



**FOR IMMEDIATE RELEASE: January 10, 2020**

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## **2020 Support Group Schedule Offered for those Living with Diabetes**

(HIGHLAND, IL) – HSHS St. Joseph's Hospital Highland will continue providing diabetes support to the community in 2020. All individuals living with diabetes are invited to join us for a variety of educational classes.

2020 Diabetes Support Group dates and topics include:

- Jan. 15 – Healthy Eating
- Feb. 12 – Being Active
- March 11 – Monitoring
- Apr. 15 – Taking Medications
- May 13 – Problem Solving
- June 10 – Healthy Coping
- July 15 – Reducing Risks
- Aug. 12 – Healthy Eating
- Sept. 16 – Being Active
- Oct. 14 – Monitoring
- Nov. 11 – Taking Medications
- Dec. 16 – Holiday Party

All classes will meet at 2 p.m. in the Sullivan Conference Room at HSHS St. Joseph's Hospital Highland.

"We are excited to continue our diabetes support through educational classes," said Megan Stanley, diabetes nurse educator. "Diabetes is very common, but it can be difficult to manage. The support group offers additional help and information to those with diabetes and their caregivers to live a better life with diabetes."

The Diabetes Support Group is open to those with diabetes and their family members. Caregivers are also invited. Reservations are not required. For more information, please contact Megan at (618) 526-5743 or [megan.stanley@hshs.org](mailto:megan.stanley@hshs.org).

Diabetes education is also provided through an online support group, offering helpful resources and engagement with others going through the same journey. To join the group, search Facebook for: Diabetes Support Group: Bond, Madison and Clinton counties, and request to join.

For more information about HSHS St. Joseph's Hospital Highland, visit [stjosephshighland.org](http://stjosephshighland.org). HSHS St. Joseph's Hospital Highland is part of the Southern Illinois Division of Hospital Sisters Health System, which also includes HSHS St. Elizabeth's Hospital in O'Fallon, HSHS St. Anthony's Memorial Hospital in Effingham, HSHS St. Joseph's Hospital in Breese, and HSHS Holy Family Hospital in Greenville.

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### **About Hospital Sisters Health System**

Hospital Sisters Health System's (HSHS) mission is to reveal and embody Christ's healing love for all people through our high quality, Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our 15 Local Systems and physician practices in Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O'Fallon, Shelbyville, and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan, and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries, and Hospital Sisters of St. Francis is the founding institute. For more information about HSHS, visit [www.hshs.org](http://www.hshs.org). For more information about Hospital Sisters of St. Francis, visit [www.hospitalsisters.org](http://www.hospitalsisters.org).