

Be Well Illinois | November is Alzheimer's and Diabetes Awareness Month

U of I College of Medicine at Peoria - On Site <UICOMPONSITE@LISTSERV.UIC.EDU>

on behalf of

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Fri 11/5/2021 9:39 AM

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This November **Be Well Illinois**, the State of Illinois' new comprehensive wellness program, will focus on **Diabetes Awareness & Alzheimer's Awareness**. Our goal is to support our members by providing comprehensive wellness resources.

Visit the new [Be Well Illinois website](#) this month to learn about:

- [Diabetes Awareness & Alzheimer's Awareness](#)
- [Planning for a Financial Caregiver](#)
- [Effective Shopping and Cooking on a Budget](#)
- [Exercise and People with Alzheimer's](#)
- [Understanding Type I Diabetes in Children](#)



Title: **Healthy Living for Your Brain and Body**

When: Wednesday, November 9, 2021 from 12:00 – 1:00 PM CT

Join this webinar to:

- Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement.
- Identify hands-on tools to help you incorporate these recommendations into a plan for healthy aging.



Location: [Register – Healthy Living for Your Brain and Body](#)

Brought to you by:



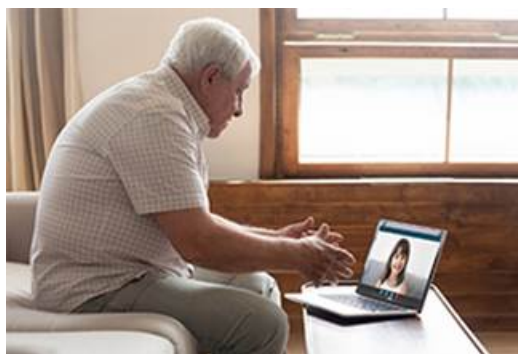
Title: **Caring from a Distance**

When: Wednesday, November 17, 2021 from
12:00 – 1:00 PM CT

Join this webinar to:

- Identify the unique problems associated with caring from a distance.
- Identify how to create a care giving plan.
- Identify the available resources for elderly adults.

Location: [Register – Caring from a Distance](#)

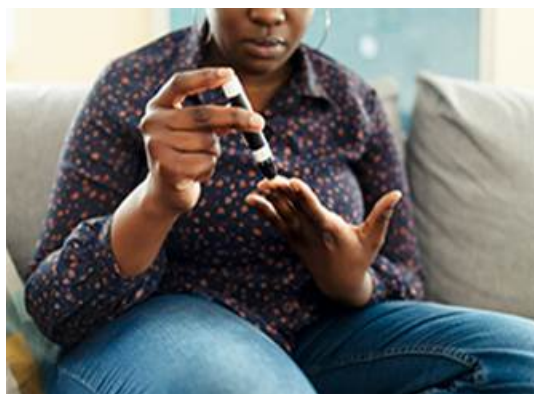


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Title: [Diabetes](#)

This month has a special panel discussion for National Diabetes Awareness Month, giving you key information about the disease and expert advice on how to manage it. The two subject matter experts featured in this episode both work at [Health Alliance](#)TM, based in Champaign, Illinois. Dr. Mariah Pierce is a Managed Care Pharmacist and Stephanie Orcutt is a Health Coach with the Medical Management and Population Health departments. Both are experts in diabetes care and management.



Location: [Click here to listen about Diabetes](#)

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If you are unable to attend the live webinars, a recording link will be made available after each event and posted at [Illinois.gov/BeWell](https://illinois.gov/BeWell).

We encourage you to **like and follow [Be Well Illinois on Facebook](#)** for motivational messages, special **Be Well Illinois** challenges and opportunities for engagement with your peers. [Click here to be added to our mailing list](#) for motivational messages and to be the first to be notified of upcoming events and wellness opportunities.



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