

# Polk County Health Department

## 2019 Clinic Schedules

### Pedicure Clinics

Pedicure clinics will be held at the Polk County Health Department the 1st and 3rd Wednesday of every month. Please call the health department to make an appointment.

January 2- 8:30-11:30 AM  
January 16- 1:00- 3:30 PM

February 6- 8:30- 11:30 AM  
February 20- 1:00-3:30 PM

March 6- 8:30-11:30 AM  
March 20- 1:00-3:30 PM

April 3- 8:30-11:30 AM  
April 17- 1:00-3:30 PM

May 1- 8:30-11:30 AM  
May 15- 1:00-3:30 PM

June 5- 8:30-11:30 AM  
June 19- 1:00-3:30 PM

July 3- 8:30-11:30  
July 17- 1:00-3:30 PM

August 7-8:30-11:30 AM  
August 21- 1:00-3:30 PM

September 4-8:30-11:30 AM  
September 18- 1:00-3:30 PM

October 2- 8:30-11:30 AM  
October 16- 1:00-3:30 PM

November 6- 8:30-11:30 AM  
November 20- 1:00-3:30 PM

December 4- 8:30-11:30 AM  
December 18- 1:00-3:30 PM

### Blood Pressure Clinics

Clinics to monitor blood pressure will be held on each Tuesday of the month. They will be held at the Senior Center and rotate between each town in Polk County.

1st Tuesday- Osceola Senior Center

2nd Tuesday- Shelby Senior Center

3rd Tuesday- Stromsburg Senior Center

4th Tuesday- Polk Senior Center

Walk-ins are welcome any day at the Polk County Health Department.

Office Hours:

Monday-Friday 8:00 AM-4:30 PM

Polk County Health Department  
330 North State Street  
Osceola, NE 68651  
402-747-2211

