LOOKING TO GET CONTROL OF YOUR DIABETES?

Generations Family Health Center is now enrolling participants in our Diabetes Support Program (DSP): a new, fully virtual coaching program designed to help you manage your diabetes and improve your health from home.

WHY JOIN?

Learn practical tools to manage diabetes, improve nutrition and exercise habits, and build lifelong wellness routines.

- Completely Online – Join from your computer or smart phone using the HALT 360 app
  Note: Access to a computer or smartphone is required
- Personalized Coaching – Work with a health coach who helps track your progress, set goals, and stay motivated
- Interactive Learning – Receive modules, lessons, and activities through our secure online platform
- Community Support – Connect with others on the same journey for encouragement and accountability
- Photo Journal Meals - Share meal photos and get personalized feedback from your coach
- Health Tracking - Easily log your activity, blood sugar, and more. See your progress in real time

Interested in joining? Please provide your information below and return this form to a member of your care team! First Session starts Jan 5, 2026. Lessons rotate weekly.

Name _____ Date of Birth _____ Email _____

GENERATIONS FAMILY HEALTH CENTER

SITES: DANIELSON. NORWICH. PUTNAM. WILLIMANTIC
SCHOOL BASED HEALTH CENTER: PUTNAM
MOBILE HEALTH UNIT

GENHEALTH.ORG

REV. 11.14.25