

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – OCTOBER 2023

- October 3 – Tuesday Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- October 9 – Monday OFFICE CLOSED – COLUMBUS DAY
- October 10 – Tuesday AM Labs @ Health Fair Prices-Appt Only 8:00-9:00am
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- October 13 – Friday *Red Willow County Courthouse-1st Floor Driver's Exam Room 10:30am-12pm*
Flu Immunizations-Open to the Public
- October 17 - Tuesday Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- October 19 - Thursday *Red Willow County Health Department open until 6pm*
Flu Immunizations-Open to the Public
- October 20 – Friday *ED Thomas YMCA 9:30 am-11:30am*
Flu Immunizations-Open to the Public
- October 24 – Tuesday AM Labs @ Health Fair Prices-Appt Only 8:00-9:00am
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
- October 26 - Thursday *Village of Bartley 9am-11am*
Flu Immunizations-Open to the Public
Red Willow County Health Department open until 6 pm
Flu Immunizations-Open to the Public
- October 31 – Tuesday AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm

AM Lab Health Fair Prices: Metabolic Panel/Lipid Profile/Uric Acid/CBC \$50.00, PSA (Prostate Specific Antigen) \$35.00, TSH (Thyroid Screening) \$30.00, Hemoglobin A1C \$25.00, Vitamin D \$55.00. You will need to fast 12 hours prior to the metabolic panel and lipid profile. You may have water & medication, but no coffee, food, or vitamins.

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 are available daily in office by appointment or walk-in. 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.