



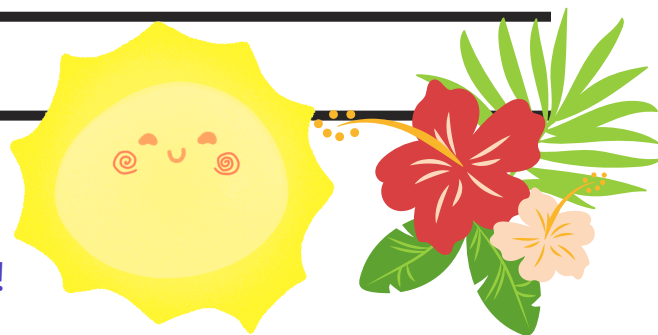
TMA MYOSITIS SUPPORT GROUP

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

Support Group News

HAPPY SUMMER!

Warm Greetings from Jenna and Bitsy!



Remember to show your gratitude for those who stick around you through the hard times!

Dear Myositis Warriors,

Our next meeting is Next Saturday, June 15, 1-2:30pm EST over zoom! Link to follow

Join Zoom Meeting

<https://us02web.zoom.us/j/82721279638>

Meeting ID: 827 2127 9638

Join Us for Connection and Support! This will be an informal chat session where we can all share what we all learned during Myositis Awareness Month, as well as updates on your journey with Myositis, exchange tips and resources for managing the disease, and offer emotional support and encouragement. Connect with others who understand the journey of living with Myositis! Share your experiences, receive support, and learn from each other's strengths and strategies.

Together, let's:

- Break the isolation that often comes with chronic illness
- Foster a sense of community and belonging
- Empower each other to navigate the ups and downs of Myositis

Let's grow together in support and understanding!

Best Regards,

Jenna and Bitsy