



Diabetes Awareness Month

November 7 | 4 pm Nutrition & Diabetes Classroom

Presented by **Dr. Mia Thouvenot, DPM** | Podiatry Specialist

Managing and understanding diabetes can be a challenge, this group will provide tools and tips on how to handle the more complex and difficult tasks of diabetes in the context of real life. Join us for support, knowledge and ideas.

For more information, please contact Lisa Ketchem, RN, BSN, Diabetes Patient Educator at 618-526-5743 or Lisa.Ketchem@hshs.org.

Upcoming Meetings

4 p.m. | Nutrition & Diabetes Classroom

Date	Topic
December 5, 2023	Nutrition Facts Label
January 2, 2024	Monitoring Glucose
February 6, 2024	Taking Medication
March 5, 2024	Physical Movement
April 2, 2024	Roadblocks to Diabetes Management
May 7, 2024	Diabetes and Feelings
June 4, 2024	Know your Numbers
July 2, 2024	Hemoglobin A1C and Daily Glucose
August 6, 2024	Continuous Glucose Monitoring
September 3, 2024	Diabetes Medications
October 1, 2024	Being Creative with Movement
November 5, 2024	Holiday Meal Planning
December 3, 2024	Hypertension



Mia Thouvenot, DPM