

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – MAY 2023

- MAY 2 - TUES Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- MAY 4 - 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
- MAY 9 - 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
- MAY 11 - 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
- MAY 16 - TUES Blood Pressure Clinic @ Kinship Pointe 10:00-10:45 am
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- MAY 18 - 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
- MAY 23 - TUES Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- MAY 25 - THURS AM Labs @ Health Fair Prices-Appt Only from 8:00-9:00 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
- MAY 30 - TUES Exercise Cancelled

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.