

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – AUGUST 2024

August 1- Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm Salvation Army Back to School Event @ McCook Christian 3:00-6:00pm
August 6 – 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
August 8 - Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
August 13 - Tuesday	Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
August 15 – Thursday	AM Labs @ Health Fair Prices-Appt Only 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
August 20 - Tuesday	City of McCook Health Fair 7-10am 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
August 22 - Thursday	City of McCook Health Fair 7-10am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
August 23 -Friday	City of McCook Health Fair 7-10am
August 27 - Tuesday	Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
August 29 - 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

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, \$30 Foot Care, Lab Draws, Free 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. **RWCHD is now implementing a new radon program for home radon testing. We have two state licensed employees who can perform professional continuous radon monitoring in your home at a low cost of \$40.** For more information call the Red Willow County Health Department at 1-308-345-1790 or 1-877-250-2057.