



## MCHENRY COUNTY DEPARTMENT OF HEALTH

*Are you at risk for type 2 diabetes? Take the test in [English](#) or [Spanish](#).*

### *Wellness Screenings*

Wellness screenings are confidential and offer immediate results. \$25.00 for a cholesterol/blood glucose test and \$10.00 A1C test (cash or check). Free body mass analysis and heart age assessment. NO fasting is required!

First Wednesday Wellness [September 4, 2019, 9:00 - 11:00 AM](#)  
MCDH Crystal Lake

Johnsburg Public Library [September 25, 2019, 9:00 - 11:00 AM](#)

First Wednesday Wellness  
MCDH Crystal Lake [October 2, 2019, 1:00 – 3:00 PM](#)

Cary Public Library [October 16, 2019, 9:00 AM - 11:00 AM](#)

Woodstock Public Library [October 22, 2019, 9:00 AM - 11:00 AM](#)

### *Take Charge of Your Diabetes Self-Management Workshop (6 week class)*

**Registration deadline is September 26<sup>th</sup>**

MCDH Crystal Lake [Thursday October 3 – November 7--1:00 pm–3:30 pm](#)