



Diabetes Support Group Meeting

The HSHS St. Joseph's Hospital Diabetes and Nutrition department invite patients, their families and caregivers to attend. *Talking and sharing can help.*

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.

Registration is required to attend.

To register or learn more, contact Lisa Ketchem, RN, BSN, Diabetes Patient Educator at 618-526-5743 or Lisa.Ketchem@hshs.org.

Upcoming Meetings

4 p.m. | Heritage Room



HSBS
St. Joseph's
Hospital | Breese

Date	Topic
September 12, 2022	Healthy Coping - Share a Recipe
October 3, 2022	Reducing Risks, Foot Care
November 7, 2022	Diabetes Awareness Month - DiaBingo Game
December 5, 2022	Healthy Eating - Holiday Party
January 2, 2023	Monitoring
February 6, 2023	Taking Medication
March 6, 2023	Being Active
April 3, 2023	Problem Solving
May 1, 2023	Healthy Coping
June 5, 2023	Reducing Risks
July 10, 2023	Healthy Eating
August 7, 2023	Monitoring

