

Our CFSnova.com Website

The NOVA CFS/FMS/OI Support Group now has its own web domain, cfsnova.com. The site is a valuable reference for

- coping tips
- meeting dates and special events
- books and videos
- art and poetry by people with CFS/FM
- diagnosis and treatment info
- clinical trials
- symptom description
- product links
- media articles
- newsletters
- other support groups
- disability information
- practitioner listings
- our gratitude group and much, more.

Most pages have a "Subscribe" link to sign up for CFSsupport email. Many areas have search links set up for finding research or media articles, more groups.

The site purposely has no animation, many duplicate links, and lots of white space for those with visual sensitivities, brain or fibro fog, other symptoms.

A site-specific search page helps users find material found earlier but not sure where.

The "Q&A Our Way section has strategies for coping, more understanding" section has pages about thinking problems, neck and shoulder pain, feeling like you can't get a satisfying breath, clumsiness, difficulty reading or listening to music, support hose, aprons and bibs, anesthesia, more.

Contact Us

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cfsupport-owner@yahoogroups.com

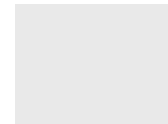


NOVA CFS, FMS, & OI SUPPORT GROUP
14404 BROOKMERE DRIVE
CENTERVILLE VA 20120-4107

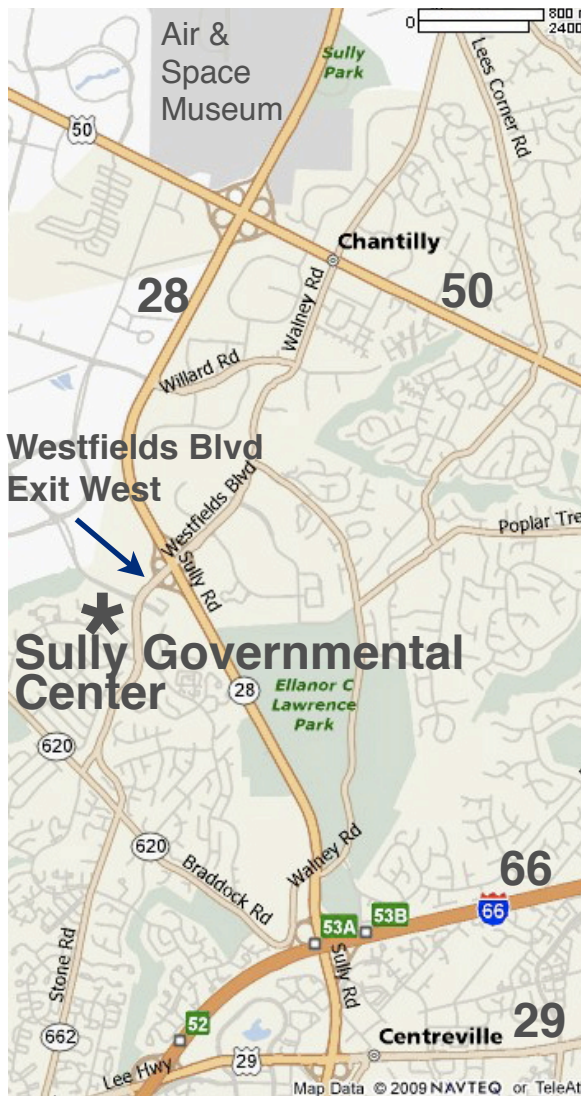
TO:

**NORTHERN
VIRGINIA
—
CHRONIC
FATIGUE
SYNDROME
—
FIBROMYALGIA
SYNDROME
—
&
ORTHOSTATIC
INTOLERANCE
—
SUPPORT
GROUP

WITH
CFSNOVA.COM
&
CFSUPPORT
EMAIL LIST**



NOVA CFS/FMS/OI SUPPORT



3rd Saturday Meeting Location: Sully Governmental Center

4900 Stonecroft Blvd
Chantilly, VA 20151
Route 28 to Westfields Blvd West.
First Right onto Stonecroft Blvd.
Immediate Left into parking lot.

About 2013 Meetings

Our regular in-person meetings are held on the 3rd Saturday of every month, from 2 - 4 pm, at the Sully Governmental Center in Chantilly, VA, in the James McDonnell Room.

Parking is plentiful, free and close. There are no stairs to climb. Please refrain from wearing scented products.

We have both discussion meetings and speaker meetings. Attendance varies from 5 to 50 depending on the weather, the speaker, how many reminders went out.

Emphasis is on encouragement, education and more acceptance of our conditions, in hopes each of us may cope more successfully with all that comes with our syndromes, with our lives.

Family and friends welcome. Non-deductible donations accepted.

In-person Meeting Schedule

Dates	Time	Topic
Mar 16	2 - 4 pm	Social Security DI
Apr 20	2 - 4 pm	TBA
May 18	2 - 4 pm	Open Discussion
Jun 15	2 - 4 pm	Open Discussion
Jul 20	2 - 4 pm	Open Discussion
Aug 17	2 - 4 pm	TBA
Sept 21	2 - 4 pm	TBA
Oct 19	2 - 4 pm	TBA
Nov 16	2 - 4 pm	Healing w/Thanks
Dec 21	2 - 4 pm	"POTS Luck" Social

About Us

We are a free peer group with peer facilitators, not medical professionals. Take what you hear at meetings at your own risk and for your own reward. We share feelings and information so we might feel less alone, cope more successfully. Meetings are open to the public, not necessarily confidential. Please keep that in mind.

NOVA CFSupport Email Lists

CFSupport Yahoo Group

Only leaders post. E-mail or "web-only." Event reminders, articles and essays, news, notes on coping, encouragement and more. groups.yahoo.com/group/CFSupport

mvps-d_oi_nova Yahoo Group

Almost "CFSupport Lite." Fewer notices, more emphasis on dysautonomia. Articles, encouragement, event reminders. groups.yahoo.com/group/mvps-d_oi_nova

EGGdish Yahoo Group

Mind-body-spiritual discussion of illness; gratitude attitude development. A place to each post our daily or occasional gratitude items. groups.yahoo.com/group/EGGdish

Teleconferences

Our facilitators know just how hard it can be to get to meetings. Therefore, we hold 2 support teleconferences: on the 2nd Tues. of the month at noon for thinking about symptoms in terms of the nervous system, and the heart / blood circulation, and the mind-body-spirit gratitude group nicknamed EGG for Elly's Gratitude Group call is near the end of the month
Dial-in Number (218) 336-2966
Access code 568394, followed by # sign.