



Joslin Diabetes Center



*Affiliated with
Harvard Medical School*

JOIN OUR MONTHLY DISCUSSION AND SUPPORT GROUP FOR YOUNG ADULTS WITH TYPE 1 DIABETES!

For men and women ages 18-30 with type 1 diabetes

Topics of discussion will include:

- Coping with diabetes
- Living realistically with diabetes
- Gaining support from others
- Stress management
- Problem solving

The group will meet on Tuesday nights from 5:30-6:45
9/27, 10/25, 11/29, 12/20, 1/17, 2/28

Program will be run by Jessica T. Markowitz, Ph.D., a
psychologist who works with people with diabetes

The total cost for all 6 sessions is \$60

If you would like to learn more about the
program, call 617-309-2594
or email yojaira.sanchez@joslin.harvard.edu