


Diabetes Clinic Fall Series

Sponsored by University of Illinois Extension

Thursday, Sept 18 <i>Metabolic Syndrome: Pathways to Prevention and Wellness</i>	Thursday, Oct 16 <i>Simmer Up to Soup</i>	Thursday, Nov 13* <i>Holiday Party</i>
<p>Discover how to take control of your health as we focus on metabolic syndrome. We'll define what metabolic syndrome is, explore its causes and risk factors, and discuss effective treatment and prevention strategies.</p>	<p>A bowl of homemade soup on a cold winter day can be comforting meal. Come and learn the many types of soup and ways to make them healthy and flavorful. You'll receive a packet of recipes and taste a hearty bowl of soup!</p>	<p>Come and have some fun at the last Diabetes Clinic for the year! There will be games, prizes, and food for all to enjoy.</p>
		

November clinic will be held on the 2nd Thursday of the month

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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