

Diabetes: Dealing with the Holidays



Holiday time can be full of food temptations. Busy schedules make it hard to work in regular exercise and healthy meals. Don't despair. With a little planning you can enjoy the holidays.

Learn what you can do ahead of time!



Thursday, November 12, 2009
1:00 - 3:00 p.m.
or
6:00 - 8:00 p.m.

Program Presenter:
Marjorie LaFont, M.S. R.D. L.D.N.
Extension Educator-Nutrition
University of Illinois

To be held at: University of Illinois Extension
4810 N. Sheridan Rd., Peoria, Illinois
(Corner Glen & Sheridan - back building)

\$10.00 Registration Fee, Preregistration Required
Registration Deadline: November 8th (Scholarships available)

To register, return the form below (with payment) to: University of Illinois Extension-Peoria
4810 N. Sheridan Rd.
Peoria IL 61614

OR register online at: web.extension.uiuc.edu/peoria.



To confirm your registration, phone 685-3140, Ext. 16. No Registrations will be accepted over the phone.

Diabetes: Dealing with the Holidays Workshop Thurs., Nov. 12, 2009

Registration Deadline: November 8th



Name _____ **Phone** _____

Address _____

I will attend (check one) :

Thursday, Nov. 12 ___ **1:00 - 3:00 p.m.**

Thursday, Nov. 12 ___ **6:00 - 8:00 p.m.**

	
<p>University of Illinois Extension-Peoria 4810 N. Sheridan Road Peoria, Illinois 61614 (309) 685-3140 ext 16 Fax: (309) 685-3397 www.extension.uiuc.edu/peoria</p>	
<p><small>University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating University of Illinois Extension provides equal opportunities in programs and employment. Food Stamp Nutrition Education is funded by Food Stamps Administrative funds by the Food & Nutrition Service of the U. S. Department of Agriculture. If you need a reasonable accommodation to participate in this program please contact this office.</small></p>	
<p><small>The Food Stamp Program helps end hunger and provides healthy food for low-income families. To find out more about your benefits contact your local office: Family Community Resource Center Food Stamp Office 2301 NE Adams - Peoria Illinois 61603 (309) 686-8700</small></p>	



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Wednesday, December 7, 2005

**1:00-3:00 p.m.
- OR -
6:00-8:00 p.m.**



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Peoria County Unit
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Peoria, Illinois 61614

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UNIVERSITY OF ILLINOIS
EXTENSION
FOOD STAMP NUTRITION EDUCATION

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(309) 685-3140 ext. 16
Fax: (309) 685-3397



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