



# TMA MYOSITIS SUPPORT GROUP

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

## Support Group News

# HAPPY HOLIDAYS!

Seasons Greetings from Jenna and Bitsy!

"With determination, it is possible to block out the negative things and enjoy the positive ones, despite the cons. Most importantly, it is possible to dance through everything pernicious." - From the book 'Determination' by Sarah Todd Hammer, a story of her own journey with a rare chronic illness.

Dear Myositis Warriors,

Our next meeting is Next Saturday, the 16th at 1:00!!!

With all the stresses of the holidays we would like to provide and relaxed, fun, and supportive meeting for December. That is why we would like to invite each of you to bring a memento that reminds you of your favorite holiday tradition or memory so that you may share with the group. This could be anything: a favorite ornament, your holiday recipe book, your snowman decorating kit, favorite recipe/ drink/ meal, what Christmas looks like in your Family, decoration, anything! We will take the time to share our mementoes then talk a little about what has been going on in our lives. This meeting will not run as long as our typical meeting does.

See You All Next Week!

