



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

**PREVENT, MANAGE OR
CARE FOR SOMEONE
WITH DIABETES**



Your Time is Now!

Celebrate Diabetes Awareness Month with Susan Glassman, Nutrition & Wellness Educator. Join our two sessions which include presentations, cooking demonstrations, handouts, and recipes.

Feel more prepared and confident about diabetes!

November 23, 2021

10:30 – 11:30 AM

TAKE THE FIRST STEP!

This session will help set you up for success in setting realistic personal goals related to what you eat and being more active with diabetes in mind.

November 30, 2021

10:30 – 11:30 AM

CHOOSE IT, COUNT IT, EAT IT!

Sustain, nourish, and enjoy eating while you keep on track for managing diabetes. Choose your meal wisely, count it accurately, and enjoy eating what you cook or order.

**Putnam County
Community Center
128 First Street
Standard, IL**

**Register at
Putnam County
Community Center
or call
815-339-2711**

**SERVING BUREAU,
LASALLE, MARSHALL
& PUTNAM COUNTIES**

University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, please call Susan Glassman at 815-224-0889. Early requests are strongly encouraged to allow sufficient time to meet your needs.

For more information contact Susan Glassman, Extension Educator, Nutrition & Wellness, University of Illinois Extension, 815 N. Orlando Smith Road, C-223, Oglesby, IL 61348 815-224-0889 susang@illinois.edu

Serving Bureau, LaSalle, Marshall and Putnam Counties web.extension.illinois.edu/blmp
Extension offices are located in Princeton, Ottawa, Henry and Oglesby on the IVCC campus.