



You are invited to attend the next
**SSF Philadelphia Regional Chapter
Support Group Meeting**

Saturday, March 2, 2019

1:00 p.m.

**(Please plan to arrive by 12:30 p.m.)*

Meeting Location:

Super Giant Food Store

*The Community Center, 2nd Floor Conference Room
315 York Road, Willow Grove, Pennsylvania 19090*

Directions from PA Turnpike (Willow Grove exit) to Giant:

1. Start out going SOUTH on PA-611/EASTON RD. 1.1 mi
2. Turn LEFT onto CEDAR AVE. 0.1 mi
3. Proceed one block on Cedar to traffic light on YORK RD. 0.01 mi
4. You have arrived at GIANT. Go down ramp into parking lot.

Guest Speaker

Mary Robinson, RD, LDN

Topic: *“Understanding Inflammation and Nutrition”*

*Mary Robinson is a registered dietitian and licensed dietitian-nutritionist.
Her talk will focus on learning about foods that help to reduce the risk of chronic inflammation.*

If you have any questions, please contact Kathi Borden:

(610) 384-8723 or rborden@comcast.net

Mark Your Calendar for Upcoming Meetings & Events:

- Support Group Meeting (Super Giant/Willow Grove, PA) – **March 2, 2019**
- 14th Annual Philadelphia Tri-State Walk for Sjögren’s event (Philadelphia Zoo) – **May 4, 2019**
- Support Group Meeting (Super Giant/Willow Grove, PA) – **June 1, 2019**
- Support Group Meeting (Super Giant/Willow Grove, PA) – **September 7, 2019**
- Support Group Meeting (Super Giant/Willow Grove, PA) – **December 14, 2019**

(meeting location and dates are subject to change, please watch for announcements)