



FOR IMMEDIATE RELEASE: February 28, 2020

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Eat Your Way to Better Health Education Series Offered at Highland Hospital

(HIGHLAND, IL) – The clinical nutrition services team at HSHS St. Joseph's Hospital Highland invites the community to a free series to promote healthier eating. Eat Your Way to Better Health classes will meet at 6 p.m. in the hospital's Sullivan Room on the dates listed below.

"We are excited to offer tips and tricks to improve nutrition within the community," said Brooke Lipe, registered dietitian at St. Joseph's. "The foods you eat play an essential role in keeping you healthy. A healthy eating pattern can help prevent and control chronic diseases, such as high blood pressure and diabetes, and lose or manage weight. We hope this series provides helpful information for those interested in improving their lifestyle," added Lipe.

Eat Your Way to Better Health 2020 dates and topics include:

- **March 18** – Pleasing your picky eaters – This class will cover how to make healthful foods appeal to picky eaters.
- **June 24** – How to eat the foods you like with diabetes – This class will teach how to make modifications to your favorite foods to keep your blood sugars happy.
- **Sept. 30** – Think outside the sandwich: Healthy lunch ideas for working adults – This class will cover ways to improve lunch box boredom.
- **Dec. 30** – Malnutrition: An older adult crisis – This class will cover how to spot and talk about symptoms that could mean you're malnourished. Good nutrition can help you prevent infections, heal faster, and feel stronger.

All individuals are welcome, no matter what their current health and dietary preference may be. Reservations are not required. For more information, please contact Brooke Lipe at (618) 651-2743 or visit stjosephshighland.org/Events-Classes.

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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. For more information about Hospital Sisters of St. Francis, visit www.hospitalsisters.org.