



# Northern Illinois Diabetes Coalition

1601 Parkview Avenue • Rockford, Illinois 61107-1897 • 815/395-5727

Willow Junya, PMP, MBA  
*Chairman*

## 2010 DIABETES UPDATE (HLT 714 CLR3)

This five week series will bring participants up-to-date information about diabetes management. The Northern Illinois Diabetes Coalition sponsored by University of I College of Medicine at Rockford presents this class for the greater understanding of diabetes and its complications. Guest speakers from the three hospitals and Crusader Health will cover the full spectrum of knowledge of what diabetes is, healthy eating, the important of physical activity, medications and self-management for those persons who have diabetes (or who are at risk) or those who wish to assist friends or family members.

Leader(s): Greg Gargani, Northern Illinois Diabetes Coalition

Facilitator: Bob Heerens

Date(s): Tuesdays, September 28, October 5, 12, 19, and 26

Time: 10:00 AM to 12:00 PM

Place: University of Illinois College of Medicine, 1601 Parkview Ave.,  
Rockford

Fee: \$20.00

To register please call Rock Valley College, CLR Office 815-921-3931