The event will start with an interactive educational presentation for TS women and girls by Joanna Martin, who was diagnosed with TS at age 15. Following on to last year’s presentation, Ms. Martin will share yoga poses and breathing techniques to relieve stress and anxiety, which are challenges commonly associated with TS.

Concurrently, younger girls (and their siblings) may enjoy arts and crafts, as well as making awareness posters while parents connect, swap stories, and share resources.

Please RSVP to Nation’s Capital Resource Group co-leaders: Ashleigh Dorfman (Ashleigh@aol.com) or Leslie Popielarcheck (lapopielarcheck@co.pg.md.us).

There is no fee to attend; however, volunteers and healthy snack donations are requested. Please contact Leslie (lapopielarcheck@co.pg.md.us) to see how you can get involved with our annual event.

Thank you for your support! We hope to see you in February.