

# FHN DIABETES WELLNESS DAY

**November 4 • 2 - 5 p.m.**

Stephenson County Farm Bureau  
210 W. Spring Street, Freeport, IL

**FREE & OPEN TO THE PUBLIC**



## Health & Well-Being

- FHN Rehabilitation
- FHN Food and Nutrition
- FHN Supportive Care
- FHN Central Business Office
- Brown's Shoes
- Family YMCA of Northwest Illinois
- Senior Resource Center



## Managing Diabetes

- FHN Diabetes Specialist
- FHN Cardiology
- FHN Podiatry
- Center for Wound Healing at FHN
- FHN Stroke & Sepsis Coordinator
- Castor Medical Supplies



## Giveaways

- Free fresh produce courtesy of FHN & the Stephenson County Farm Bureau\*

\*While supplies last



## Screenings

- Glucose (non-fasting), blood pressure, and BMI screens



*We're here, for you.*

**FHN**

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