

## **YOU ARE NOT ALONE!**

**The Denver Multiple Myeloma Support Group is continuing to meet, now electronically, on the 2nd Saturday of each month, from 9:00 to 11:00 a.m.** (log on early so that we can all get on successfully). If you would like to sign up or find out if the group is right for you, please call Sarah Kelzenberg, Group Facilitator and MM Survivor 602-565-1977 or email me at [denver@imfsupport.org](mailto:denver@imfsupport.org) If you decide to join the group, please give me your name, address, phone and email address and I will put your email on the contacts list for the Zoom meeting announcements. I send a monthly emails to the group before each 2nd Saturday meeting with the Zoom Join.

**Our group also has a Caregiver's Monthly Meeting**, facilitated by one of our caregivers, Stan Smith. It is held on the 4th Wednesday at 7 p.m., so it will be on March 24th this month. If your caregiver would be interested in that meeting, give Sarah his/her information. Your caregiver will then receive an email for this meeting before the 4th Wednesday of each month.

Although our main goal is to share our stories and support each other with information about multiple myeloma on our journeys, occasionally we have speakers. This month we will have a short presentation by one of our members, Steve Reinhard, showing us how his damaged bones have grown back. Then we will have the rest of the time to share stories.

Feel free to email me or give me a call if you would like to clarify anything or just chat.

**LOOKING FORWARD TO HAVING YOU WITH US AT OUR NEXT MEETING, on SATURDAY, MARCH 13th, from 9-11 a.m.!!!**

Sarah Kelzenberg, Group Facilitator  
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602-565-1977

Visit our Denver IMF website: <https://denver.support.myeloma.org>