

NOVA CFS / ME, FMS, OI Support Group w/ Email CFSupport



The Northern Virginia (NOVA) CFS/ME, FM/FMS and OI Support Group with e-mail list CFSupport is an informal, encouraging, and educational discussion group with speaker and film events and a large website.

We welcome those with Chronic Fatigue Syndrome / ME, FMS / Fibromyalgia and similar disorders -- IBS, MCS, & the Orthostatic Intolerances (OI): NMH, POTS and MVPS / dysautonomia. We are led by peers. We endeavor to respect and talk fluently of issues and symptoms related to these conditions. Please join us and share in our discussions, speaker events, and low volume e-mail list. See website for:

- meeting updates
- lists of practitioners, health care & legal
- articles, links to resources and other groups
- coping tips, treatment experiences
- and more.

Chronic fatigue syndrome (CFS / ME)

has long-lasting, multiple effects including severe exhaustion, widespread muscle weakness and pain, disabling problems with memory and concentration, and persistent flu-like symptoms.

Fibromyalgia Syndrome (FMS/ FM)

is a complex, chronic state known for its widespread pain and fatigue, with a variety of other symptoms very similar to the ones for CFS and OI. The name derives from "fibro" meaning fibrous tissues (such as tendons and ligaments), "my" meaning muscles, and "algia" meaning pain.

Orthostatic Intolerance / Dysautonomia

involves dysfunction of the ANS (autonomic nervous system) and involuntary functions such as blood pressure, respiration, heart rate, and digestion. Symptoms include neck, back , and other muscular aches, tension or twitching; lightheadedness; irritable bowel; chest pain; panic; anxiety; fatigue; migraines; weakness; alcohol and heat intolerances; pallor or redness of extremities; numbness/tingling; depression/ mood swings loss of concentration; hypersensitive startle reflex; memory problems or foggy thinking; swelling of extremities, feelings of electrical current ; skin problems; sleep difficulties; allergies; feeling hot or cold-unrelated to external temperature; visual disturbances and more.

MEETING LOCATION

**Sully Governmental Center
Room 1 (2017) or Room 2 (2018)
4900 Stonecroft Blvd, Chantilly, VA 20151**

Events are free, donations accepted. Close parking. No stairs. Same building as Sully Police Station. South of Dulles Airport, between Routes 50 and 66. (Go west on Westfields Blvd from Rt 28. Make 1st right at 1st light on Stonecroft Blvd. Immediate left.

**3rd Sat (2017) or 3rd Sun (2018*) of month
2 – 4 pm**

Fall 2017 Meeting SCHEDULE

Oct 21 - Speaker: Medicare Advantage Plans
Nov 18 - Free Screening of CFS Film Unrest
Dec 16 - "POTS Luck" Social, Discussion

2018 Meeting SCHEDULE

	Jan 21, 2018
	Feb 18, 2018
	Mar 18, 2018
	Apr 15, 2018
*DIFF Day+Time: 12 pm Thurs	May 17, 2018
	Jun 17, 2018
	Jul 15, 2018
	Aug 19, 2018
	Sep 16, 2018
*DIFF Day: 1st Sun, 2p	Oct 7, 2018
	Nov 18, 2018
	Dec 16, 2018

Please refrain from wearing scented products.

CONTACT US

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