



## Healthy Holidays at Your House

In person at: OSF Saint Elizabeth Medical Center – Board Room  
1100 E. Norris Dr | Ottawa

In person at: OSF Saint Paul Medical Center – Conference Room C  
1401 E. 12<sup>th</sup> Street | Mendota

In person at: OSF Center for Health Streator – Imagine Meeting Room  
111 Spring Street | Streator

In person at: Reddick Library  
1010 Canal Street | Ottawa

**Tuesday, November 14, Noon – 1 p.m.**

Participants will learn new recipes, new ways to adapt some old favorites and stress reduction tips for every day during the holiday season and beyond!

Presenters: Anne Lauterjung, OSF HealthCare Diabetes Educator Coordinator & Registered Dietician and Susan Glassman, Nutrition and Wellness Educator, University of Illinois Extension

**Online signup for virtual or in person** event at [www.osfhealthcare.org/saint-elizabeth/calendar](http://www.osfhealthcare.org/saint-elizabeth/calendar) or [www.osfhealthcare.org/saint-paul/calendar](http://www.osfhealthcare.org/saint-paul/calendar).

**For more information call Anne Lauterjung at 815-431-3263**