

UNIVERSITY OF ILLINOIS EXTENSION

Jo Daviess County: 204 N Vine, Elizabeth 815-858-2273
Stephenson County, 2998 W Pearl City Rd, Freeport 815-235-4125
Winnebago County, 1040 N Second St, Rockford 815-986-4357



Missed a Webinar? visit our [Youtube channel](#) for recorded webinars

Currently all programming is being done using Zoom meetings or by Webinars.
To Register - call us or go online at go.illinois.edu/jsw



Making The Most of Your Diabetic Resources:

October 28- 10:00 AM

Learn about meal planning tools and counting carbohydrate servings. Take away research-based information and resources to help you stick to your meal plan.

Fat, Sodium and Sugar, Oh My!

November 4 - 10:00 AM

Learn strategies to enhance flavor in your meals while keeping sodium and sugar at a low. The goal is to improve the healthfulness of our meals without sacrificing flavor.

Managing Risk

November 11 - 10:00 AM

Uncontrolled diabetes puts you at risk for many chronic health conditions. Learning what those risks are and what you can do to decrease the risk will help you to live a healthy life with diabetes. During this session, we will discuss the importance of talking with your healthcare team, how high blood sugars impact your health, and what you should be aware of when you are feeling ill.



Certified Food Protection Manager Course

November 30, December 1 & 3 : 9:00 - Noon

Testing December 4 : 9:00 - Noon OR 1:00 - 4:00 PM

This online course will be held over a period of three days, with the exam given in-person on the fourth day. Participants must be present for all three days to be eligible to take the exam. This course will be taught using Zoom, and participants will need a web-camera.

Diabetes Recipes

<https://web.extension.illinois.edu/diabetesrecipes/>

University of Illinois Extension has a great website with recipes for those living with diabetes!! From main dishes and sides, to bread and desserts, each recipe contains an approximate analysis for calories, protein, carbohydrate, fat, saturated fat, fiber, sodium and cholesterol.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA - CHAMPAIGN



Get Saavy - Budget Hacks

October 21- Noon

If you're looking for new ways to manage your money mess, we have the budget hacks for you! Learn how to take what we know about human behavior and choices to build better financial habits.

Everyday Environment Webinar Series August 13 - December 10, 2020

Vermi-composting: Turning Leftovers Into Soil

November 12 - 1:00 PM

Vermi-composting is one of the easiest ways to compost at home. It is odorless, easy, and makes winter composting so much more fun!



**AUTUMN
HEALTH PICKS**
WEBINAR SERIES



Fermented Foods - October 28- Noon

Join us and learn how to run some experiments in your own home and understand what the science really says these foods can do for you.

Block The Bite - November 4 - Noon

Tick ecologist Heather Kopsco will teach you when and where you can expect to find these potentially dangerous pests when outdoors, and simple ways to keep your family protected (pets, included!).



Happy Healthy Providers: Healthy Habits:
October 27- 6:00 PM

Learn strategies that early care and education center staff can use to support children and their families in developing a foundation of healthy habits that last a lifetime.

Mindfulness - November 10- 6:00 PM

Mindfulness has a variety of research-backed impacts, including reduction in stress, and improvements in job satisfaction, emotional regulation, and focus. In this session, discover how to cultivate a personal mindful practice and explore strategies to implement mindfulness in your childcare setting.



Care For Couple Relationships - October 29 - 6:30 PM

Learn about challenging situations to couple relationships and techniques for maintaining your special bond and relationship dynamic.

Speak Clearly, Listen Carefully - November 5 - 6:30 PM

Learning communication techniques that help you express feelings in a productive way is advantageous for the caregiver, care receiver, family members, friends, health care and eldercare services team.

GARDENING QUESTIONS?

Our Master Gardener Helpline is open and ready to help. Fill out our [online form](#) to help us serve you better



**Falling Into The
Autumn Vegetable
Garden**

**November 6
Noon**

\$5 Registration Fee

Whether you are ready to shut down the vegetable garden for the year or still considering extending a couple more weeks of the growing season with your current plants, there are some practices that you can do this fall. Will include the topics of seed saving, season extension, crop storage, general end of season practices, fall soil management, and many others.



**Radon: Why Is It Still an
Issue**

**November 30
6:00 PM**

\$5 Registration Fee

Professional radon testers have found over 55% homes tested in Northwest Illinois at or above the recommended action level of 4 pCL. The only way to know the radon level in your home is to conduct a test of the home. Additionally, homes should be retested rough every 3 years to check for changes.