



TMA MYOSITIS SUPPORT GROUP

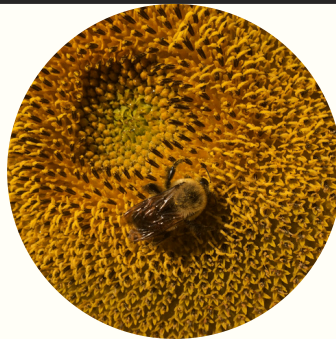
Maryland, Delaware,
Washington DC, and
Northern Virginia
Connected by Myositis and
the Chesapeake Bay!

Support Group News

FYI

HELLO THERE!

Greetings from
Jenna and Bitsy!



Here is to a good summer ahead of all of us! There is always things to look forward to over summer. Use this time and great weather to get outside, try something new, and spend time with loved ones!

At our support group meeting last week we spent the whole time sharing our struggles with myositis and learning from others experiences. We asked questions and used our safe space to learn about how to better our own lives. This meeting gave everyone the opportunity to speak their mind and get what they needed off their chest. Someones everyone just needs a safe space to speak their mind, last week we gave everyone present plenty off time to share their own thoughts.

Hearing how everyone is constantly working to overcome their challenges and be better than before was inspiring. I was honored to help provide everyone with a space full of love and support as we go through our myositis journeys.

FACEBOOK
MYOSITIS SUPPORT GROUP
- DC, MD, DE, & NO.VA
GROUP

YOU TUBE
• JERRY KING IBM'ERS

CLINICALTRIALS.GOV

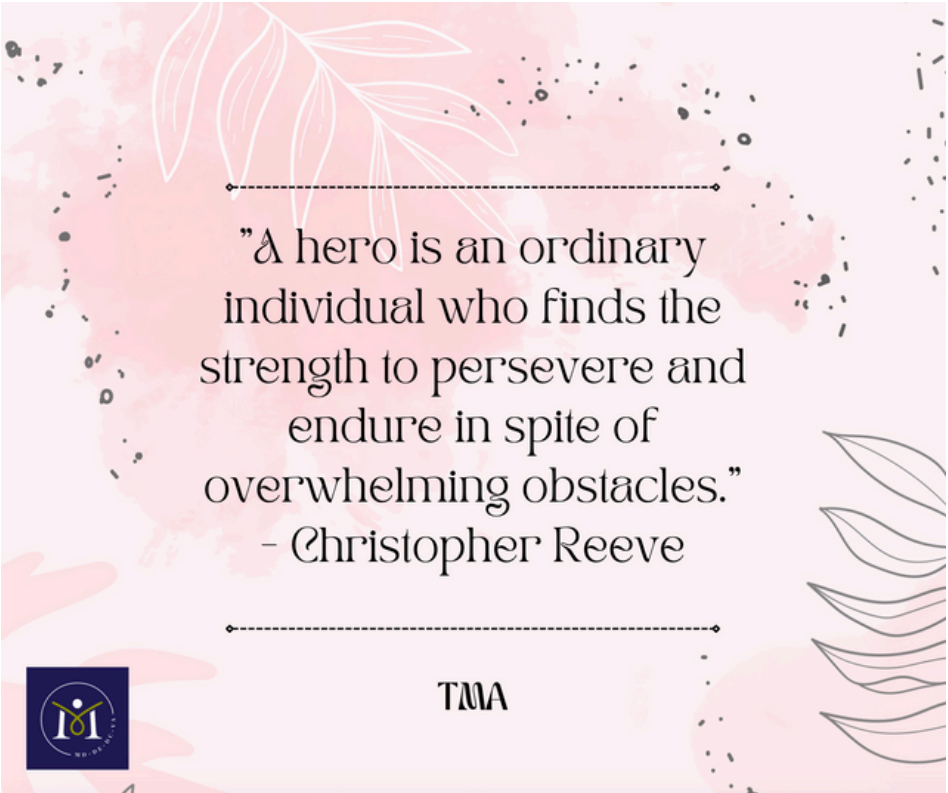
ANNUAL 2023
INTERNATIONAL PATIENT
CONFERENCE IN SAN
DIEGO, CA
SEPTEMBER 7 TH – 10 TH
GO TO
WWW.MYOSITIS.ORG FOR
MORE INFORMATION



Support Group News

Upcoming Meeting Information

Our next meeting will be held on August 19th at 1 pm. As of now, the topic of the meeting is still undecided. If you have any idea of what we should discuss please feel free to email chesapeakemyositis@gmail.com. We always love to hear your ideas and feedback. Reach out to us anytime to share your thoughts.

A decorative graphic with a pink and white floral background. It features a quote by Christopher Reeve: "A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles." The quote is enclosed in a dashed-line border. Below the quote is the attribution "- Christopher Reeve". At the bottom left is a small circular logo with a stylized figure and the text 'MD-DE-DC-VA'. At the bottom center is the text 'TMA'. On the left and right sides of the graphic are clusters of yellow four-pointed stars.

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."
- Christopher Reeve

TMA