

Control the Clutter



Turn Piles into Files



Free Workshop

Presented by Marjorie MacArthur Veiga

Wednesday, May 17 ♦ 6:30 – 8 PM

4031 University Drive, Fairfax, VA 22030

Overwhelmed by paperwork? Was 2017 the year you were going to get organized? Let us help! Spend an evening learning how to use websites, apps, and smart devices to set reminders; manage tasks with school officials, doctors, and other professionals; track patients' symptoms and medications; and other family management tools. Hard copy, paper-based methods will also be covered.

Presenter Marjorie MacArthur Veiga is the co-author of *My Lyme Guide—Tips & Tools to Manage Lyme & Associated Illness*. Mrs. Veiga is a former senior product manager for a large communications corporation, current volunteer for National Capital Lyme Disease Association, and a former patient and mother of a teen with Lyme. Her consulting practice helps patients to prioritize, strategize, and organize their path to wellness. Mrs. Veiga is the founder and editor of www.MyLymeGuide.com.



FREE

Session is FREE. Please register at www.FormedFamiliesForward.org or call (703) 539-2904.

Open to all parents, caregivers, and professionals, though content will address issues of particular relevance to foster, adoptive and kinship families. Formed Families Forward offers training and support to foster, adoptive and kinship families raising children and youth with special needs.