

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – August 2019

- AUG 1 – 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
- AUG 6 – 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
- AUG 7 – WED CANCELLED: Blood Pressure Clinic @ Courthouse 10:00 – 10:45 am
CANCELLED: Blood Pressure Clinic @ Heritage Sr. Center 11:00 – 11:45 am
- AUG 8 – 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
- AUG 13 – 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
- AUG 15 – 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
- AUG 20 – 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
- AUG 21 - WED Blood Pressure Clinic @ Highland Park 10:00 – 10:45 am
Blood Pressure Clinic @ Brookdale 11:00 – 11:45 am
- AUG 22 – 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
- AUG 27 – 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
- AUG 28 – WED Blood Pressure Clinic @ East Ward Village 10:00 – 10:30 am
Blood Pressure Clinic @ McCook Housing 10:45 – 11:30 am
- AUG 29 – 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 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

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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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AUGUST 2019 BLOOD PRESSURE CLINICS

WEDNESDAY – 7	CANCELLED RW Co. Courthouse CANCELLED Heritage Sr. Center	10:00 – 10:45 AM 11:00 – 11:45 AM
WEDNESDAY – 21	Highland Park Brookdale McCook	10:00 – 10:45 AM 11:00 – 11:45 AM
TUESDAY – 27	Sehnert's Bakery	9:30 – 10:30 AM
WEDNESDAY – 28	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.*