



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 [January 8, 2020 9:00 – 11:00 AM](#)

MCDH Woodstock [February 5, 2020 9:00 – 11:00 AM](#)

Woodstock Public Library [January 22, 2020 9:00 - 11:00 AM](#)

Johnsburg Library [January 29, 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](#)