

# Alpha-Gal Syndrome

## SUPPORT GROUP



**Living with Alpha-Gal Syndrome can feel isolating, but you're not alone.**

Join our Alpha-Gal Support Group for a welcoming space to connect with others who understand the challenges of managing food allergies, lifestyle changes, and ongoing health concerns related to Alpha-Gal.

### THIS GROUP OFFERS:



Peer Support & Shared Experiences



Education & Coping Strategies



Resources for managing symptoms & navigating care



A safe, judgement-free environment

### JOIN OUR SUPPORT GROUP

**Who should attend:** Individuals diagnosed with Alpha-gal Syndrome and those seeking support or information.

**Location:** Up Island Council on Aging  
1042 State Road, West Tisbury

**When:** The Third Thursday of Every Month  
5 PM - 6 PM

**No pre-registration is required.** For more information, contact:  
Cheryl Kram  
Clinical Services Supervisor for the VNA of Cape Cod  
508-957-7664



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