

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – JANUARY 2024

January 2 – Tuesday	Blood Pressure Clinic @ McCook Housing 11:00-11:30am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm Blood Pressure Clinic @ Highland Park 1:30-2:15pm
January 4 – Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
January 9 – Tuesday	Exercise Class w/Kristen CANCELLED
January 11 – Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
January 15 – Monday	OFFICE CLOSED – MARTIN LUTHER KING JR. DAY
January 16 - 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
January 18 – Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
January 23 – Tuesday	Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
January 25 – Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am 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
January 30 – Tuesday	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.