

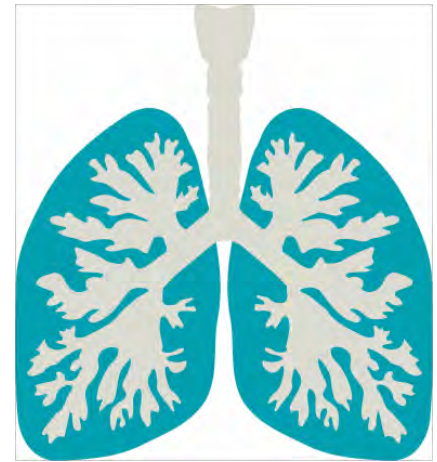
**FIND SUPPORT. GET SUPPORT. GIVE SUPPORT.**

# Pulmonary Fibrosis Support Group of Greater Washington DC

Schedule for 2023

**Date: 4<sup>th</sup> Tuesday of every month via zoom**

**Time: 1:00-2:00 pm**



**If you or a loved one has been affected by pulmonary fibrosis, you are invited to attend our support group.**

Participating in a support group may improve your emotional well-being and have a positive impact on your health by offering you an opportunity to connect with others who are facing similar experiences, obtain practical information, and to receive support.

Month	Day	Topic
January	24	Pulmonary Fibrosis Research
February	28	Nutrition
March	28	Lung Transplant
April	25	Non-transplant Treatment Options
May	23	Diagnosing Pulmonary Fibrosis
June	27	2023 American Thoracic Society (ATS) Update
July	25	Understanding your PFTs
August	22	Oxygen
September	26	Pulmonary Fibrosis Foundation
October	24	Caregiving and Support Resources
November	28	PFF Summit – Open Discussion
December	No Group	Happy Holidays

## Contact:

**Elizabeth Davies-Wellborn, LCSW, CCTSW**  
Disease Management/Transplant Social Worker  
Advanced Lung Disease and Transplant Program  
Inova Fairfax Medical Campus  
3300 Gallows Rd, Falls Church, VA 22042

**Phone:** 703-776-8027

**Email:** [Elizabeth.Davies2@inova.org](mailto:Elizabeth.Davies2@inova.org)

For more information about pulmonary fibrosis, visit [pulmonaryfibrosis.org](http://pulmonaryfibrosis.org).



**Support Group Website:** [www.pf-va.org](http://www.pf-va.org)

**Facebook:** Pulmonary Fibrosis Support Group of Greater Washington DC