**Welcome to the “Chronic Sufferers Support Group”**

If you have Vestibular Disorders, Autonomic Dysfunction, Dysautonomia or Chronic Anxiety issues.

This is a great opportunity to meet with others that are dealing with Chronic Issues just like you. I have been trying to find a group meeting close to me and everything is far away and with the DC –Baltimore traffic it can be real hard to get to.

**Tuesday Nov. 21st** will be our first meeting and hopefully we can get the ball rolling and put together a solid group for us to interact with and learn from each other. It’s a great way to meet new friends that understand the daily problems that we deal with and did not ask for but need to manage each day the best we can.

This first support meeting is a discussion meeting. Discussion is open, and attendees are welcome to raise a topic and share observations and experiences. We will talk about symptoms, practitioners, treatments, food, relationships, disability, ways to cope, and much more.

My goal is to have a group meeting every other month with a two month advance notice for that meeting.

Meeting Location: Odenton Library, 1325 Annapolis road in Odenton, Md, 21113, # 410- 222- 6277

Please email me at [czellen2012@gmail.com](mailto:czellen2012@gmail.com) and let me know if you can make it or if you have any questions that I could answer.

Thank you and I hope to see you at the meetings.