

# Have questions on how to manage diabetes?

- How can I adopt healthy eating habits to better manage my diabetes?
- How do I use diabetes devices to monitor my blood glucose?
- How can I control my weight and incorporate a fitness program?
- How can I develop problem-solving strategies and skills to self-manage my diabetes?



You may have questions like these – and more – on how you can control your diabetes.

Pat Shapiro, a Faith Community Nurse and Certified Diabetes Care and Education Specialist with Advocate Aurora Health, can answer questions and share information to help those living with diabetes care for themselves and stay healthy.

Pat also can discuss how spirituality can play a role in helping patients cope with a chronic illness.

**Advocate Aurora Health staff and patients can reach out to Pat at 414-774-5500 on**

**Mondays, from 11:00 a.m. to 2:00 p.m. on April 12, 19 & 26**

**Wednesdays, from 9:00 a.m. to noon**



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