

# RED WILLOW COUNTY HEALTH DEPARTMENT

1400 West 5<sup>th</sup> Street McCook, NE 69001 308-345-1790

## CALENDAR OF EVENTS – APRIL 2024

- April 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
- April 4 – Thursday  
AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
- April 9 – Tuesday  
*Exercise Class Cancelled*
- April 11 – Thursday  
AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am  
*Exercise Class Cancelled*
- April 16 – Tuesday  
Blood Pressure Clinic @ Kinship Pointe 10-10:45am  
Blood Pressure Clinic @ Red Willow County Courthouse 11-11:30am  
*Exercise Class Cancelled*
- April 18– Thursday  
AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am  
*Exercise Class Cancelled*
- April 23-Tuesday  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
- April 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
- April 26-Friday  
OFFICE CLOSED-ARBOR DAY
- April 29-Monday  
Southwest Public Schools Immunization Clinic
- April 30-Tuesday  
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.