

## **ST. JOHN'S CENTER FOR DIABETES & METABOLIC HEALTH OFFERS DIABETES MANAGEMENT CLASSES**

SPRINGFIELD – St. John's Hospital's Center for Diabetes & Metabolic Health now offers classes on diabetes care and management. A certified nurse educator and dietitian will present a five-part diabetes education series for those in the Springfield area affected by diabetes.

The classes are designed to provide participants with the tools to proactively manage their diabetes and put them in touch with resources to further assist them after the courses are finished. Courses will discuss managing diabetes, healthy eating, monitoring blood glucose, continuing your journey with diabetes, and living well with diabetes. Four of the five courses are free to participants. The fifth course may be billed to insurance.

Each class will be two hours in length and will build on the previous session. The courses will be available in August and October at two different times from 9am to 11am, and 1pm to 3pm. The first four classes will be held on August 10, August 17, August 24, August 31; and then again on October 5, 12, 19 and 26. A combined final class for both groups will be held on December 7.

Class sizes are limited and registration is necessary. For more information, or to register, please contact Anna Miller at (217) 544-6464 ext. 66048.