



Are you suffering from
fibromyalgia?

You are not alone!

Come and join our support group which is designed
for self healing and strengthening of the mind,
body, and spirit.

Meetings occur the first Wednesday of each month.
11:00AM– 12:30 PM

Discussions will center on:

- Education
- Recreation
- Support
- Relaxation techniques

Location:

Taconic Resources for Independence, Inc.
82 Washington Street, Suite 214
Poughkeepsie, NY 12601
(845) 452-3913 (VOICE)
(845) 485-8110 (TTY)
(866) 948-1094 (VP)

Contact Person:

Norma Vizcarrando
Hablo Español
Office hours: Tuesdays, 1-3pm

If you need special accommodations, please contact us 2 weeks in advance of meeting date.