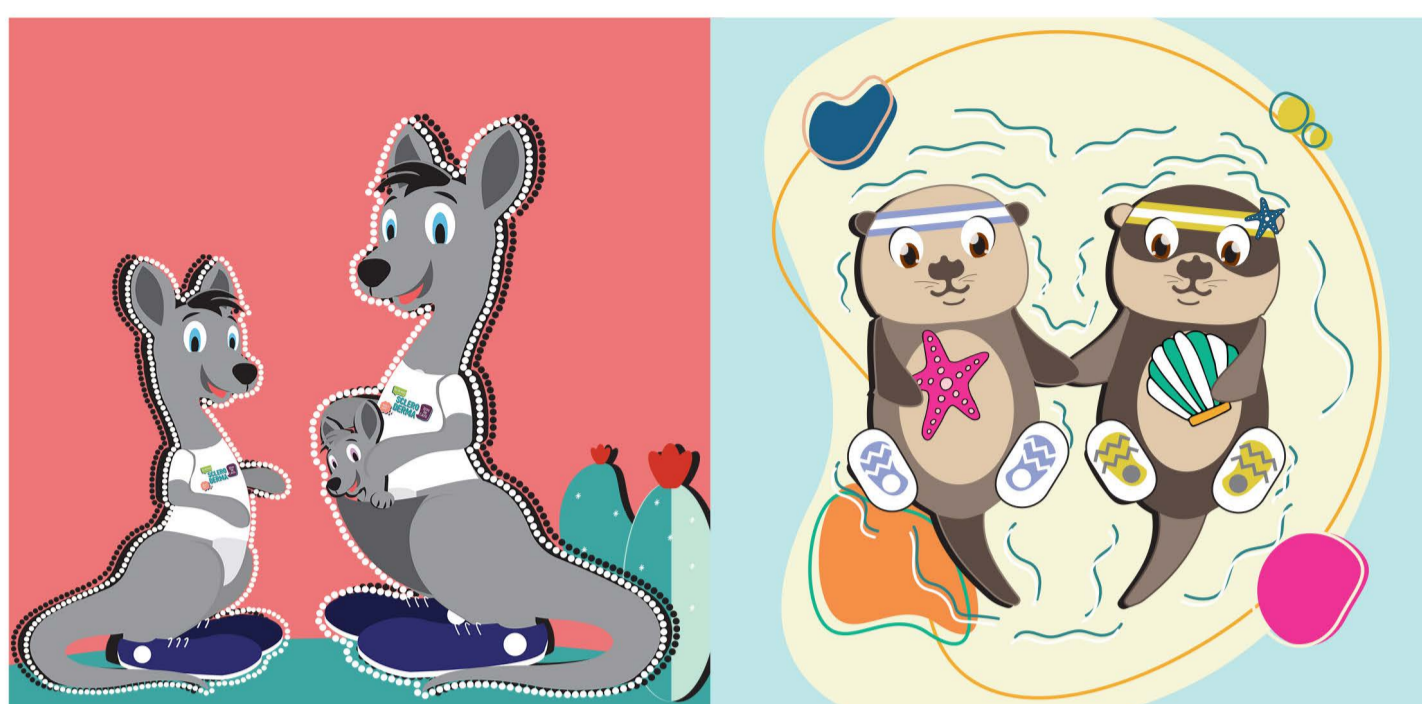


Summer Newsletter

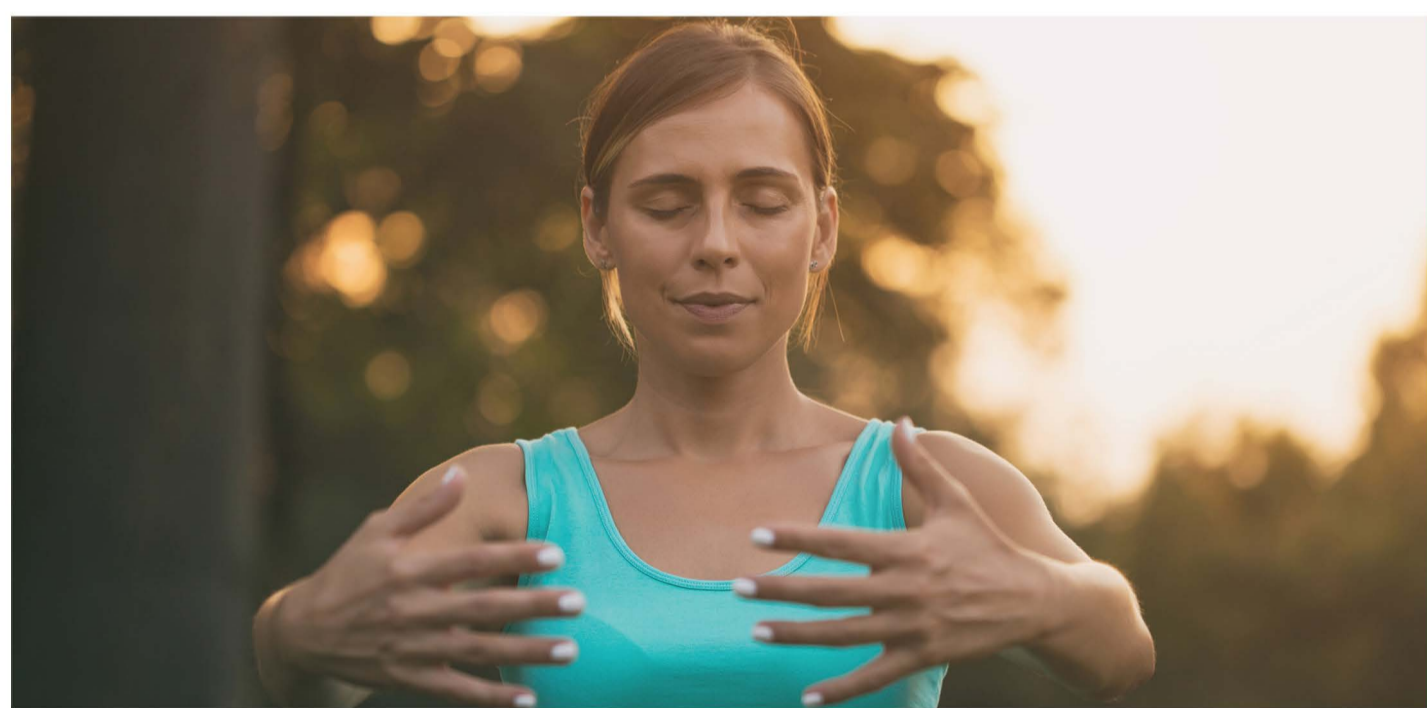


Stampede Scleroderma: Our 2021 recap and 2022 debut!

As we wrap up a successful 2021 fundraising event and start getting excited for 2022, we have some Stampede Scleroderma headlines to share with you.

Stampede Scleroderma 2021 may have been virtual, but our community still showed up for us. Together, we raised over \$90,900. As this is our largest fundraiser of the year, the funds from Stampede Scleroderma are critical to our three-fold mission of support, education and research.

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5 facts about Qigong, a gentle form of exercise

What is qigong? How is it practiced? Is it suitable for my age, strength level and abilities? Read on to learn five tips, and steps to get started, with this gentle, ancient exercise form.

Here are 5 facts about qigong to know:

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