



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!

Johnsburg Public Library	<u>September 25, 2019, 9:00 - 11:00 AM</u>
First Wednesday Wellness MCDH Crystal Lake	<u>October 2, 2019, 1:00 – 3:00 PM</u>
Cary Public Library	<u>October 16, 2019, 9:00 AM - 11:00 AM</u>
Woodstock Public Library	<u>October 22, 2019, 9:00 AM - 11:00 AM</u>
First Wednesday Wellness MCDH Crystal Lake	<u>November 6, 20 19, 9:00 AM – 11:00 AM</u>

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

Registration deadline is September 26th

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