



You are invited to attend the next
Chicago-Area
Sjögren's Support Group Meeting

Saturday, August 10, 2019

10:00 a.m. to 12:00 noon

Meeting Location

Southminster Presbyterian Church
Upper Level – Parlor
680 S. Park Blvd., Glen Ellyn, Illinois
(directions listed on the reverse side)

Guest Speaker

Jackie Barta, CNHC

Founder of "Be Well!" A Healthy Lifestyle Community

Learn about the healing benefits of CBD for the following:

- Reduced inflammation
- Improved energy and mood
- Enhanced immune support
- Reduced anxiety
- Supports better rest and sleep

Ms. Barta will also discuss the critical role of nutrition on
Gut Health and how to improve its function for overall health.

Please RSVP by August 7th to:

Lynn Chesters, Support Group Leader

708-478-6009 or Golfer9423@yahoo.com

Directions to Southminster Presbyterian Church

680 S. Park Blvd., Glen Ellyn, Illinois

From the North on I-294 South

Take I-294 (Tri-State) S to I-290 W towards Rockford.

Take I-290 to I-355 S. exit at Butterfield Rd.

Take Butterfield Road west to Park Blvd.

Go north on Park Blvd. to the church (west side of the street)

From the South on I-294 North

Take I-294 (Tri-State) N to I-55 S towards St. Louis

Take I-55 to I-355 N. exit at Butterfield Rd.

Take Butterfield Road west to Park Blvd.

Go north on Park Blvd. to the church (west side of the street)

From the North on South Route 53

Take Route 53 south to I-290

Take I-290 to I-355 exit at Butterfield Rd.

Take Butterfield Road west to Park Blvd.

Go north on Park Blvd. to the church (west side of the street)

From the East on I-90 West

Take I-90 (Kennedy Expressway) W to I-290 S to I-355 S

Exit I-355 S at Butterfield Road

Take Butterfield Road west to Park Blvd.

Go north on Park Blvd. to the church (west side of the street)

From the East on I-55

Take I-55 S to I-355 N

Exit I-355 N at Butterfield Road

Take Butterfield Road west to Park Blvd.

Go north on Park Blvd. to the church (west side of the street)

From the West on I-55

Take I-55 N to I-355 N

Exit I-355 N at Butterfield Road

Take Butterfield Road west to Park Blvd.

Go north on Park Blvd. to the church (west side of the street)

From the West on I-88

Take I-88 E to I-355 N

Exit I-355 N at Butterfield Road

Take Butterfield Road west to Park Blvd.

Go north on Park Blvd. to the church (west side of the street)