

# SUPPORT GROUP FOR Young Women with Diabetes Ages 18-35

*Topics may include:*

- *Managing exercise, eating, and body image*
- *Managing relationships*
- *Coping effectively with stress and emotions*
- *Discussing feelings of fear, shame, or frustration*
- *... and others that you can bring!*

The first meeting is **Tuesday, November 18<sup>th</sup>**  
**6:00PM – 7:30PM**

After the first meeting, the group will meet bimonthly; the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month.

Located at the **Friedman Diabetes Institute** at  
**Beth Israel Hospital**  
317 E. 17<sup>th</sup> Street, between 1<sup>st</sup> and 2<sup>nd</sup> Avenues  
8<sup>th</sup> Floor

This group is open to members of the public who are young women living with diabetes. There is **no cost** for participation. The group will be self-led however there will always be a staff member from Friedman Diabetes Institute available during the meetings. We are creating a place to talk with others about living with diabetes, particularly as young adult women. If you think this group is for you, it probably is. **Please get in touch** and let us know that you are interested and if you can make it to the first meeting.

**E-mail Katie: [DiabetesNYC@gmail.com](mailto:DiabetesNYC@gmail.com)**  
with your RSVP, questions, comments, or ideas.