

Healthy Eating for the Holidays



**Wednesday, November 6th
1:00 pm – 3:00 pm**

Event Location: Senior Activity Center, 216 E. Stephenson St.,
Freeport, IL

Registration Cost \$5

Seating is limited so register today!

To register or for more information call our office at (815) 235-4125 or
Check us out online at: extension.illinois.edu/jsw

Workshop Topics Covered:

- ◆ *How to navigate social gatherings and avoid those unwanted pounds*
- ◆ *Tips on how to reduce the amount of sugar and fat in your favorite recipes while still keeping the delicious flavor*
- ◆ *FUN recipes and taste testing!*



**Registration Deadline:
November 4, 2019**

I ILLINOIS.
Extension
COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

 **Nutrition
and Wellness**
University of Illinois Extension

**SR
CENTER** Senior
Resource
Center



University of Illinois Extension ▪ phone (815) 235-4125 ▪ <http://extension.illinois.edu/jsw> ▪ Like us on Facebook

University of Illinois Extension provides educational programs and research-based information to help Illinois residents improve their quality of life, develop skills and solve problems. If you need a reasonable accommodation to participate in this program, please call the U of I Extension office. University of Illinois Extension provides equal opportunities in programs and employment. University of Illinois College of Agricultural, Consumer and Environmental Sciences – United States Department of Agriculture – Local Extension Councils Cooperating