

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS –JULY 2019

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| JUL 2 – TUES | CANCELLED: Exercise Class w/Kristen @ East Ward Village 11:00 – 11:30 am CANCELLED: Sr. Fitness w/Kristen @ Sr. Center 12:30 – 1:00 pm |
| JUL 3 – WED | Blood Pressure Clinic @ Courthouse 10:00 – 10:45 am Blood Pressure Clinic @ Heritage Sr. Center 11:00 – 11:45 am |
| JUL 4 – THURS | CLOSED FOR THE HOLIDAY |
| JUL 9 – TUES | CANCELLED: Exercise Class w/Kristen @ East Ward Village 11:00 – 11:30 am CANCELLED: Sr. Fitness w/Kristen @ Sr. Center 12:30 – 1:00 pm |
| JUL 11 – THURS | CANCELLED: Exercise Class w/Kristen @ East Ward Village 11:00 – 11:30 am CANCELLED: Sr. Fitness w/Kristen @ Sr. Center 12:30 – 1:00 pm |
| JUL 16 – TUES | CANCELLED: Exercise Class w/Kristen @ East Ward Village 11:00 – 11:30 am CANCELLED: Sr. Fitness w/Kristen @ Sr. Center 12:30 – 1:00 pm |
| JUL 17 - WED | Blood Pressure Clinic @ Highland Park 10:00 – 10:45 am Blood Pressure Clinic @ Brookdale 11:00 – 11:45 am |
| JUL 18 – THURS | CANCELLED: Exercise Class w/Kristen @ East Ward Village 11:00 – 11:30 am CANCELLED: Sr. Fitness w/Kristen @ Sr. Center 12:30 – 1:00 pm |
| JUL 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 |
| JUL 24 – WED | Blood Pressure Clinic @ East Ward Village 10:00 – 10:30 am Blood Pressure Clinic @ McCook Housing 10:45 – 11:30 am |
| JUL 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 |
| JUL 30 – TUES | Blood Pressure Clinic at 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 |

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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*Not available July 4, 11, 18

LAST TUESDAY OF EACH MONTH

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

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| WEDNESDAY – 3 | Red Willow County Courthouse Heritage Sr. Center | 10:00 – 10:45 AM 11:00 – 11:45 AM |
| WEDNESDAY – 17 | Highland Park Brookdale McCook | 10:00 – 10:45 AM 11:00 – 11:45 AM |
| WEDNESDAY – 24 | East Ward Village McCook Housing | 10:00 – 10:30 AM 10:45 – 11:30 AM |
| TUESDAY – 30 | Sehnert's Bakery | 9:30 – 10:30 AM |
| ALL THURSDAYS | Red Willow Co. Health Dept. *Not available July 4, 11, 18 | 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.*