

Take Charge of Your Diabetes



Join us for an interactive workshop designed especially for individuals with pre-diabetes or diabetes.

Learn about skills and tools in self-management.

Workshops meet weekly for 2 ½ hours for six weeks.

Topics covered:
Healthy Eating
Monitoring
Foot Care
Action Planning
and many more!

Please plan to attend all 6 classes

Woodstock Library
414 W Judd Street, Woodstock IL 60098
Wednesdays, March 25 – April 29, 2020
6:00pm – 8:30pm

Harvard Community Senior Center
6817 Harvard Hills Rd, Harvard IL 60033
Wednesdays, April 22 – May 27, 2020
1:00pm – 3:30pm

To register call
Carol Waggoner, RN
McHenry County Department of Health
cawaggoner@mchenrycountyil.gov
815-334-4580
Or register online at www.mcdh.info

