

# RED WILLOW COUNTY HEALTH DEPARTMENT

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

## CALENDAR OF EVENTS – MARCH 2026

### March 3 – Tuesday

- Exercise Class @ Highland Park | 9:00–9:30 AM
- Blood Pressure Clinic @ East Ward Village | 9:45–10:00 AM
- Blood Pressure Clinic @ McCook Housing | 11:00–11:30 AM
- Exercise Class @ Heritage Senior Center | 12:30–1:00 PM
- Blood Pressure Clinic @ Highland Park | 1:30–2:30 PM

### March 5 – Thursday

- AM Labs @ Health Fair Prices | 8:00–10:00 AM
- Exercise Class @ Highland Park | Cancelled
- Exercise Class @ Heritage Senior Center | Cancelled

### March 10 – Tuesday

- Exercise Class @ Highland Park | 9:00–9:30 AM
- Exercise Class @ Heritage Senior Center | 12:30–1:00 PM

### March 12 – Thursday

- AM Labs @ Health Fair Prices | 8:00–10:00 AM
- Exercise Class @ Highland Park | 10:00–10:30 AM
- Exercise Class @ Heritage Senior Center | 12:30–1:00 PM

### March 17 – Tuesday

- Exercise Class @ Highland Park | 9:00–9:30 AM
- Blood Pressure Clinic @ Kinship Pointe | 9:45–10:45 AM
- Blood Pressure Clinic @ Red Willow County Courthouse | 11:00–11:30 AM
- Exercise Class @ Heritage Senior Center | 12:30–1:00 PM

### March 18 – Wednesday

- **Health Fair Labs | 7:00–10:00 AM**

### March 19 – Thursday

- **Health Fair Labs | 7:00–10:00 AM**
- Exercise Class @ Highland Park | 10:00–10:30 AM
- Exercise Class @ Heritage Senior Center | 12:30–1:00 PM

### March 24 – Tuesday

- **Health Fair Labs | 7:00–10:00 AM**
- Exercise Class @ Highland Park | 9:00–9:30 AM
- Exercise Class @ Heritage Senior Center | 12:30–1:00 PM

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## March 26 – Thursday

- **Health Fair Labs | 7:00–10:00 AM**
- Exercise Class @ Highland Park | 10:00–10:30 AM
- Exercise Class @ Heritage Senior Center | 12:30–1:00 PM

## March 27 – Friday

- **Health Fair Labs | 7:00–10:00 AM**

## March 31 – Tuesday

- Exercise Class @ Highland Park | 9:00–9:30 AM
- Blood Pressure Clinic @ Lucy's Bakery | 9:45-10:45
- Blood Pressure Clinic @ Heritage Senior Center | 11:00–11:45 AM
- Exercise Class @ Heritage Senior Center | 12:30–1:00 PM

**Thursday AM Labs @ Health Fair 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 for 12 hours prior to your metabolic panel and lipid profile. **Please drink plenty of water, as hydration is important.** You may take your prescribed medications with water during the fasting period. However, **do not** consume any coffee, food, vitamins, or supplements before your lab work.

**Red Willow County Health Department Services Available:** Adult & Children Vaccinations, Influenza Vaccinations, \$30 Foot Care, Lab Draws, 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 a state-licensed employee 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.