



Season's Greetings!

The Scleroderma Manitoba board members wish you a peaceful and joyful Christmas season. We know the holidays can be a difficult time of year for many people, and scleroderma can make simple tasks more difficult. In addition, we are all dealing with the pandemic, and the added uncertainty and anxiety caused by scleroderma. We want you to know you are not alone, and we encourage you to make extra time for self-care during this time of year!

We all benefit from learning more about scleroderma, joining together with others who understand the realities of scleroderma, and providing support to each other. **We encourage you to join our Scleroderma Manitoba Virtual Support Groups.** Meetings for 2021 have been scheduled for the first half of the year:

- Saturday, January 16, 10:30 am
- Saturday, March 20, 10:30 am
- Saturday, May 15, 10:30 am

Whether you are newly diagnosed, or have been living with Scleroderma for some time, we all benefit from each other's questions and insights. Please plan to join us if and when you are able, and remember that your spouse/partner, family, friends and other supporters are all welcome. You may join by computer or by phone. If you would like more information, or are interested in joining please call 204 256-0225, or email jbrydon@shaw.ca.

Remember, you are not alone!

Warmest wishes and Merry Christmas

Scleroderma Manitoba Board of Directors



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