



PREVENTING DIABETES

Enjoy the Healthy Taste of Life



Reduce the risk of prediabetes and prevent Type 2 diabetes by learning the signs and developing healthy strategies to eat well, reduce stress, increase physical activity, and sleep soundly.

Oct 20 **Identifying Signs of Prediabetes**

Noon CT

Acknowledging possible signs and symptoms of prediabetes can help you make important life changes today. Take steps to change your future and reduce your risk for diabetes.

Register: go.illinois.edu/IdentifyingSigns

Nov 10 **Wellness Strategies to Prevent Diabetes**

Noon CT

Build your skill-power! Develop simple wellness strategies, set personal goals, and learn healthy recipe swaps that help your live life to the fullest.

Register: go.illinois.edu/WellnessStrategies

If you need a reasonable accommodation to participate, contact Susan Glassman at susang@illinois.edu.



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