



**St. Elizabeth's Hospital  
Marketing Department**

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FOR IMMEDIATE RELEASE

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**DIABETES MANAGEMENT CLASSES OFFERED THIS OCTOBER  
THROUGH OUTPATIENT NUTRITION SERVICES AT  
ST. ELIZABETH'S HOSPITAL**

*Belleville, IL* – Proper management of diabetes is important but often times difficult for many patients because there are many questions. Outpatient Nutrition Counseling Services at St. Elizabeth's Hospital is offering four **Diabetes Conversation Map®** classes to be held each Monday in October, from 6:00 to 8:00 p.m. in the Cafeteria Conference Room at the hospital.

Classes are limited to 8-10 people to ensure in-depth discussions and learning. The cost is \$45 for all four classes if pre-paid at the first session. For individual classes, the cost is \$15 per participant, per session and \$10 for each additional guest, such as a close family member or friend.

Led by a Registered Dietitian, these group-learning sessions allow diabetes patients to share experiences and learn how other people cope with the disease.

Classes are designed to help discover what patients want and need to know about managing their diabetes. Sessions can be taken alone but participants will learn the most by attending all four.

To register or for more information, call Outpatient Nutrition Counseling at 618-641-5498.

**About St. Elizabeth's Hospital** St. Elizabeth's Hospital, in Belleville, IL, maintains a Gold Seal of approval from the Joint Commission. The hospital was founded by the Hospital Sisters of the Third Order of St. Francis in 1875. Today, we continue their mission: to provide care for the sick and needy with a spirit of respect, care, competence and joy. St. Elizabeth's Hospital provides over \$44 million of uncompensated benefits and services for the poor, elderly, disabled and broader community in general. For more information please contact Kelly Barbeau at 618.234.2120, extension 1270.

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