



FOR IMMEDIATE RELEASE

"Health Matters" column

By this month's contributing author:

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'D1 Kids Club' offers support for children with type 1 diabetes

PARK RAPIDS, MN (DEC. 10, 2014) – A dream of mine came to fruition last month during the first meeting of CHI St. Joseph's Health "D1 Kids Club". What a success it is proving to be!

"D1 Kids Club" is a free support group for kids under 18 who have type 1 diabetes, their families and friends.

It is so wonderful to finally see kids and their loved ones connect, shares stories and ideas and receive educational support in a fun and approachable way.

At our first meeting, six children and their families played games while getting to know one another. There is room for more and newcomers from the region are welcome anytime.

This has been a much needed service in our area for many years, and now it is a reality for these families.

Having type 1 diabetes can be a lonely journey if you don't have people who are experiencing a similar life. Building these new relationships is so important to them. The group has plans for educational opportunities, games, and activities including swimming, skiing, and a special guest celebrity speaker.

“I am excited for the kids to connect with each other and realize there are other kids in the community going through the same things as they are,” a parent shared with me. All were enthusiastic about this family opportunity.

If your child has type 1 diabetes or you know of someone who could benefit from “D1 Kids Club”, we meet from 6-7 p.m. the second Thursday of each month at CHI St. Joseph’s Health in Lower Level conference rooms B and C.

If you have any questions, please feel free to contact me at 218-255-3684 or tiakocka@catholichealth.net

Editor’s note: *CHI St. Joseph’s Health brings Health Matters news of interest to you and your loved ones. Keep in mind that our intent is to share general knowledge in summary form about general wellness, education outreach and services available to you. It’s important to talk to your primary care provider about any healthcare-related questions you may have.*

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