

Northern Virginia Support Group Meeting on December 17th

Please join the Scleroderma Foundation Greater Washington, DC Chapter's Northern Virginia Support Group for a meeting and discussion on:

Saturday, December 17, 2016; 11:00 am - 1:00 pm

Wegmans

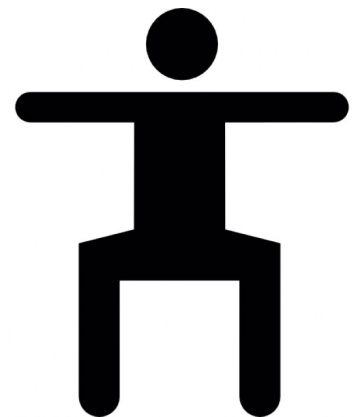
Market Cafe

11620 Monument Drive

Fairfax, VA 22030

(Go to the Market Cafe Entrance of the store, take the elevator to the 2nd floor cafe seating area, and look for the SFGWDC signs on a couple of tables. If you have any problems finding the group, please call Sharon Fine at 703-282-3016)

"**Improving Flexibility in Scleroderma**" is a great video from the Scleroderma Foundation Tri-State Chapter's 2014 Albany Patient Education Forum. [Click here to see the video.](#)



Please watch the video prior to the meeting, as we will spend part of the time discussing the suggestions found on the video, what works for you, and what you do to help increase your flexibility. We also plan to have ample time for an open discussion about other topics related to scleroderma.

Please RSVP to Carole Bernard, Executive Director at cbernard@scleroderma.org or 571-291-1480.

We look forward to seeing you!

Deborah Aloof, Northern VA Support Group Co-Leader
Sharon Parker Fine, Northern VA Support Group Co-Leader.

Get Connected on Social Media

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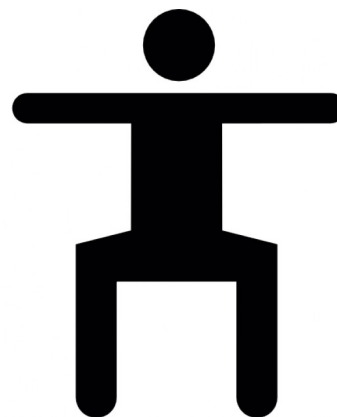
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Scleroderma Foundation Greater Washington, DC Chapter

cbernard@scleroderma.org

