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 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.