

ONE DAY AT A TIME

THINK ABOUT IT

EVERY DAY THOUSANDS OF PEOPLE STRUGGLE WITH THE REALITIES OF BEING HANDICAPPED, DISABLED, OR HAVING POST POLIO SYNDROME. THEY ARE OFTEN ISOLATED, FATIGUED, AND CONCERNED ABOUT THE NEXT STEPS THEY SHOULD TAKE. ALONG WITH THE CARE AND SUPPORT RECEIVED FROM THEIR MEDICAL TEAMS, MORE AND MORE OF THEM ARE FINDING RELIEF AND COMFORT FROM PARTICIPATING IN SUPPORT GROUPS. BENEFITS INCLUDE SHARING EXPERIENCES PREVENTING ISOLATION, EXCHANGING INFORMATION, LENDING SUPPORT AND ENCOURAGEMENT, AND HOPE WHILE ENHANCING SELF-ESTEEM. GET INVOLVED. ANY FACT FACING US IS NOT AS IMPORTANT AS OUR ATTITUDE TOWARD IT, FOR THAT DETERMINES OUR SUCCESS OR FAILURE.