



## 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  
MCDH Crystal Lake

[December 4, 2019, 1:00 – 3:00 PM](#)

First Wednesday Wellness  
MCDH Crystal Lake

[January 8, 2020 9:00 – 11:00 AM](#)

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

Woodstock Public Library [Wednesdays, March 25 – April 29, 2020 6:00 – 8:30 pm](#)

Harvard Senior Center [Wednesdays, April 22 – May 27, 2020 1:00 – 3:30 pm](#)