

## Winter Newsletter



### Stampede 2020: Goals for Teams and Team Leaders

With Stampede Scleroderma 2020 fast approaching, we've set some new goals. And again, we need your help to get there. Whether you're a returning team member or are registering for the first time, put on your hideous socks and put us closer to these markers:

[REGISTER NOW](#)



### 2020 Webinar Changes

For the past few years, Michigan Chapter webinars have been an invaluable resource for individuals with scleroderma, their family members and the community. We've featured top doctors. We've covered topics across the board. And now, we want to make this information even more accessible to you.

[WATCH](#)



### Surviving the Michigan Winter Blues

Do you know that feeling? When you look outside during a Michigan winter and wonder when you'll see the sun? Or ponder when you'll finally feel some warmth on your skin and relieve discomfort?

Although the Michigan winters can be tough, especially for individuals with scleroderma, these tips can keep you feeling bright all season long.

[READ MORE](#)

Like us on Facebook or follow us on Twitter for all the latest in scleroderma news, Stampede updates and Michigan Chapter happenings.

