

Community Diabetes Education And Support (Free)

Diabetes Education

Learn the skills to manage your diabetes, check your blood sugars and plan healthy meals. Facilitated by NCH Community Nurses.

Schaumburg Township

One Illinois Blvd, Hoffman Estates
2nd Tuesday of the month, 10-11am
Call 847-285-4551 to register

Arlington Heights Senior Center

1801 W. Central, Arlington Heights
3rd Monday of the month, 9-10:30am
Call 847-253-5532 to register

Community Resource Center

1585 N. Rand Rd, Palatine
Appointment Only 847-776-9570

Diabetes Support Group

Gather to discuss current concerns or challenges you might be experiencing with managing your diabetes. Family members welcome.

Schaumburg Township

One Illinois Blvd, Hoffman Estates
2nd and 4th Wednesday of the month from
10:30-11:30am
Call 847-285-4551 to register

Arlington Heights Senior Center

1801 W. Central, Arlington Heights
3rd Tuesday of the month, 9-10am
Call 847-253-5532 to register



Apoyo de Diabetes en Español

Para recibir apoyo **sin costo** en Español, llame a la enfermera Rose Jensen, 847-776-9570

For Questions call:

Rose Jensen, MSM, MSN, R.N.
Community Nurse Palatine & Arlington Heights
847-776-9570

Janet Stachula, R.N.
Community Nurse Schaumburg
847-285-4551