

VHL Informational Meeting



October 20, 2012 • 1:00-3:00 pm

4526 Federal Avenue, Bldg 2, Everett, WA 98203

Come meet others with VHL, share your story or just listen as we discuss many aspects of dealing with VHL. We always have a good laugh sharing the "stupid things people/medical staff say" to those of us with VHL!

Agenda and activities for the meeting include:

- The importance of a healthy diet plays in managing VHL
- Your body's response to stress and techniques to decrease the effects of stress
- Inspire.com introduction and demonstration
- Getting help with medical debt in Washington State
- Q & A session and open discussion
- Handout of VHL informational packets.

To RSVP for the meeting or for additional information, please contact us at:



206-251-7704: Alice (during the day)

509-922-5862: Jenny (in the evening)

us-wa@vhl.org: Diana (via email)

Looking forward to hearing from you!