



SPEAKING OF HEALTH

A FREE VIRTUAL HEALTH AND WELLNESS EVENT

DIABETES DISTRESS

THURSDAY, NOVEMBER 21

LIVE WEBINAR 12:00PM–1:00PM

Diabetes is a complex condition that requires people to follow many specific self-care activities. This can cause people to feel overwhelmed or distressed. Join **Hang N. Saito, DNP**, and **Sayoko Hackler, MSN**, to learn about recognizing the emotional burden of diabetes distress and the importance of addressing psychosocial care in diabetes management.

Topics to be discussed include:

- How to identify diabetes distress
- Burdens
- Management
- Additional support and resources

To Register

CALL 808-691-7117



Sayoko Hackler

MSN, FNP-C, APRN-Rx, BC-ADM

Diabetes Management and Education Center
The Queen's Medical Center - West O'ahu



Hang N. Saito

DNP, FNP-C, APRN-Rx

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