



# 2025 Diabetes Clinic

**Every 3rd Thursday at the United Methodist Church in Eureka!**

Diabetes clinics are informal but informational walk-in programs designed especially for persons living with diabetes. Clinics are free and open to the public on the listed dates from 1:30 - 2:30 PM in at the United Methodist Church located at 208 N. Callender St. Eureka, IL. No registration is necessary.

<b>February 20</b> Slow Cooker Meals	<b>March 20</b> Back to the Basics: Diet and Diabetes
<b>April 17</b> Heart Health and Diabetes	<b>May 15</b> Stress Less, Smile More
<b>June 12*</b> Power Up with Breakfast	<b>July 17</b> Low-Cost Cooking
<b>August 21</b> Healthy Steps: Diabetes Foot Care	<b>September 18</b> Metabolic Syndrome: Pathways to Prevention and Wellness
<b>October 16</b> Simmer Up to Soup	<b>November 13*</b> Holiday Party

**\*June and November clinics will be held on the 2nd Thursday of the month\***



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