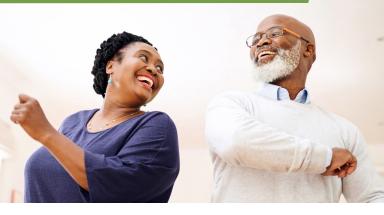
### **CENTER FOR HEALTHY LIVING**



# Healthy is control.

ECHN's Center for Healthy Living at Manchester Memorial Hospital encompasses a multitude of offerings to help guide community members and employees live their healthiest lives. The center offers services that promote healthy living such as;

- · Nutrition services
- · Diabetes and prediabetes classes
- · Community health and wellness programs
- · Employee wellness
- · Corporate consultant services

# When should you reach out for education and support?

- · When you want to prevent or reverse chronic diseases
- When you want to improve the quality of your life
- When you want to take control of your long-term health and wellness



Making Healthy Happen<sup>sm</sup>

## **CENTER FOR HEALTHY LIVING**

#### The Center for Healthy Living Diabetes programs include:

- · Diabetes Self-Management Program
- · Diabetes Prevention Program (PreventT2)
- · Gestational Diabetes

Could you have prediabetes? Take the test. The sooner you know if you have prediabetes, the sooner you can take action to reverse it and prevent type 2 diabetes.



Scan the QR code to take the test.

#### Center for Healthy Living at Manchester Memorial Hospital

71 Haynes Street Manchester, CT 06040 860.647.6824





Learn more about our diabetes programs & resources.

echn.org/services/diabetes



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