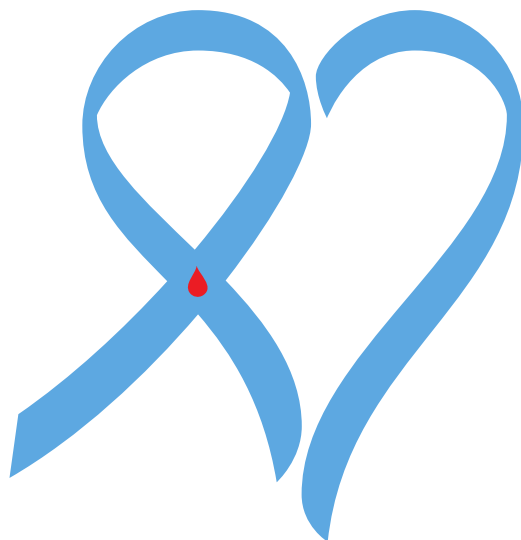




I on Diabetes

Illinois Extension
Nutrition & Wellness Program
in partnership with
OSF HealthCare



Join us for this
four-part series designed to
help you prevent, manage, or
care for someone with diabetes

Learn about...

- Diabetes and its complications
- Planning meals
- Reading food labels
- Portioning foods
- Risks for health problems
- How to plan doctor's visits
- Eating out



OSF HealthCare
Saint Paul Medical Center
Conference Room C
1401 E 12th Street
Mendota, IL

9AM - noon
October 19, 26
November 2 & 9, 2023

\$15.00 per person; includes recipe
samples and take home information.
Max of 16 persons

Online registration is available at <https://go.illinois.edu/ionmendota>
or call 815-224-0889.



**Illinois
Extension**

If you need a reasonable accommodation to participate, please contact Susan Glassman at susang@illinois.edu. Early requests are strongly encouraged in order to allow sufficient time to meet access needs