



March 25, 2020

Notice of Annual General Meeting (AGM) & Guest Speaker

Dear member,

Due to COVID-19 the 2020 AGM for Vasculitis Foundation Canada (VFC) will be held on Saturday, April 18, 2020 at 1PM Eastern Standard Time (EST), online, and by phone, Via ZOOM.

To attend the 2020 VFC AGM online, login to ZOOM at this link: <https://zoom.us/j/501702270> enter the meeting ID: 501-702-270 if prompted. **The ZOOM app can also be downloaded here if needed.**

To attend the 2020 VFC AGM by phone call one of these numbers: 647 558-0588, Toronto; 438 809-7799, Montreal; 204 515-1268, Manitoba; 587 328-1099, Alberta; 778 907 2071, Vancouver, and **enter the Event ID#: 501-702-270**

The purpose of the meeting will be to:

1. approve minutes of the 2019 AGM from May 5, 2019;
2. receive the President/Directors report on the current and future business of the foundation;
3. receive the Treasurer's report and financial statements for the 2019 calendar year;
4. appoint accountants for the new year;
5. vote to elect officers (President, Treasurer and Secretary) and directors for the new year;
6. transact any other business that may properly come before the meeting
7. Adjournment or postponements thereof.

If you have a matter that you think should come before the meeting, please write it out as concisely as possible and we will see that it is presented at the meeting. If you are not able to attend the meeting, you may give your proxy to another member, one of the Directors, or return it by email to: contact@vasculitis.ca. **It is very important that you return your proxy if you are not able to attend.**

“Lets Talk” with our guest speaker with Dr. Kim McKenzie, M.D., FRCP(C)

Dr. Kim McKenzie, M.D., FRCP(C) Internal and Geriatric Medicine, Royal Victoria Hospital, Barrie, ON
Dr. McKenzie works with patients who suffer from chronic illness and will speak on dealing with stress, anxiety, isolation (self and otherwise!), and coping with vasculitis, or COVID-19! Many of us spend time spinning in our own minds, distracted by different thoughts, emotions and body sensations, this can leave us disconnected from who we are. However, there are tools we can learn, like mindfulness, that that can help us reconnect to ourselves so we can take control and choose how we navigate through each day.

We are looking forward to you joining us on Saturday, April 18, 2020 at 1PM EST via ZOOM. It is a great opportunity to get involved in your organization, learn about your disease, meet new friends and share your experiences with people who understand.

We look forward to your participation, and stay safe in these uncertain times,

Jon Stewart, President
Vasculitis Foundation Canada

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