

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – MARCH 2024

- March 5 – 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
- March 7 – Thursday
AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am
NO Exercise Class
- March 12 – Tuesday
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
- March 14 – Thursday
AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
- March 19 – Tuesday
Spring Health Fair 7:30-10:00am
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 12:30-1:00pm
- March 21 – Thursday
Spring Health Fair 7:30-10:00am
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- March 22- Friday
Spring Health Fair 7:30-10:00am
- March 26 – Tuesday
Spring Health Fair 7:30-10:00am
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
- March 28 – Thursday
Spring Health Fair 7:30-10:00am
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

AM Lab/Spring 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.