

# RED WILLOW COUNTY HEALTH DEPARTMENT

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

## CALENDAR OF EVENTS – APRIL 2025

April 1 - 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 1:30-2:30pm
April 3 – Thursday	AM Labs @ Health Fair Prices 8:00-10:00am <i>Exercise Classes Cancelled</i>
April 7 – Monday	Southwest Jr/Sr Public Schools Health Screenings
April 8 – Tuesday	Exercise Class w/Kristen @ Highland Park 9:00-9:30am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
April 10 - 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
April 15 - Tuesday	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
April 17 – 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
April 22 - Tuesday	Exercise Class w/Kristen @ Highland Park 9:00-9:30am Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00pm
April 24 - 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
April 25 – Friday	OFFICE CLOSED – ARBOR DAY
April 29 – Tuesday	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

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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 has a home radon testing program. 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.