

# 2026 Diabetes SUPPORT Group

 Meets 2nd Tuesday of Each Month

 Hospital Cafeteria Conference Room

 11:30 a.m.  
Free to attend.

Wherever you are on your diabetes journey, we're here to support you. The WCCH Diabetes Support Group offers education, resources and encouragement to help you live well and feel empowered.

## JANUARY 13

Sugar Reset: Hidden Sugar Challenge

## FEBRUARY 10

Be Smart – Mind your Heart

## MARCH 10

Spring Produce Power

## APRIL 14

Diabetes Meal Planning on a Budget

## MAY 12

Game Day with Diabetes

## JUNE 9

The Importance of Fiber and Sleep on your Diabetes Journey

## JULY 14

Hot Temps, Smart Choices: Hydration & Blood Sugar

## AUGUST 11

Quick Meals for Busy Weeks

## SEPTEMBER 8

Fall Comfort Foods Lightened Up

## OCTOBER 13

Sick Season Prep

## NOVEMBER 10

Diabetes Awareness Seminar

Dynamic Dimensions | 10 a.m. – 1 p.m.



Call **Cynthia Chantlin, RD** at (337) 527-4282 for any questions or to receive monthly reminders about the support group

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