



## #MEAction NC Monthly Meetings

### Virtual ME/CFS Support Meeting

**Every 2nd Thursday of the month at 1 PM Eastern**

All people with ME/CFS, Long Covid, PEM/PESE are invited.

Whether you need support or wish to give it, we welcome you.

We aim to help each other cope & exchange resources as we navigate this disease.

2024 Meetings: May 9, Jun 13, Jul 11, Aug 8, Sep 12, Oct 10, Nov 14, and Dec 12.

### Virtual Advocacy Meeting

**Every 2nd Wednesday of the month at 12:00 PM Eastern**

We welcome members and volunteers throughout NC and neighboring states  
with a wide variety of lived experience as patients or allies.

Whether you're a pro or you've never volunteered before,

we need your help to make a difference in the lives of people with ME/CFS.

2024 Meetings: June 1, June 26, July, 24, Aug 28, Sep 25, Oct 23, Nov TBD, Dec TBD

Links & info on all meetings are at: [meaction.net/act-events/](https://meaction.net/act-events/)

Connect with us @MEActionNC on   

Email us at: [northcarolina@meaction.net](mailto:northcarolina@meaction.net)

