



# DIABETES 101

The Diabetes 101 program is designed to empower individuals with the knowledge and skills needed for effective meal planning tailored to diabetes management.

Participants will engage in interactive sessions where they learn the basics of nutrition and portion control, followed by a cooking demonstration where they will learn how to put together a healthy meal.

## Livingston County Extension Office



1412 S. Locust St.  
Pontiac, IL 61764

**\$5 COST TO ATTEND**

### Meal Planning Made Easy

*Tuesday, April 22 | 5:30 PM - 7:00 PM*



### Why Sodium and Fat Matter

*Tuesday, April 29 | 5:30 PM - 7:00 PM*



Scan the QR code or call  
(309) 663-8301 to learn  
more and register!



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

**COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES**  
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 in this program, please contact the  
McLean County Extension Office at 309-663-8306. Early requests are strongly  
encouraged to allow sufficient time for meeting your access needs.