



Empower1

A group dedicated to connecting the adolescent type 1 diabetes community.

Organized by volunteers, **Empower1** is a program for those with type 1 diabetes (T1D) ages 12 to 18 to come together and have some fun while meeting others in the Omaha Metro area also living with T1D.

Please join us!

Date: 2nd Thursday of every month

Place: Children's Hospital, Classroom 1 (Lower Level 3 near cafeteria)

Time: 6:30pm—8:00pm

Activities & Structure:

- Provides an opportunity for education on disease management
- Share ideas and experiences with each other
- Provide support for each other to ensure you are not alone
- Groups will meet on a monthly basis in different settings (Classrooms, outings, outdoor adventures, group projects).

The information provided by this group or guest speaker is meant as general information and discussion about type 1 diabetes and given as resource only. It is not to be used or relied on for disease management. Please consult your healthcare provider before making any medical decisions.

Improve Glycemic Control

Build Friendships

Find Peers Near You with T1D

Ongoing Disease Education

New Therapies

T1D Research

Have Fun!

Contact JDRF at 402.397.2873 or visit jdrf.org/omaha for more information on Empower1.