

# RED WILLOW COUNTY HEALTH DEPARTMENT

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

## CALENDAR OF EVENTS – APRIL 2021

- APRIL 6 - TUES      Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- APRIL 8 - THURS    Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- APRIL 13 - TUES    Blood Pressure Clinic @ McCook Housing 9:45-10:15 am  
Blood Pressure Clinic @ East Ward Village 10:30-11:00 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
- APRIL 15 - THURS   Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- APRIL 20 - TUES    Blood Pressure Clinic @ Highland Park 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
- APRIL 22- THURS    Exercise Class w/Kristen @ East Ward Village 11:00-11:30 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- APRIL 27-TUES      Exercise Class w/Kristen @ East Ward Village 10:00-10:30 am  
Blood Pressure Clinic @ Heritage Senior Center 11:00-11:45 am  
Exercise Class w/Kristen @ Heritage Senior Center 12:30-1:00 pm
- APRIL 29-THURS    Blood Pressure Clinic @ Red Willow Co. 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

***\*\*\*WE DO HAVE COVID-19 VACCINE AVAILABLE-WE ARE IN PHASE 2 AND NOW VACCINATING ANYONE 50 YRS OF AGE AND OLDER. HOWEVER, ALL AGES ARE WELCOME TO CALL 345-1790 TO GET ON OUR WAITLIST.***

**Red Willow County Health Department Services Available:** Adult & Children Vaccinations, Influenza Vaccinations, Foot Care, Lab Draws, Newborn Baby Visits, Exercise Classes, School Health Screenings, School Immunizations Clinics, & Free 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.