

# RED WILLOW COUNTY HEALTH DEPARTMENT

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

## CALENDAR OF EVENTS – FEBRUARY 2025

|                    |   |
|--------------------|---|
| Feb. 4 - Tuesday   | Blood Pressure Clinic @ East Ward Village 11:00-11:30am<br>Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm<br>Blood Pressure Clinic @ Highland Park 1:30-2:30pm                        |
| Feb. 6 – Thursday  | AM Labs @ Health Fair Prices 8:00-10:00am<br>Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm   |
| Feb. 11 – Tuesday  | Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm  |
| Feb. 13 – Thursday | AM Labs @ Health Fair Prices 8:00-10:00am<br>Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm   |
| Feb. 17 – Monday   | OFFICE CLOSED – PRESIDENT’S DAY   |
| Feb. 18 – Tuesday  | Blood Pressure Clinic @ Kinship Pointe 9:45 -10:45am<br>Blood Pressure Clinic @ Red Willow County Courthouse 11-11:30am<br>Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm             |
| Feb. 20 – Thursday | AM Labs @ Health Fair Prices 8:00-10:00am<br>Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm   |
| Feb. 25 – Tuesday  | Blood Pressure Clinic @ Ember’s Bakery 9:45-10:45 am<br>Blood Pressure Clinic @ Heritage Senior Center Blood Pressure 11:00-11:45am<br>Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm |
| Feb. 27 – Thursday | AM Labs @ Health Fair Prices 8:00-10:00am   |

**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.