

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – APRIL 2023

- APR 4 - TUES Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- APR 6 - THURS NO EXERCISE CLASS
- APR 11 - 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
- APR 13 - 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
- APR 18 - TUES Blood Pressure Clinic @ Kinship Pointe 10:00-10:45 am
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- APR 20 - 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
- APR 24 - MON SWPS Health Screenings
- APR 25 - TUES SWPS Immunization Clinic
NO EXERCISE CLASS
- APR 27 - THURS AM Labs @ Health Fair Prices-Appt Only from 8:00-10:00 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

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.