

Empower1

Connecting the adolescent
type 1 diabetes community.

Empower1 is a program for those living with type 1 diabetes (T1D) in middle school & high school (ages 11 to 18) to come together and have some fun while meeting others living with T1D.

Please join us!

Date: 2nd Thursday of every month

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

*Location is subject to change

Visit jdrf.org/Omaha for up-to-date information

Time: 6:30pm—8:00pm

Activities & Structure:

- Share ideas and experiences with each other
- Provides an opportunity for education on disease management
- Provide support for each other
- 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!

Questions?
Contact JDRF at
402.397.2873
or visit
jdrf.org/Omaha.