Clinic @ McCook Housing 10:45 – 11:30 am
- APRIL 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  
**Blood Pressures @ Red Willow Co. Health Dept. 1:00 – 3:00 pm**
- APRIL 30 - TUES **Blood Pressure @ 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