

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – DECEMBER 2023

December 5 – Tuesday	Blood Pressure Clinic @ Highland Park 10:00-10:45am Blood Pressure Clinic @ McCook Housing 11:00-11:30am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
December 7 – Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
December 12 – Tuesday	Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
December 14 – Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00p
December 19 - Tuesday	Blood Pressure Clinic @ Kinship Pointe 10-10:45am Blood Pressure Clinic @ Red Willow County Courthouse 11-11:30am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
December 21 – Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
December 22 – Friday	OFFICE CLOSED @ NOON – CHRISTMAS
December 25 – Monday	OFFICE CLOSED - CHRISTMAS
December 26 – Tuesday	Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
December 28 – 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 11:00-11:45am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm

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.