



Managing Diabetes through the Holidays

**Thursday, December 6
1:30 to 2:30 p.m.**

Tantalizing treats are an inevitable part of the holiday season. Many people try to avoid over indulging during this festive time of year, only to find it a challenge.

For people with diabetes it can be especially difficult to deal with the traditions and temptations of the season without negatively affecting diabetes control.

As a registered dietitian and certified diabetes educator, Marilyn Csernus offers this program to help those with diabetes both enjoy the traditions of the holidays and manage diabetes. The cost is \$5 and everyone is welcome!

Topics covered include:



Preparing for a happy healthy holiday season with diabetes



Eating tips to maintain good glucose control through the holidays



On the road and in the air with diabetes



Holiday Recipes



This program will be offered at the Ogle County Extension office located at 421 W. Pines Rd. in Oregon. The fee for this program is \$5 per person and pre-registration is preferred. To register call the Extension office at 815/732.2191 or visit us online at web.extension.illinois.edu/bdo/

Join Extension Nutrition & Wellness Educator, Marilyn Csernus for this informative program.