

Are you at risk for type 2 diabetes?

Take the test in [English](#) or [Spanish](#).

CDC Diabetes Prevention Program Overview:

During this [Overview Session](#) participants will learn about prerequisites and expectations for attending classes. At the end of the Overview Session participants will have the chance to sign up for the Lifestyle Change Program.

Overview classes will be held at the Mental Health Board building, 620 Dakota Street in Crystal Lake (front of building).

Please register below or call 815-334-4580 or 815-334-4556.

[Monday, June 24th 6:00 - 7:00 PM](#)
[Wednesday, June 26th 6:00 - 7:00 PM](#)

[Wednesday, July 10th 6:00 - 7:00PM](#)
[Monday, July 15th 6:00 - 7:00 PM](#)

No Cost 6 Week Diabetes Self-Management Classes

Classes will be held at Glacial Park in Ringwood on Saturdays from July 13th until August 17th.

Please register below or call 815-334-4580.

[Take Charge of Your Diabetes.](#)
