

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – SEPTEMBER 2023

SEPT 4 – MONDAY	OFFICE CLOSED - LABOR DAY
SEPT 5 – TUESDAY	Blood Pressure Clinic @ Highland Park 10:00-10:45 am Blood Pressure Clinic @ McCook Housing 11:00-11:30 am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
SEPT 6 – WEDNESDAY	<i>Fall Health Fair (Call for an Appointment) 7:30-10:00 am</i>
SEPT 7 – THURSDAY	<i>Fall Health Fair (Call for an Appointment) 7:30-10:00 am</i> Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
SEPT 8 – FRIDAY	<i>Fall Health Fair (Call for an Appointment) 7:30-10:00 am</i>
SEPT 12 – TUESDAY	<i>Fall Health Fair (Call for an Appointment) 7:30-10:00 am</i> Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
SEPT 14 – THURSDAY	<i>Fall Health Fair (Call for an Appointment) 7:30-10:00 am</i> Blood Pressure Clinic @ Red Willow County Courthouse 11:00-11:30 am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
SEPT 19 – TUESDAY	Blood Pressure Clinic @ Kinship Pointe 10:00-10:45 am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
SEPT 21 – THURSDAY	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
SEPT 26 – TUESDAY	<i>Kinship Senior Fun Fair @ Community Building, Fairgrounds 9:00am-12:00pm</i> <i>(Flu Immunizations, Labs @ Health Fair Prices, & Blood Pressures)</i> Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
SEPT 27 – WEDNESDAY	<i>Heritage Senior Center Flu Immunization Clinic 11:00am-1:00pm</i>
SEPT 28 – THURSDAY	Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm

Fall Health Fair: September 6th, 7th, 8th, 12th, & 14th from 7:30-10:00 am. 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. 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.