Join us for this four-part series designed to help you manage diabetes.

WHAT’S INCLUDED

- A binder of information and resources for a diabetes eating plan
- Lots of tested recipes
- Cooking demonstrations

REGISTRATION

You may register online at: http://web.extension.edu/gkw or by calling (815) 933-8337.

Registration deadline: Monday, October 29, 2018.

PROGRAM INFO

November 6, 12, 26 & December 3, 2018
9:30 AM–12:30 PM

Location
Kankakee County Extension Office
1650 Commerce Dr.
Bourbonnais, IL 60914

Cost
$25.00 / person

University of Illinois College of Agricultural, Consumer, and Environmental Sciences, United States 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 (815) 933-8337.