



# FIBROMYALGIA LONDON GROUP

Email: [fmgrouplondon@gmail.com](mailto:fmgrouplondon@gmail.com) ♦ Tel: 519-453-3198

[www.fibrolondongroup.ca](http://www.fibrolondongroup.ca) ♦ Find Us On



We are an inclusive, community-based, peer-led volunteer organization focused on helping individuals living with fibromyalgia and/or other chronic illnesses, **regardless of gender and where you live** across Canada, or elsewhere. Unless other indicated, all virtual programs and activities offered are **FREE TO MEMBERS**.

**You must be/become a member of Fibromyalgia London Group to be able to participate.** Fill out our online application form at [www.fibrolondongroup.ca/membership/](http://www.fibrolondongroup.ca/membership/), or email [fmgrouplondon@gmail.com](mailto:fmgrouplondon@gmail.com) to request a fillable pdf member application form.

The **Annual Member Fees** of **C\$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.

## MONTH-AT-A-GLANCE CALENDAR FOR MAY 2022

**Advance Registration is Required to Receive the Zoom Link**

Day	Date	Time (Eastern)	Activity/Special Event
Sun	1		
Mon	2	11:00am	POWER UP! – Exercises for Energy, Mindfulness Meditation & Journaling
<b>Mon</b>	<b>2</b>	<b>3:00pm</b>	<b>FM AWARENESS SPECIAL EVENT – Others Talk, We Do with Cheryl Young, Founder &amp; Executive Director, Fibromyalgia Well Spring Foundation (British Columbia)</b>
Tue	3	11:00am	Chatterbox Arts & Crafts
Tue	3	1:00pm	Six Degrees Social Conversations
Wed	4	1:00pm	Qigong for Health & Wellness
Thu	5	1:00pm	Knit Happens! Therapeutic Knitting for Chronic Pain
<b>Thu</b>	<b>5</b>	<b>3:00pm</b>	<b>FM AWARENESS SPECIAL EVENT – The Joys of Living Assistance Dogs with Joy St. Peter, Founding Director-Joy of Living Assistance Dogs (Oregon)</b>
Fri	6	11:00am	POWER UP! – Ageless Grace, Mindfulness Meditation & Journaling
Fri	6	1:00pm	Fibromyalgia Support in Arabic
Sat	7	11:00am	Restorative Yoga with Guided Meditation <sup>1</sup>
Sat	7	1:00pm	Sharing Circle – Weekend Edition
Sun	8		
Mon	9	11:00am	POWER UP! – Exercises for Energy, Mindfulness Meditation & Journaling
<b>Mon</b>	<b>9</b>	<b>3:00pm</b>	<b>FM AWARENESS SPECIAL EVENT – Men with Fibromyalgia: A Candid Interview with Jason Herterich (Ontario)</b>
Tue	10	1:00pm	Chatterbox Arts & Crafts
Wed	11	1:00pm	Qigong for Health & Wellness
Thu	12	11:00am	Sharing Circle – Morning Edition
<b>Thu</b>	<b>12</b>	<b>1:00pm</b>	<b>INTERNATIONAL FM AWARENESS DAY (30<sup>th</sup> anniversary) SPECIAL EVENT – Healing the Traumatized Self: Complexity in Assessment and Treatment with Keynote Speaker: Dr. Paul Frewen, Psychologist, London Health Sciences Centre</b>
Fri	13	11:00am	POWER UP! – Ageless Grace, Mindfulness Meditation & Journaling
Fri	13	1:00pm	Group Games Afternoon Fun & More
Sat	14	11:00am	Chair Yoga with Guided Meditation <sup>1</sup>

Sun	15		
Mon	16	11:00am	POWER UP! – Exercises for Energy, Mindfulness Meditation & Journaling
Tue	17	11:00am	Chatterbox Arts & Crafts
Tue	17	1:00pm	Six Degrees Social Conversations
Tue	17	3:00pm	FM101: I've Been Diagnosed with FM, What Now? Part 1 of 2
Wed	18	1:00pm	Qigong for Health & Wellness
Wed	18	3:00pm	FM101: I've Been Diagnosed with FM, What Now? Part 2 of 2
Wed	18	7:00pm	Sharing Circle – Evening Edition
Thu	19	1:00pm	Knit Happens! Therapeutic Knitting for Chronic Pain
Fri	20	11:00am	POWER UP! – Ageless Grace, Mindfulness Meditation & Journaling
Fri	20	1:00pm	Soul to Soul Spiritual Wellness Conversations
Sat	21	11:00am	Restorative Yoga with Guided Meditation <sup>1</sup>
Sun	22		
Mon	23	11:00am	POWER UP! – Exercises for Energy, Mindfulness Meditation & Journaling
Tue	24	1:00pm	Chatterbox Arts & Crafts
Tue	24	3:00pm	Sharing Circle- Afternoon Edition
Wed	25	11:00am	Qigong for Health & Wellness <b>NOTE SPECIAL START TIME</b>
<b>Wed</b>	<b>25</b>	<b>1:00pm</b>	<b>FM AWARENESS SPECIAL EVENT - The Role and Research of Gut Microbiome in Fibromyalgia with Dr. Amir Minerbi, Physician-Deputy Director, Rambam Institute for Pain Medicine (Israel)</b>
Thu	26	1:00pm	MINDSET MATTERS – <b>This Month's Topic is ONE DAY OR DAY ONE?</b>
Fri	27	11:00am	POWER UP! – Ageless Grace, Mindfulness Meditation & Journaling
Fri	27	1:00pm	Soul to Soul Spiritual Wellness – <b>This Month's Topic is COURAGE!</b>
Sat	28	11:00am	Chair Yoga with Guided Meditation <sup>1</sup>
Sun	29		
Mon	30	11:00am	POWER UP! – Ageless Grace, Mindfulness Meditation & Journaling
Tue	31	11:00am	Chatterbox Arts & Crafts
Tue	31	1:00pm	Six Degrees Social Conversations

<sup>1</sup> Andrea Pearson is away on medical leave. Evelyn Zurbrigg has kindly offered to run this session, as a substitute for Andrea. Get well soon, Andrea – all your students MISS YOU!

**PLEASE NOTE:** Because of the extra health-based talks we are offering this month to mark the 30<sup>th</sup> anniversary of International Fibromyalgia Awareness Day, **we will not be offering the Health Talk program this month.**

Details about each program, activity, or special event can be found on the respective information poster attached or our website, <https://www.fibrolondongroup.ca>. Please ensure you read them to fully understand what to expect from each one!