

# Fibromyalgia Support Group for Adults

This free support group is designed specifically for adults who have been diagnosed with Fibromyalgia. We will provide personal support as well as education, discussion of how to live with a chronic illness, and general topics related to living with pain and discomfort.

**This group meets on the 3rd Thursday of each month  
from 4:00 to 5:15 p.m.**

Casa Colina Hospital and Centers for Healthcare, Building 5, Adult Day Health Care Center  
255 East Bonita Avenue (at Garey) in Pomona

## PRESENTED BY



**Dianne Whiting, MA, PT**  
Fibromyalgia Management Program

**For more information, please call**

Outpatient Services at 909/596-7733, ext. 3500 or email [dwhiting@casacolina.org](mailto:dwhiting@casacolina.org).



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