

# Diabetes Awareness Month

**November 6 | 4 pm**  
**Heritage Room**

Presented by **Melanie Banal, APRN** | Podiatry Specialist

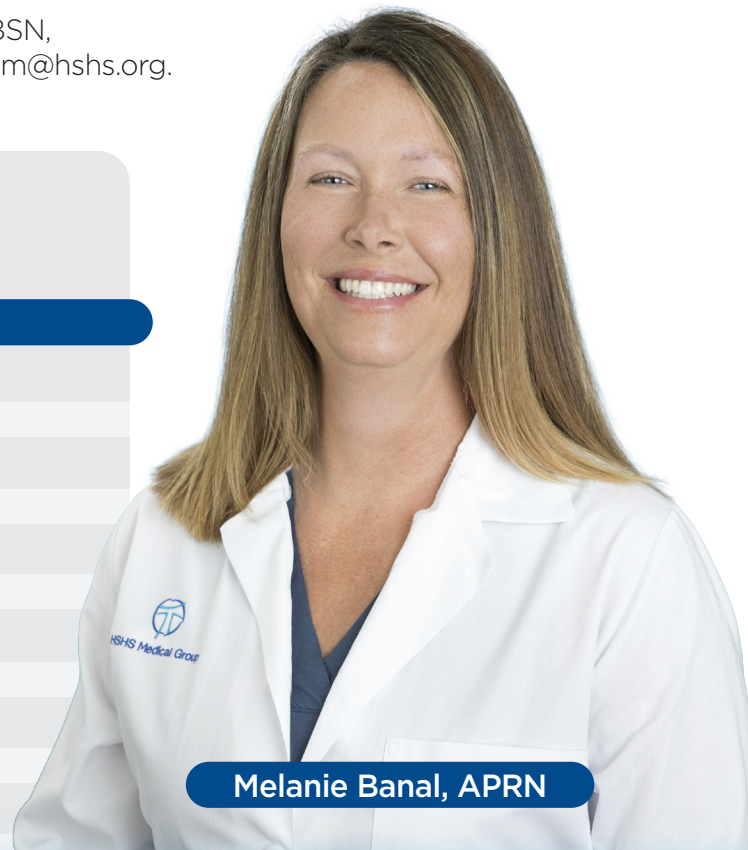
Managing and understanding diabetes can be a challenge, this group will provide tools and tips on how to handle the more complex and difficult tasks of diabetes in the context of real life. Join us for support, knowledge and ideas.

For more information, please contact Lisa Ketchem, RN, BSN,  
Diabetes Patient Educator at 618-526-5743 or [Lisa.Ketchem@hshs.org](mailto:Lisa.Ketchem@hshs.org).

## Upcoming Meetings

4 p.m. | Heritage Room

Date	Topic
December 4, 2023	Monitoring
January 8, 2024	Healthy Eating
February 5, 2024	Taking Medication
March 4, 2024	Being Active
April 1, 2024	Problem Solving
May 6, 2024	Healthy Coping
June 3, 2024	Reducing Risks
July 1, 2024	Healthy Eating
August 5, 2024	Monitoring



**Melanie Banal, APRN**