



IMPORTANT MESSAGE FROM SCLERODERMA QUEBEC

Scleroderma Quebec's priorities are the health and safety of people affected by scleroderma and their loved ones. It is at the very heart of our mission.

For this reason, due to the situation of events related to COVID-19, we have decided to cancel our physical walks in Sherbrooke, Mirabel and Quebec City and to replace them with online virtual walks on our platform www.walkforscleroderma.ca. These virtual walks will soon be propelled via social media.

All physical meetings of our support groups have also stopped for an undetermined period of time. However, the leaders of our support groups will be able to hold exchange meetings via teleconferencing. The dates of these teleconferences will be posted on our website as well as instructions on how to join them either online or by phone.

These decisions aim to support the principle of avoiding gathering places put in place by our political and sanitary authorities to effectively fight the coronavirus.

Finally, in order to limit the spread of the virus, our staff is currently telecommuting. However, Mrs. Valérie Maisonneuve, our health promotion agent who usually works part-time for Scleroderma Quebec, will not be available until the COVID-19 outbreak is behind us. Valérie is a nurse and currently works full-time to help during this difficult time.

For all questions regarding the coronavirus, we invite you to consult the Quebec government website by clicking on the following link Quebec.ca/coronavirus.

If COVID-19 worries you, you can contact, toll-free, **1-877 644-4545**.

Thank you for your understanding and take very good care of yourselves.

Gaétan Baril
Volunteer President
Scleroderma Quebec