



## MCHENRY COUNTY DEPARTMENT OF HEALTH

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

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### *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!

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

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

First Wednesday Wellness  
MCDH Crystal Lake                      [November 6, 20 19, 9:00 AM – 11:00 AM](#)

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

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

New classes forming now, please check back