ILLINOIS ADULTS HAVE PREDIABETES & MOST DON’T EVEN KNOW IT

Illinois Department of Public Health

Prediabetes raises your risk of heart disease, stroke and Type 2 diabetes

WAKE UP CALL
EATING TO AVOID DIABETES

Join University of Illinois Extension nutrition experts for a free class to understand what prediabetes is, discuss simple healthy food choices you can make and share tips on your journey to prevent diabetes.

Blue Mound Memorial Library
6:30-7:30pm January 10
213 N. Saint Marie St.
Sign up by January 8 with Julie at 217.692.2774 or bluemoundlibrary@hotmail.com

Decatur Public Library
10-11am January 23
130 N. Franklin St., Decatur
Sign up by January 21 at 217.424.2900 x131 or at www.decaturlibrary.org/prediabetes

South Macon Public Library
10:30-11:30am February 5
451 W. Glen St., Macon
Please sign up by February 1 with Vicki at 217.764.3356 or southmaconlibrary@gmail.com

Barclay Public Library
6:30-7:30pm March 21
220 Main St., Warrensburg
Sign up by March 19 with Georgie at 217.672.3621 or barclaylib@yahoo.com

College of Agricultural, Consumer and Environmental Sciences
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