



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 receive support. Support groups can also be a valuable resource for caregivers, family members, and friends. \*

\* from Pulmonary Fibrosis Foundation website <https://www.pulmonaryfibrosis.org/>

## About the groups...

### MADISON Pulmonary Support Group

The purpose of **Madison** support group monthly meetings is to provide anyone with pulmonary fibrosis and those who are close to them (family, friends, and caregivers) an opportunity to share experiences and questions with other people who are coping with similar challenges. The meetings are intended to be friendly, informal and relaxed in an effort to encourage open sharing among the participants. Meetings will be facilitated by peers (group members).

The peer group will meet monthly except during months when a “quarterly” UW Health Pulmonary Support Group informational meeting is scheduled.

### UW HEALTH Pulmonary Support Group

**UW Health** support group quarterly meetings will provide information and answer questions about living with and managing Pulmonary Fibrosis. Some topics under consideration include benefits of pulmonary rehab, coping with chronic illness, advanced care planning, supplemental oxygen, and lung transplant as a treatment option for pulmonary fibrosis. Meetings will be facilitated by either Amy Chybowski, NP, Dr. Nathan Sandbo, or Dr. Amy Malik from the UW Health Pulmonary Clinic.

# MARK YOUR CALENDAR

2nd Wednesday of the month  
6:00-7:30PM

UW Health  
Research Park  
621 Science Drive  
Madison, WI  
Meeting Rm 111B

### Meeting Schedule

#### Monthly Peer Group

10/10/18  
12/12/18  
1/9/19  
2/13/19  
4/10/19  
5/8/19  
7/10/19  
8/14/19  
9/11/19

#### “Quarterly” Informational

11/14/18  
3/13/19  
6/12/19

QUESTIONS or COMMENTS? email [madisonpulmonarygroups@gmail.com](mailto:madisonpulmonarygroups@gmail.com)