



*You are invited to attend the next*  
**Charlotte Area**  
**Sjögren's Support Group Meeting**

**Wednesday, May 29, 2019**  
**6:00 PM – 7:30 PM**

**MEETING LOCATION:**  
**Carolinas Center for Oral Health**  
1601 Abbey Place, Bldg.2  
Charlotte, NC 28209

**GUEST SPEAKER:**  
**Susan B. Thomasson, MEd, MT (ASCP)SH, LMBT**

*Topic: “Integrative Health Self-Care Tips”*

This presentation will share self-care tips using a variety of integrative therapy approaches including massage therapy, aromatherapy, Healing Touch/Reiki (energy work), and breathing techniques.

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**Please RSVP (*affirmative only*) by Friday, May 24, 2019 to:**

**Paula Wertz / 704-355-4197 / [paula.wertz@atriumhealth.org](mailto:paula.wertz@atriumhealth.org)**

**(If responding by e-mail, please put “SSG Meeting” in the SUBJECT LINE)**

**NOTE: If you wish to have your name removed from our e-mail list,  
please call or send us an e-mail!**

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*Light refreshments will be served.*

*Anyone wanting to bring a refreshment to share is greatly appreciated!*