

LUPUS
ONTARIO
Life Without Lupus



Online Lupus Support Group

**Contacts: Heather, Juanita, Tarra and Cathy at
lupus.ontario.online@gmail.com**

**You must register 3 days in advance by email
to receive the online software generated link and fill in/
return the confidentiality form annually.**

**Please download and install the free Zoom meetings
prior to the meeting time.**

Upcoming online meeting dates: Tuesdays at 7 pm

2018	November 13	2019	June 11
	December 11		July 9
2019	January 8		August 13
	February 12		September 10
	March 12		October 8
	April 9		November 12
	May 14		December 10

**Log on with the link from your email 5 minutes prior to
the meeting as it gets busy just before 7 pm.**