



Australian Addison's Disease Association Inc. (AADAI)
www.addisons.org.au

A GROUP CATCH UP FOR ADDISON'S / AI PEOPLE AGED BETWEEN 18 AND 35 YEARS.

WOULD YOU LIKE TO TAKE PART IN A ZOOM DISCUSSION SESSION?

Discussion points might include:

- How do you feel about having a chronic illness?
- How do you tell your friends?
- Do you want your work colleagues to know?
- Should you tell your boss?
- How are you coping with the issues around COVID-19?
- Exercise? How much?
- Personal relationships?
- Holidays - in Australia and overseas?
- Emergency situations?

The aim of this session is for you to have a better understanding of the issues you are dealing with on a daily basis.

Let me know by email if you would be interested in taking part.

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