



**FOR IMMEDIATE RELEASE**

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**PRESS RELEASE**

Local HSHS hospitals announce  
2024 Diabetes Support Group topics  
*Monthly support groups offered in Breese, Greenville and Highland*

**BREESE, HIGHLAND & GREENVILLE, III.** — To support those living with diabetes, the diabetes and nutrition services department at HSHS St. Joseph's Hospitals in Breese and Highland and HSHS Holy Family Hospital in Greenville hold monthly a Diabetes Support Group at each hospital. The Diabetes Support Group is open to those with diabetes as well as their family members and/or caregivers.

Managing and understanding diabetes can be a challenge, so this group provides tools and tips on how to handle the more complex and difficult tasks of diabetes in the context of real life. Those who attend receive support, knowledge and ideas.

The Diabetes Support Groups are held monthly at each of the hospitals on the following days:

- St. Joseph's Hospital Breese – First Monday of each month at 4 p.m. in the Heritage Room.
- Holy Family Hospital – First Tuesday of each month at 4 p.m. in the Board Room.
- St. Joseph's Hospital Highland – First Thursday of each month at 4 p.m. in the Sullivan Conference Room.

The 2024 monthly topics for the Diabetes Support Group are:

- January – Monitoring Glucose
- February – Taking Medication
- March – Physical Movement
- April – Roadblocks to Diabetes Management
- May – Diabetes and Feelings
- June – Know Your Numbers
- July – Hemoglobin A1C and Daily Glucose
- August – Continuous Glucose Monitoring
- September – Diabetes Medications
- October – Being Creative with Movement
- November – Holiday Meal Planning
- December - Hypertension

To register or for more information, contact Lisa Ketchem RN, diabetes patient educator, at 618-526-5743 or [lisa.ketchem@hshs.org](mailto:lisa.ketchem@hshs.org).

If you are unable to attend the in-person support group or would like an online resource, please join the Facebook group: [Diabetes Support Group: Bond, Madison and Clinton Counties](#).

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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 physician practices and 15 local hospitals in two states – 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 [hshs.org](http://hshs.org). For more information about Hospital Sisters of St. Francis, visit [hospitalsisters.org](http://hospitalsisters.org).