

RED WILLOW COUNTY HEALTH DEPARTMENT

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

CALENDAR OF EVENTS – JANUARY 2025

Jan. 1 - Wednesday	OFFICE CLOSED – NEW YEARS DAY
Jan. 2 – Thursday	No AM Labs Exercise Cancelled
Jan. 7 – Tuesday	Blood Pressure Clinic @ East Ward Village 11:00-11:30am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm Blood Pressure Clinic @ Highland Park 1:30-2:30pm
Jan. 9 – Thursday	AM Labs @ Health Fair Prices 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Jan. 14 – Tuesday	Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Jan. 16 – Thursday	AM Labs @ Health Fair Prices 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Jan. 20 – Monday	OFFICE CLOSED – MLK JR DAY
Jan. 21 – Tuesday	Blood Pressure Clinic @ Kinship Pointe 9:45 -10:45am Blood Pressure Clinic @ Red Willow County Courthouse 11-11:30am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Jan. 23 – Thursday	AM Labs @ Health Fair Prices 8:00-10:00am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Jan. 28 – Tuesday	Blood Pressure Clinic @ Ember’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
Jan. 30 – Thursday	AM Labs @ Health Fair Prices 8:00-10:00am 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-licensing 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.