

# RED WILLOW COUNTY HEALTH DEPARTMENT

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

## CALENDAR OF EVENTS – MAY 2024

May 1 – Wednesday	<i>Southwest Public Schools Health Screenings in Bartley, NE</i>
May 2 – Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
May 7 – 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
May 9 – Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
May 14 – Tuesday	Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
May 16 – Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
May 21 – 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 12:30-1:00pm
May 23 – Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
May 27 – Monday	OFFICE CLOSED - MEMORIAL DAY
May 28 – Tuesday	Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
May 30 - 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
May 31 - Friday	OFFICE CLOSED – NURSING CONFERENCE <i>Dundy County Health Fair in Benkelman, NE 12pm-3pm</i>

**Thursday AM Lab 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.