

# RED WILLOW COUNTY HEALTH DEPARTMENT

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

## CALENDAR OF EVENTS – OCTOBER 2020

- OCT 6 – TUES      Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am  
Exercise Class w/Kristen @ Heritage Sr. Center 12:30-1:00 pm
- OCT 8 - THURS      Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am  
Exercise Class w/Kristen @ Heritage Sr. Center 12:30-1:00 pm
- OCT 9 - FRI      Blood Pressure Clinic @ Highland Park 10:15-10:45 am  
Blood Pressure Clinic @ Heritage Senior Center 11:00-11:45 am
- OCT 12 - MON      COLUMBUS DAY-OFFICE CLOSED
- OCT 15 - THURS      Blood Pressure Clinic @ McCook Housing 9:45-10:15 am  
Blood Pressure Clinic @ East Ward Village 10:30-10:45 am  
Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am  
Exercise Class w/Kristen @ Heritage Sr. Center 12:30-1:00 pm
- OCT 20 – TUE      Exercise Class w/ Kristen @ East Ward Village 11:00-11:30 am  
Exercise Class w/ Kristen @ Heritage Sr. Center 12:30-1:00 pm
- OCT 27 – TUE      Blood Pressure Clinic @ Sehnert's Bakery 9:00-10:00 am  
Blood Pressure Clinic @ Courthouse 10:15-10:45 am  
Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm

***FLU SHOTS ARE NOW AVAILABLE. PLEASE CALL FOR AN APPOINTMENT!***

**Red Willow County Health Department Services Available:** Adult & Children Vaccinations; Walk-ins or by Appt.; Flu Shots; Foot care; Lab Draws; Newborn Baby Visits; Exercise Classes; School Health Screenings; Paternity testing; Walk-in Blood Pressure Checks. For more information call the Red Willow County Health Department at 345-1790 or 1-877-250-2057. *These services are also available for people who live outside Red Willow County.*