



Eastern Connecticut Health Network

71 Haynes Street
Manchester, CT 06040
860.533.3414
www.echn.org

Dear Patient,

Thank you for choosing to participate in the ECHN Diabetes Self-Management Program at Manchester Memorial Hospital.

The Diabetes Self-Management Program is located on 2 West inside the hospital. Plan to go directly to the Diabetes offices 15 to 20 minutes before class starts. From the front door of the hospital, turn left past the gift shop and look for the elevator on the left side. Go to the second floor. Turn left off the elevator and go all the way to the end, just before the double doors. A waiting area will be on your right.

If you are attending group classes, please bring the completed *Lifestyle Questionnaire* form to the first class. Feel free to bring a snack with you if you would normally eat during your class time. Classes generally last between 2 and 3 hours. A family member or significant other may also attend at no additional cost.

We look forward to seeing you in class!

Diabetes Self-Management Program
(860) 647-6824