



Sweet Talk

Diabetes Support Group: 2023 Schedule

When you or someone you love has been diagnosed with diabetes, the impact it can have on your life and your family can be overwhelming. Many have found it helpful to attend a support group where they can gain support and share their experiences as a community. Attending a diabetes support group is a proactive way to find tips and new ideas to improve your health.

Sweet Talk is a **FREE** diabetes support group that meets on the third Tuesday of each month. Sessions are held from **12 - 1 p.m. in person at the Diabetes Wellness Center at Manchester Memorial Hospital.**

In case of inclement weather, please call 860.647.6824

DATE	TOPIC	SPEAKER
January 17	Physical Activity and Diabetes	Danielle Waters, Exercise Physiologist, ECHN Rehab Services
February 21	Strength and Stretch: Get Ready to Move!!	Jillian Miner, NDPP Lifestyle Coach
March 21	Putting Your Best Foot Forward: Choosing Shoes to Prevent Diabetic Foot Problems	Bruce and Maggie Orthopedic Shoe Specialist FootPrint Shoe Store
April 18	Shopping Tips and Senior Discount Day	Lindsey, RD, ShopRite (Meet at the ShopRite in Manchester)
May 16	Aroma Therapy—Not Just for Stress Management!!	Heidi Lyons, Wellness Advocate, doTerra
June 20	Brown Bag Medication Review (Bring in Your Medications)	Momeezah Syed, ECHN Pharmacist
July 18	NO SPEAKER	Group Meets Informally
August 22	Let's Take a Walk! Followed by Lunch	Meet in Lobby (Wear Sneakers)
September 19	Beans, Beans, Beans—Plant Based Meal Planning	Bridgette Sutherland, RDN
October 17	NO SPEAKER	Group Meets Informally
November 21	What is New with Your Diabetes Medication	Momeezah Syed, ECHN Pharmacist
December 19	Holiday Party - Bring a dish to share!	Diabetes Wellness Center (Manchester Hospital)

No pre-registration required. **FREE** to attend. For more information call The Diabetes Wellness Center at 860.647.6824

