

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – SEPTEMBER 2024

Sept. 2 – Monday	OFFICE CLOSED-LABOR DAY
Sept. 3 – Tuesday	Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Sept. 5 – Thursday	FALL HEALTH FAIR 7:30-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Sept. 6 – Friday	FALL HEALTH FAIR 7:30-10:00am
Sept. 10 – Tuesday	FALL HEALTH FAIR 7:30-10:00am 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
Sept. 11 - Wednesday	FALL HEALTH FAIR 7:30-10:00am
Sept. 12 – Thursday	FALL HEALTH FAIR 7:30-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Sept. 17 – 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
Sept. 18 – Wednesday	St. Patrick’s Elementary School Health Screenings
Sept. 19 – Thursday	Southwest Elementary School Health Screenings
Sept. 20 - Friday	AM Labs @ Health Fair Prices 8:00-10:00am
Sept. 21 – Saturday	Heritage Days – 9am to 6pm Vendor Booth/10-11am Parade
Sept. 24 – Tuesday	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
Sept. 25 - Wednesday	50 th Year Anniversary Celebration 1-3pm @ Red Willow County Health Dept.
Sept. 26 - Thursday	Heritage Senior Center Flu Clinic 11am-1pm Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Sept.27 – Friday	AM Labs @ Health Fair Prices 8:00-10:00am

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Fall Health Fair & 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.