

Sweet Talk

Diabetes Support Group: 2026 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 Center for Healthy Living at Manchester Memorial Hospital.

In case of inclement weather, please call 860.647.6824

DATE	TOPIC	SPEAKER
January 20	Benefits of Protein - Cooking Demo with Protein Shakes	Erin Page Abbott Nutrition
February 17	Weight Resistant Training- Get Ready to Sweat!	Marc Mojica Trainer at Train Station
March 17	ShopRite Grocery Tour- Shopping Tips and Senior Discount Day	Lindsey Kent, RD, ShopRite (Meet at the ShopRite Café, Manchester, CT)*
April 21	Diabetes Stress - Build Resilience and Coping Strategies	Maria Cortez Clinical Social Worker/Therapist
May 19	Diabetic Community Resources - Must Knows for 2026	Michelle Puzzo, President UR Community Cares
June 16	Diabetes Foot Care- Tips for Keeping Your Feet Protected	Eric Thompson, MD ECHN Podiatrist
July 21	Emotions and Essential Oils - Not Just for Stress	Heidi Lyons, Wellness Advocate, doTerra Essential Oils
August 18	Cooking on a Budget- Shopping Tips and Meal Ideas	Tess Nuzzolo RD, CDCES ECHN Center for Healthy Living
September 15	Benefits of Yoga and Chair Yoga (Great Ready to Move)	Sarita Nanda Samadhi Yoga Studio
October 20	Strength and Stretch—Movement is Medicine	ECHN Cardiac Rehabilitation
November 17	Easy Holiday Cooking - Prepare Quick, Flavorful Dishes	Sarah Khan and Bridget Sutherland, RDN
December 15	Holiday Party - Bring a dish to share!	Center for Healthy Living (Manchester Hospital)

No pre-registration required. FREE to attend. For more information call The Center for Healthy Living at 860.647.6824

**Hartford
HealthCare**
Manchester Memorial
Hospital