

Capital Area Type 1 Diabetes Support

JOIN THE GROUP!

STEP 1:

Get a Yahoo! Groups account

Go to www.yahogroups.com.

Click on *Sign Up* or *Sign In* if you already have an account with Yahoo!

STEP 2:

Find the group

Under "*Find a Yahoo! Group*", type in Capital Area Type 1 Diabetes Support and click on *Search*. Click on **nvadm1**.

STEP 3:

Join the group

Click on *Join This Group!* to join the group. Follow the instructions to join in 3 quick steps. Wait for your confirmation email.

STEP 4:

Enjoy the group

After following these steps, you will be a member of the Capital Area Type 1 Diabetes Support Group via Yahoo! Groups.



- The Capital Area Type 1 Diabetes Support Group is a Yahoo! Group for families in the DC Metro area living with type 1 diabetes
- Yahoo! Groups make it easy to meet, get to know each other and stay informed about issues for people with type 1 diabetes and their families
- Mainly an email discussion group with over 140 families currently, with occasional meetings and outings
- Meetings may be a gathering for 1-20 families in someone's home, a bowling outing or a trip to a local pool – depends on what members want to set up

Follow these instructions to join the Yahoo! Group Capital Area Type 1 Diabetes Support

- Step 1: Get an account.** Get an account with Yahoo! Groups by visiting www.yahogroups.com and click on *Sign Up* to create a Yahoo! account or click on *Sign In* if you already have a Yahoo! account.
- Step 2: Find the group.** Under *Find a Yahoo! Group*, type in the name of the group you would like to join: Capital Area Type 1 Diabetes Support and click on *Search*. Click on the **nvadm1** listing to be taken to the group homepage. You will join the group in the next step.
- Step 3: Choose 1 of 3 ways to join:**
- Join the group by clicking on *Join This Group*. Follow the steps to join the group. Leave your name and telephone number in the comments section. Once this is complete, click *Join*. This will send an email to the group owner, Nancy Sharma, who will then approve you to join
 - Join the group by sending an email with your name and phone number from your Yahoo! account to nvadm1@yahoo.com. The group owner will then approve you to join.
 - Join the group by sending a blank email to nvadm1-subscribe@yahogroups.com. Leave the message completely blank and type SUBSCRIBE in the subject line.
- Step 4: Enjoy the group!** You will receive a confirmation email when your membership to the group has been approved. You will be a member of the Capital Area Type 1 Diabetes Support Group via Yahoo! Groups.