



Table Talk

SELF CARE SESSIONS FOR MOMS

JULY 9 • 6-7:30 PM

**VIRTUAL SESSION
ONLY VIA ZOOM**



MATERNAL HEALTH & AUTOIMMUNE CONDITIONS

Talisa King is a dedicated community leader, advocate, and volunteer champion committed to improving the lives of individuals and families affected by arthritis. Diagnosed with severe rheumatoid arthritis in 2011, she transformed her personal experience into a lifelong commitment to awareness, advocacy, and support for others living with arthritis. She serves as Chair of the Walk to Cure Arthritis Buffalo and has helped grow the event into a meaningful community tradition, raising more than \$100,000 in support of arthritis research, advocacy, education, and resources.

Attend via Zoom this session only:

https://us06web.zoom.us/meeting/register/_Q8d2ZkhQPuy7KV530q9Mg

For more information call (716) 852-5065



BFNC
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