

Diabetes Clinic Winter Series

Sponsored by University of Illinois Extension

Thursday, Feb 20
Slow Cooker Meals

Are you unsure of what meals you can create with your slow cooker? Learn how to save time by using your slow cooker to produce a variety of delicious meals.



Thursday, Mar 20
Back to the Basics: Diet and Diabetes

Whether you're newly diagnosed or have had diabetes for years, it's time to get back to the basics! Review what carbohydrates are, what counts as a carbohydrate serving, and how to fit them into your meal plan.



About Diabetes Clinic

- Free & open to the public
- No pre-registration!
- Enjoy diabetes-friendly recipe samples
- Helpful to anyone who has diabetes or cares for family & friends with diabetes
- 1:30 p.m. to 2:30 p.m. on the Third Thursday of the month

*All classes located at the Eureka United Methodist Church
208 N Callender St, Eureka*

Questions? Contact us at 309-467-3789!

Resources available at go.illinois.edu/LMW

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If you need a reasonable accommodation to participate in this program, please contact us.
Early requests are strongly encouraged to allow sufficient time for meeting your access needs.



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