



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



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

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Learn more about our
diabetes programs &
resources.

echn.org/services/diabetes

ECHNSM
Center for Healthy Living