

FHN DIABETES WELLNESS DAY

November 21 • 2 - 5 p.m.

Freeport Public Library – Conference Room
100 E. Douglas Street, Freeport, IL

FREE & OPEN TO THE PUBLIC



Screenings

- Glucose (non-fasting), blood pressure, and BMI screens
- Hearing screens by FHN Audiology



Health & Well-Being

- Healthy recipes from FHN Food & Nutrition
- Exercise tips by FHN Rehabilitation, Family YMCA of Northwest Illinois, and Fitness Lifestyles
- FHN Supportive Care, Rosecrance, FHN Community Health Worker, Senior Resource Center, RAMP, and Castor Medical Supplies



Managing Diabetes

- FHN Diabetes Specialist
- Dexcom and Libre
- Center for Wound Healing at FHN
- FHN Cardiology
- FHN Stroke & Sepsis Coordinator



Giveaways

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

*While supplies last

FLU VACCINES AVAILABLE

\$35 cash or check payable to FHN, receipts available for insurance reimbursement. No out-of-pocket expense if covered by Medicare Part B (must present card).



We're here, for you.

FHN