



Binghamton New York 2011 Support Group Meetings

6:30 PM

Lourdes Hospital

169 Riverside Drive, Binghamton, NY
(East-West Dining Room)

Greetings!

We'd like to take this opportunity to extend a heartfelt "Thank You" to those who attended our meetings in 2010. Your time and contributions help to make each session a success.

We are eager to see each of you. It's going to be an exciting year for our members. We are planning new topics to discuss and catching up on what's new with each of you.

We look forward to seeing you all soon.

Bianca Podesta

binghamton@scleroderma.org

Click on Bianca's website for more info about her new book! "Scleroderma Coping Strategies"

www.sclerodermahealth.com

Special Attention

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

February 3 rd	Care of the Skin
April 7 th	Benefits of Exercise in Scleroderma
June 2 nd	Scleroderma and PAH
August 4 th	GI Complementary Treatment and Self-Care
October 6 th	GI Symptoms and Treatment in Scleroderma
December 1 st	Holiday Party

Our Support Group Offers:

- Mutual support to people with scleroderma
- An opportunity to talk with others who have gone through similar health challenges
- A chance to share experiences, practical suggestions and ways of coping
- A welcome place to get information and learn from others in a warm and caring atmosphere
- Educational information provided by the Scleroderma Foundation

The mission of the Scleroderma Foundation Tri-State, Inc. Chapter is three fold:

To provide educational and emotional support to people with scleroderma and their families; to stimulate and support research designed to identify the cause and cure of scleroderma as well as improve methods of treatment and; to enhance the public's awareness of this disease.

Your Support Is Needed!

Sunday, June 5, 2011

9:00 AM - Registration

10:00 AM - Walk Begins

Otsiningo Park

Binghamton, New York

<http://walks.SclerodermaTriState.org>