



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 [March 4, 2020 8:30 – 10:00 AM](#)

MCDH Woodstock [April 1, 2020 8:30 – 10:00 AM](#)

MCDH Crystal Lake [May 6, 2020 8:30 – 10:00 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](#)

St. Mary's Church Huntley [Thursday, June 18th – July 23rd, 2020 6:00 – 8:30 pm](#)