

In August we began doing in-person meetings on the 4th Sat of the month at 2:00 p.m. at the Okolona Fire Dept, 8501 Preston Highway in Louisville. We will notify all members if anything changes.

For Sep we will be combining our monthly meeting along with a restaurant outing at Mike Linnig's Restaurant, 9308 Cane Run Road, Louisville KY 40272, to be held on Sat, Sep 25, at 2:00. This way we will be able to do a restaurant review and have our meeting as well. If you plan on attending, please contact Kelly Grey, Mike Portman, or Elaine Skaggs, so that we can make reservations.

In light of our first in-person meeting in Aug, we will discontinue Zoom meetings on the 4th Sat. of each month. For those members that can, please contact other members to chat & check up on them. If you need access to the group directory, please let Kelly know via phone: 502-235-3146.

We value all of you and know we're in an unusual situation. Please remain calm, keep your hands washed, wipe down door handles, countertops, etc. Don't forget to do simple things like get some sunlight, listen to music, read a book, sit outside on the porch, go for a walk, play with your pet, call a friend. We value each of you and look forward to getting through these times together!

For more information about upcoming meetings and events, check out our website at [ampmovingforward.com](http://ampmovingforward.com), our Facebook page at "MOVING FORWARD LIMB LOSS SUPPORT", or the EDITOR'S NOTE section of our newsletter.