



**Ehlers-Danlos Syndromes/Hypermobility Spectrum Disorders
Metro DC Support Group Quarterly Meeting
Sunday, March 8, 2020
1:00-4:30 PM**

Altavista Condominium
900 N. Stafford Street, 8th Floor Lounge, Arlington, VA 22203
Metro Stop: Ballston Metro
Street and garage parking available

We are excited to announce two presentations about dealing with the challenges of chronic health issues.

Sheri Denkensohn-Trott and **Tony Trott**, of Happy on Wheels, LLC, are motivational speakers with chronic health issues. They will give a presentation and take questions about developing techniques to cope with life's challenges, including finding wins, adjusting to life changing events, and interacting with medical professionals. They can also discuss career counseling, job searches, and reasonable accommodations. Sheri, a retired federal attorney, became a quadriplegic at 16 from a diving accident and is a breast cancer survivor, while Tony, who has degrees in music and special education, has Friedreich's Ataxia, a progressive genetic, neurological disorder and was diagnosed in 2018 with Type B-Cell Lymphoma. For more information about them and their mission, please visit www.happyonwheels.com.

We are proud to present **Karina Sturm's** award winning 70 minute documentary, "**We are Visible.**" Karina, who has EDS, will join us via Skype for a short introduction and then for a Q&A after the screening. She produced the film as part of her MA thesis in journalism to give a voice to the neglected community of people living with the invisible disabilities, notably EDS, and change misconceptions surrounding them. The film follows families in America and Europe as they share their challenges with the world, but also their successes and strength. Please see www.we-are-visible-film.com to learn more about Karina and her documentary.

If you would like to join for any part or all of the meeting, please RSVP to eds@eds-dc.org with your name and number of guests who will join you. As always, family, friends, and caregivers are welcome!

If you may be able to offer a ride to someone in need, or are in need of a ride to the meeting, please let us know at eds@eds-dc.org.

For additional information on the Metro DC EDS/HSD Support Group, please visit our website, www.eds-dc.org, or Facebook page at <https://www.facebook.com/metro.dc.eds>.

We are looking forward to seeing as many of you as possible!

Please respect that our meetings are scent-free. If you have any concerns, please contact us.