

# RED WILLOW COUNTY HEALTH DEPARTMENT

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

## CALENDAR OF EVENTS – MARCH 2023

- MAR 2 – THURS AM Labs @ Health Fair Prices-Appt Only from 8:00-10:00 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- MAR 7 - TUES AM Labs @ Health Fair Prices-Appt Only from 8:00-10:00 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- MAR 9 - THURS NO EXERCISE CLASS
- MAR 14 - TUES Blood Pressure Clinic @ Highland Park 10-10:45 am  
Blood Pressure Clinic @ McCook Housing 11:00-11:30 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- MAR 16 – THURS AM Labs @ Health Fair Prices-Appt Only from 8:00-10:00 am  
Blood Pressure Clinic @ Red Willow County Courthouse 11-11:30 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- MAR 21- TUES Spring Health Fair-Appt Only from 7:30-10:00 am  
Blood Pressure Clinic @ Kinship Pointe 11:00-11:45 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- MAR 22 – WED Spring Health Fair-Appt Only from 7:30-10:00 am
- MAR 23 - THURS Spring Health Fair-Appt Only from 7:30-10:00 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- MAR 28 – TUE Spring Health Fair-Appt Only from 7:30-10:00 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- MAR 30 – THURS Spring Health Fair-Appt Only from 7:30-9:30 am  
Blood Pressure Clinic @ Sehnert's Bakery 9:45-10:45 am  
Blood Pressure Clinic @ Heritage Senior Center Blood Pressure 11:00-11:45 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm

*\*Pfizer and Moderna COVID-19 immunizations available; please call the office for more information.*

**Red Willow County Health Department Services Available:** Adult & Children Vaccinations, Influenza Vaccinations, Foot Care, Lab Draws, Newborn Baby Visits, Exercise Classes, School Health Screenings, School Immunizations Clinics, & Free Blood Pressure Checks. For more information call the Red Willow County Health Department at 1-308-345-1790 or 1-877-250-2057. These services are also available for people who live outside Red Willow County.