



Breath & Movement for Chronic Illness

A web-based, family-friendly support group
for those living with ongoing
health challenges and their caregivers
facilitated by Chloe Fritz, MSW intern

2nd and 4th Saturday of
each month
10-11am (PST)

Contact us at [info @thecenterforchronicillness.org](mailto:info@thecenterforchronicillness.org)
or (425) 296-2705 with questions and to sign up.

www.thecenterforchronicillness.org

This program is free of cost.



Center *for*
Chronic Illness