

Scleroderma Foundation Kingston Support Group Meetings

It's an exciting new year.
Come out and participate.

Knowledge Is Power!



It's an opportunity to meet old friends
and make new ones.
Let's talk and have some fun on ...

March 21st ~ April 18th ~ May 16th
June 20th ~ July 18th ~ August 15th
September 19th ~ October 17th
November 21st

NOON - 2:00 PM

**Resource Center
For Accessible Living
727 Ulster Avenue
Kingston, NY 12401**

Sandra Guenette, 845-247-0605
kingston@scleroderma.org

Family & Friends and All Autoimmune Diseases Welcome

RCAL is in a single-story tan building, behind 731 Ulster Avenue

FROM NY STATE THRUWAY - ROUTE 28:

Kingston, exit 19 Take Route 587 (Col. Chandler Drive) off traffic circle (third exit). At the end of Col Chandler Drive, stay to left and make a LEFT at traffic light onto Albany Ave (which becomes Ulster Avenue at city/town line) RCAL is about 1.25 miles north on LEFT side next to Paulina's Restaurant.

FROM KINGSTON RHINECLIFF BRIDGE:

From Route 199/209 (off bridge) take Route 9-W South exit. Pass Hudson Valley Mall and King's Mall (on your left). Get in RIGHT lane near Applebee's, continuing on 9-W. Bear RIGHT onto Ulster Avenue, (Tires Plus and Michael's Diner are on your right). Turn RIGHT at the RCAL sign which is just before Paulina's Restaurant

FROM MID-HUDSON BRIDGE/ROUTE 9-W:

Take Route 9-W North to Kingston from Mid-Hudson Bridge. Turn LEFT at traffic light with sign for Kingston-Rhinecliff Bridge onto Rt. 32 South (Flatbush Ave.). At next traffic light, turn RIGHT onto East Chester Street Bypass (Dairy Mart on right side). At second traffic light, make a LEFT, driving over the viaduct on Ulster Ave. If you reach the Ulster County Office Complex on the right you've gone too far.

Special Attention

If you would like to receive a postcard reminder before each support group meeting please call 800-867-0885 and let us know so we can put you on the list.

**** OR ****

To help save money and time, and keep us green, send an email with your email address to sdtristate@scleroderma.org so we can put you on our email reminder list.

Scleroderma Foundation/Tri-State, Inc. Chapter

59 Front Street

Binghamton, NY 13905

1-800-867-0885 sdtristate@scleroderma.org