

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – MARCH 2019

- MAR 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
- MAR 6 – WED Blood Pressure Clinic @ Courthouse 10:00 – 10:45 am
Blood Pressure Clinic @ Heritage Sr. Center 11:00 – 11:45 am
- MAR 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. 1:00 – 3:00 pm
- MAR 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
- MAR 14 – 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
- MAR 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
- MAR 20 - WED Blood Pressure Clinic @ Highland Park 10:00 – 10:45 am
Blood Pressure Clinic @ Brookdale 11:00 – 11:45 am
- MAR 21 – THURS **Blood Pressure @ Sehnert's Bakery 9:30 – 10:30 am (Thurs. this Mo. Only)**
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
- MAR 26 – 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
- MAR 27 – WED Blood Pressure Clinic @ Eastward Village 10:00 – 10:30 am
Blood Pressure Clinic @ McCook Housing 10:45 – 11:30 am
- MAR 28 – 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

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

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
------------------	-----------------

MARCH 2019 BLOOD PRESSURE CLINICS

Wed. March 6	Red Willow County Courthouse	10:00 – 10:45 AM
	Heritage Sr. Center	11:00 – 11:45 AM

Wed. March 20	Highland Park	10:00 – 10:45 AM
	Brookdale McCook	11:00 – 11:45 AM

Thur. March 21	Sehnert's Bakery	9:30 – 10:30 AM
----------------	------------------	-----------------

Wed. March 27	East Ward Village	10:00 – 10:30 AM
	McCook Housing	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.*