



**Please join us for our upcoming  
New Mexico  
virtual Sjögren's support group**

**Meeting Date:**

**Saturday, August 5, 2023**

**Meeting Time:**

**10:00 am-12:00 pm (MT)**

**Meeting Topics:**

**Exercise**

We invite you to share exercises that work for you now, or have in the past

**Open time for Connecting, Sharing and Learning**

**\*RSVP Required\***

Meetings will take place virtually using "Zoom".

Participation is simple, just click a link sent to your email.

If you wish to participate in this virtual group meeting,

please email *Sjögren's Support Group Leader*,

**Andrea Dowdy** at:

**[andrea.dowdy@yahoo.com](mailto:andrea.dowdy@yahoo.com)**

*After you RSVP, Andrea will email you the ZOOM link/Log-In information for the virtual meeting.*