



UNIVERSITY OF ILLINOIS
EXTENSION

Extending Knowledge Changing Lives

Eating to Reduce the Risk of Diabetes

Nutrition & Wellness Program



Eating to Reduce the Risk of Diabetes

January 25, 2017

10:30—noon

Richard A. Mautino

Memorial Library

215 E. Cleveland Street

Spring Valley, IL

**You can do more to
maintain your health
than anyone else.**

**In this class, learn to
make small changes
that establish more
healthy eating patterns.
Make a shift to healthier
food and beverage
choices.**

**Join University of
Illinois Extension
Nutrition and Wellness
Educator,
Susan Glassman and
start to break the cycle
of bad habits. Begin
eating to reduce your
risk of diabetes.**

**Enjoy a healthy diabetes
friendly recipe sample
served in class!**

**To register, please call University of Illinois Extension
at 815-224-0889 by January 24, 2017 or register online at:**

<https://web.extension.illinois.edu/registration/?RegistrationID=15788>

University of Illinois Extension provides equal opportunities in programs and employment. The Mission of University of Illinois Extension is to provide practical education you can trust to help people, businesses and communities solve problems, develop skills and build a better future.”

Extension provides unbiased, research-based information and education to improve your nutrition and life-style practices. If you need a reasonable accommodation to participate, have questions or need more information please call 815-224-0889.

Extension offices are located in Princeton, Ottawa, and Henry and Oglesby.