



Please join us for the  
**Philadelphia Area**  
**“Virtual” Sjögren’s Support Group Meeting**  
**via Zoom**

**Meeting Date:**  
**Friday, April 23, 2021**

**Meeting Time:**  
**7:30 p.m. (EDT)**

**Meeting Agenda:**  
**“Caring and Sharing Program”**

Please “share” a product or a self-help tip that you feel is particularly helpful with your Sjögren’s symptoms – and share your knowledge with the rest of us!

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*Esta Jo Schifter, the new Philadelphia Support Group Leader, has scheduled a support group meeting! It is Esta Jo's goal to help strengthen the circle of care for Sjögren’s patients in the Philadelphia area. She is looking forward to leading the group and providing a positive environment to share experiences and coping skills as well as dealing with day-to-day living with Sjögren’s.*

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**\*How to RSVP\***

If you wish to participate in the “virtual” group meeting, please email **Esta Jo**, at: **[sjphilly159@gmail.com](mailto:sjphilly159@gmail.com)**

*After you RSVP,*  
Esta Jo will email you the *Log-In information*  
for the ZOOM meeting.

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**\*RSVP Required\***