

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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