

FRIDAY FOOD FACTS

Presented by Marilyn Csernus, Illinois Extension,
Nutrition & Wellness Educator

Join Marilyn Csernus for a once a month series on Fridays to learn about making healthy lifestyle changes that promote brain, heart, and overall health. Learn how to incorporate healthy choices into your everyday life.

Ida Public Library
320 N. State St. Belvidere

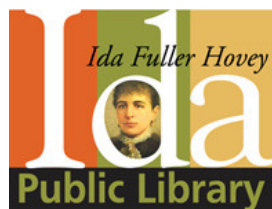
Registration:

Cost: FREE

Call Ida Library at 815-544-3838 to register for all of these programs.

10 participant minimum to hold each class.
Register early to reserve your spot.

If you need a reasonable accommodation to participate in these programs, please contact the Boone County Extension office at 815-544-3710.



I ILLINOIS
Extension
COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

2019

Start the New Year with Health in Mind

January 25 @ 2:00pm

Learn how to set realistic health goals rather than unrealistic New Year's resolutions for 2019.

Eating for Heart Health

February 22 @ 2:00pm

February is heart health month. Learn about heart healthy food choices that decrease your risk of heart disease.

Eating Right for Brain Health

March 22 @ 2:00pm

Research supports eating certain foods to promote brain health. Learn how to incorporate these foods into your everyday food choices.

Preventing Type 2 Diabetes

April 26 @ 2:00pm

Are you at risk for type 2 diabetes? Find out, and discover how lifestyle changes can prevent or delay the onset of type 2 diabetes.

Benefits of the

Mediterranean Eating Plan

May 24 @ 2:00pm

The Mediterranean Eating Pattern has significant research to support its health benefits. Join us to learn how to incorporate the Mediterranean eating pattern into your lifestyle.

Organic, Local, Natural -

What it Is and What it Isn't

June 28 @ 2:00pm

What do these terms really mean? We will clear up the confusion and help you make informed decisions when purchasing food.