

# RED WILLOW COUNTY HEALTH DEPARTMENT

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

## CALENDAR OF EVENTS – MARCH 2025

Mar. 4 - Tuesday	Exercise Class w/Kristen @ Highland Park 9:00-9:30am 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 1:15-2:15pm
Mar. 6 – Thursday	AM Labs @ Health Fair Prices 8:00-10:00am Exercise Class w/Kristen @ Highland Park 10:00-10:30am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Mar. 11 – Tuesday	Exercise Class w/Kristen @ Highland Park 9:00-9:30am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Mar. 13 – Thursday	AM Labs @ Health Fair Prices 8:00-10:00am Exercise Class w/Kristen @ Highland Park 10:00-10:30am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Mar. 18 – Tuesday	Southwest Jr/Sr Public School Vaccination Clinic Exercise Class w/Kristen @ Highland Park 9:00-9:30am 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
Mar. 19 – Wednesday	Spring Health Fair 7:30-10:00 am
Mar. 20 – Thursday	Spring Health Fair 7:30-10:00 am Exercise Class w/Kristen @ Highland Park 10:00-10:30am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Mar. 25 – Tuesday	Spring Health Fair 7:30-10:00am Exercise Class w/Kristen @ Highland Park 9:00-9:30am 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
Mar. 27 – Thursday	Spring Health Fair 7:30-10:00am Exercise Class w/Kristen @ Highland Park 10:00-10:30am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
Mar..28 – Friday	Spring Health Fair 7:30-10:00 am

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**Thursday AM & Health Fair 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.