

# Support Groups Educational Programs Conferences

# november 2009

s	m	t	w	t	f	s
1	2	<b>3</b> <b>MULTIPLE SCLEROSIS (MS)</b> 2 pm (TNRC)	<b>4</b> <b>TRAUMATIC BRAIN INJURY</b> 7 pm (TNRC)	5	6	7
8	9	<b>10</b> <b>CFIDS/FIBROMYALGIA</b> 2 pm (TNRC)	<b>11</b> <b>SPINAL DISORDERS</b> 5 pm (TNRC)	<b>12</b> <b>PARKINSON'S</b> 1:30 pm (TNRC)	<b>13</b> <b>TROXEL EVENT</b> Three Rivers Convention Center TNRC Office Closed	14
15	16	<b>17</b> <b>CAREGIVERS</b> 1 pm (TNRC)	<b>18</b> <b>STROKE</b> 2 pm (TNRC)	<b>19</b> <b>ALZHEIMER'S</b> 5:30 pm (Callaway) <b>LYME DISEASE</b> 5 pm (TNRC)	<b>20</b> <b>CHRONIC PAIN</b> 1 pm (TNRC)	<b>21</b> <b>POST POLIO</b> 1 pm (TNRC)
22	<b>23</b> <b>CAREGIVERS</b> (Men Only) 12:30 pm (Callaway) <b>MS</b> 6:30 pm (Mid Col)	24	25	<b>26</b> <b>THANKSGIVING</b> TNRC Office Closed		28
29	30					

## Additional information & locations listed below

**ALZHEIMER'S** \* Light Meal Served  
THURS, November 19 from 5:30 - 7 pm  
Location: Callaway Gardens  
5505 West Skagit Court, Kennewick

**AMYOTROPHIC LATERAL SCLEROSIS (ALS)**  
Not meeting in November

**CAREGIVERS**  
TUES, November 17 at 1 pm  
Location: TNRC

**CAREGIVERS (For Men Only)**  
\* Light Meal Served  
MON, November 23 at 12:30 pm  
Location: Callaway Gardens  
5505 W Skagit Ct, Kennewick

**CHRONIC FATIGUE IMMUNE DEFICIENCY SYNDROME / FIBROMYALGIA**  
TUE, November 10 at 2 pm  
Location: TNRC  
Guest speaker, Cedar Kennedy, MAcOM, L.Ac, of Living Water Acupuncture, will discuss how acupuncture and Chinese Medicine may help those dealing with chronic fatigue and fibromyalgia.

**CHRONIC PAIN**  
FRI, November 20 at 1 pm  
Location: TNRC

**LYME DISEASE**  
THURS, November 19 at 5 pm  
Location: TNRC

**MULTIPLE SCLEROSIS**  
TUES, November 3 at 2 pm  
Location: TNRC  
Co-Sponsored by the National MS Society

**MULTIPLE SCLEROSIS**  
MON, November 23 at 6:30 pm  
Location: Mid-Columbia Library  
1620 S Union Street, Kennewick  
Co-Sponsored by the National MS Society

**PARKINSON'S**  
THURS, November 12 at 1:30 pm  
Location: TNRC

**POST POLIO**  
SAT, November 21 at 1:00 pm  
Location: TNRC  
A Respiratory Therapist will be the guest speaker.

**SPINAL DISORDERS SUPPORT GROUP**  
WED, November 11, at 5 pm  
Location: TNRC  
Group open to anyone affected by MS, spinal cord injury, paralysis, etc.  
Caregivers are also welcome.

**STROKE**  
WED, November 18, at 2 pm  
Location: TNRC

**TRAUMATIC BRAIN INJURY**  
WED, November 4, at 7 pm  
Location: TNRC

**NOTE:** The November 2 Candlelighting is **cancelled**. Please let us know if you would like to attend this event at a future date.



# Support Groups Educational Programs Conferences

# december 2009

s	m	t	w	t	f	s
		<b>1</b> <b>MULTIPLE SCLEROSIS (MS)</b> 2 pm (TNRC)	<b>2</b> <b>TRAUMATIC BRAIN INJURY</b> 7 pm (TNRC)	<b>3</b> <b>TNRC ANNUAL MEETING</b> 6 pm (Meadow Springs Country Club)	4	5
6	7	<b>8</b> <b>CFIDS/FIBROMYALGIA</b> 2 pm (TNRC)	<b>9</b> <b>SPINAL DISORDERS</b> 5 pm (TNRC)	<b>10</b> <b>PARKINSON'S</b> 1:30 pm (TNRC)	11	12
13	14	<b>15</b> <b>CAREGIVERS</b> 1 pm (TNRC)	<b>16</b> <b>STROKE</b> 2 pm (TNRC)	<b>17</b> <b>ALZHEIMER'S</b> 5 pm (Callaway) <b>LYME DISEASE</b> 5 pm (TNRC)	18	<b>19</b> <b>POST POLIO</b> 1 pm (TNRC)
20	21	22	<b>23</b> <b>ALS</b> 6 pm (TNRC)	<b>24</b> <b>CHRISTMAS</b> TNRC Office Closed	<b>25</b>	26
27	<b>28</b> <b>CAREGIVERS</b> (Men Only) 12:30 pm (Callaway)	29	30	31		

..... *Additional information & locations listed below*

**ALZHEIMER'S** \* *Light Meal Served*  
THURS, December 17 from 5:30 - 7 pm  
Location: Callaway Gardens  
5505 West Skagit Court, Kennewick

**AMYOTROPHIC LATERAL SCLEROSIS (ALS)**  
WED, December 23 from 6 - 7:30 pm  
Location: TNRC  
*Co-Sponsored with the ALS Association Evergreen Chapter*

**CAREGIVERS**  
TUES, December 15 at 1 pm  
Location: TNRC

**CAREGIVERS** (For Men Only)  
\* *Light Meal Served*  
MON, December 28 at 12:30 pm  
Location: Callaway Gardens  
5505 W Skagit Ct, Kennewick

**CHRONIC FATIGUE IMMUNE DEFICIENCY SYNDROME / FIBROMYALGIA**  
TUE, December 8 at 2 pm  
Location: TNRC

**CHRONIC PAIN**  
Not meeting in December

**LYME DISEASE**  
THURS, December 17 at 5 pm  
Location: TNRC

**MULTIPLE SCLEROSIS**  
TUES, December 1 at 2 pm  
Location: TNRC  
*Co-Sponsored by the National MS Society*

**MULTIPLE SCLEROSIS**  
Not meeting in December

**PARKINSON'S**  
THURS, December 10 at 1:30 pm  
Location: TNRC

**POST POLIO**  
SAT, December 19 at 1:00 pm  
Location: TNRC

**SPINAL DISORDERS SUPPORT GROUP**  
WED, December 9, at 5 pm  
Location: TNRC  
*Group open to anyone affected by MS, spinal cord injury, paralysis, etc. Caregivers are also welcome.*

**STROKE**  
WED, December 16, at 2 pm  
Location: TNRC

**TRAUMATIC BRAIN INJURY**  
WED, December 2, at 7 pm  
Location: TNRC

**Thank you for your support, participation and involvement in 2009.**

**The Neurological Resource Center wishes you a happy and healthy New Year.**