



# Sweet Talk

## Diabetes Support Group: 2022 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 emergency or inclement weather you can access the class via Zoom using this link:**  
<https://us02web.zoom.us/j/84435698799> ; Meeting ID: 844 3569 8799

DATE	TOPIC	SPEAKER
January 18	Vitamins: What Persons with Diabetes Should Know	Thomas Cassidy, ECHN Pharmacy
February 15	NO SPEAKER	Group Meets Informally
March 15	Exercise and Diabetes	Evan Thomas, Cardiac Rehabilitation, Rockville General Hospital
April 19	Cooking Demo - Meal Planning of Healthy Snacks	Rachelle, USJ Dietetic Intern
May 17	NO SPEAKER	Group Meets Informally
June 21	Brown Bag Medication Review (Bring in Your Medications)	Thomas Cassidy, ECHN Pharmacy
July 19	NO MEETING	Summer Break
August 16	Take a Walk/Lunch in Cafe	Meet in Lobby (Wear Sneakers)
September 20	Meet and Greet (In-Person)	Diabetes Wellness Center (Manchester Hospital)
October 18	Intuitive Eating	Lauren Rosenfeld, RDN
November 15	NO SPEAKER	Group Meets Informally
December 20	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

