

**For Immediate Release**

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## **DIABETES SUPPORT GROUP AT ST. VINCENT'S**

**BRIDGEPORT, CT, February 21, 2011** — St. Vincent's Medical Center and Animas Corporation, a Johnson & Johnson Company, are co-sponsoring a new monthly Diabetes Support Group at the hospital. Participants will learn important information regarding coping with diabetes and improving lifestyle, and will have the opportunity to share tips with other people with diabetes to overcome challenges and frustration. The group, which is free, is facilitated by a St. Vincent's nurse and Animas representative both specializing in diabetes.

Topics to be addressed monthly include diet, meal planning and carb counting, monitoring blood glucose levels, administration of insulin through injection or pump, flexibility in daily regimens and exercise.

The Support Group meetings will be held on Wednesdays from 6-7:30pm in St. Vincent's Level 3 South Conference Room. Upcoming dates are: **March 23** and **April 27**.

St. Vincent's and Animas also co-sponsor regular seminars for people with diabetes at the Medical Center.

To register, please contact Kristi Young at Animas at 1-877-937-7867 ext. 1790 or [kyoung1@its.jnj.com](mailto:kyoung1@its.jnj.com)