



# FIBROMYALGIA LONDON GROUP

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## MONTH AT A GLANCE: ONLINE ACTIVITIES PLANNED FOR NOVEMBER 2021

Day	Date	Time (Eastern)	Activity/Special Event
Mon	1	1:00pm	NOBODY CAN TELL YOUR STORY – Trauma Informed Expressive Arts Part 2 of 3
Tue	2	1:00pm	Chatterbox Arts & Crafts
Wed	3	1:00pm	Qigong for Health & Wellness
Thu	4	1:00pm	Knit Happens! Therapeutic Knitting for Chronic Illness
Thu	4	1:00pm	HEALTH TALK – <b>Watch for separate Email Announcement</b>
Fri	5	1:00pm	Group Games Fun & More
Sat	6	11:00am	Restorative Yoga with Guided Meditation
Sat	6	1:00pm	Sharing Circle-Weekend Edition
Sun	7		
Mon	8	1:00pm	NOBODY CAN TELL YOUR STORY – Trauma Informed Expressive Arts Part 3 of 3
Tue	9	1:00pm	Six Degrees Social Conversations
Wed	10	1:00pm	Qigong for Health & Wellness
Thu	11	1:00pm	Sharing Circle-Thursday
Fri	12	1:00pm	Group Games Fun & More
Sat	13	11:00am	Seated Yoga with Guided Meditation
Sun	14		
Mon	15	1:00pm	NOBODY CAN TELL YOUR STORY – Trauma Informed Expressive Arts Part 1 of 3
Tue	16	1:00pm	Chatterbox Arts & Crafts
Tue	16	3:00pm	FM101 SEMINAR: I've Been Diagnosed with Fibromyalgia, Now What? Part 1 of 2
Wed	17	1:00pm	Qigong for Health & Wellness
Wed	17	3:00pm	FM101 SEMINAR: I've Been Diagnosed with Fibromyalgia, Now What? Part 2 of 2
Thu	18	1:00pm	Knit Happens! Therapeutic Knitting from Chronic Illness
Fri	19	1:00pm	INFORMATION SEMINAR: – <b>Watch for separate Email Announcement</b>
Sat	20	11:00am	Restorative Yoga with Guided Meditation
Sun	21		
Mon	22	1:00pm	NOBODY CAN TELL YOUR STORY – Trauma Informed Expressive Arts Part 2 of 3
Tue	23	1:00pm	Six Degrees Social Conversations
Tue	23	4:00pm	Sharing Circle-Tuesday
Wed	24	1:00pm	Qigong for Health & Wellness
Thu	25	1:00pm	Mindset Matters – <b>Watch for separate Email Announcement</b>
Fri	26	1:00pm	Soul to Soul Spiritual Conversations
Sat	27	11:00am	Seated Yoga with Guided Meditation
Sun	28		
Mon	29	1:00pm	NOBODY CAN TELL YOUR STORY – Trauma Informed Expressive Arts Part 3 of 3
Tue	30	1:00pm	Chatterbox Arts & Crafts

We are a community-based, inclusive, peer-led volunteer organization focused on helping individuals living with fibromyalgia and/or other chronic illnesses, regardless of gender and where you live in Canada, USA or elsewhere. You must be/become a member of Fibromyalgia London Group to be able to participate. **Member Annual fees: \$15.00** helps sustain and support our programs, activities, workshops, and special events.

If you are unable to pay the annual fee amount due to financial hardship, please email us at [fmgrouplondon@gmail.com](mailto:fmgrouplondon@gmail.com) to request a fee waiver. We will work with you to accommodate your situation.