

# CARECOACH

## FREE HEART HEALTH SCREENINGS

Northwestern Lake Forest Hospital's mobile health van is coming to a location near you! "Let us help you take that first step toward a healthier lifestyle"

- FREE Heart Health Risk Assessment for adults

Based on your personal risk factors, services may include:

- Cholesterol (Total, HDL, LDL, Tri, ratio)
  - Blood pressure check
  - Pre-diabetes/Diabetes screening
  - Body Mass Index and Waist measurements
  - Education and Healthy Lifestyle counseling with a registered nurse
  - Smoking cessation consultations with a certified Tobacco Treatment Specialist
  - Referral and resource assistance provided
- No appointments necessary. Finger-stick test results within 20 minutes!  
Fasting for 12 hours is recommended, but not required
  - For more information visit [lfh.org](http://lfh.org) or call 847.535.6709

*See reverse side for site locations and times. The CareCoach takes its last patient 15 minutes before close, if space is still available.*



**Northwestern Lake Forest Hospital**  
**2011 CareCoach 847-535-6709**

**Lake Forest / Lake Bluff Senior Center 10-1p.m.**  
100 East Old Mill Road  
3-Jan 7-Mar  
31-Jan

**Holy Family Food Pantry 10-1p.m.**  
914 8th Street, Waukegan  
15-Feb & 22-Mar

**Vernon Township 2:30-4:30p.m.**  
3050 N Main St Buffalo Grove  
3-Jan 7-Mar  
31-Jan

**Open Arms Mission 4-6:00p.m.**  
1548 S. Main Street, Antioch  
15-Feb & 22-Mar

**Regent Center 10-1p.m.**  
1200 Regent Drive  
1-Feb 8-Mar  
**Vernon Hills Village Hall 2-4p.m.**  
290 Evergreen Drive  
1-Feb

**Lake Zurich YMCA 10-1p.m.**  
1025 Old McHenry Road  
17-Feb & 24-Mar

**St. Anastasia Food Pantry 9:30a.m.-12:30**  
624 Douglas Avenue, Waukegan  
6-Jan & 13-Jan  
3-Feb & 10-Feb  
10-Mar & 17-Mar

**Wauconda Township 10-1p.m.**  
505 West Bonner Road  
24-Jan & 21-Feb & 28-Mar

**Benton Township 9a.m.-Noon**  
40020 N Green Bay Rd, Beach Park  
2-Feb & 16-Mar

**Round Lake Area Public Library 2:30-5:00p.m.**  
906 Hart Road, Round Lake  
24-Jan & 21-Feb & 28-Mar

**Park Place Waukegan Township 9:30a.m.-1 p.m.**  
414 Lewis Avenue  
**YWCA Lake County 2:30-4:30p.m.**  
2133 Belvidere Road, Waukegan  
7-Feb & 14-Mar

**Libertyville Senior Center 10-1p.m.**  
135 W Church Street  
**Grayslake Senior Center 2:30-4:30 p.m.**  
50 Library Lane  
25-Jan 29-March  
22-Feb

**Mt. Moriah Christian Center 9:30a.m.-12**  
523 10th St. North Chicago  
8-Feb & 15-Mar

**Robert W Rolek Community Center 10-1p.m.**  
814 Hart Road, Round Lake  
27-Jan & 24-Feb & 31-Mar

**Independence Center 10-1:00p.m.**  
2025 Washington St.  
11-Feb & 18-Mar

**Mano a Mano Family Resource Center 2:15-5:00p.m.**  
6 E Main Street, Round Lake Park  
27-Jan & 24-Feb & 31-Mar

**Antioch Senior Center 10-1p.m**  
817 Holbeck Street  
14-Feb & 21-Mar

**Shiloh Center 2:30-4:30p.m.**  
2600 Emmaus Zion  
14-Feb & 21-Mar

*\* The CareCoach takes its last patient 15 minutes before the close of each site, if space is still available.*