


# Support Groups Educational Programs Conferences

# september 2009

s	m	t	w	t	f	s
		<b>1</b> <b>MULTIPLE SCLEROSIS</b> 2 pm (TNRC)	<b>2</b> <b>TRAUMATIC BRAIN INJURY</b> 7 - 8 pm (TNRC)	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	 <b>7</b> TNRC Offices Closed in Honor of Labor Day	<b>8</b> <b>CFIDS/FIBROMYALGIA</b> 2-3 pm (TNRC)	<b>9</b>	<b>10</b> <b>PARKINSON'S</b> 1:30 pm (TNRC)	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> <b>CAREGIVERS</b> 1 pm (TNRC)	<b>16</b> <b>STROKE</b> 2 - 3 pm (TNRC)	<b>17</b> <b>ALZHEIMER'S</b> 5:30-7 pm (Callaway) <b>LYME DISEASE</b> 5 pm (TNRC)	<b>18</b> <b>CHRONIC PAIN</b> 1 pm	<b>19</b> <b>POST POLIO</b> 1 pm (TNRC)
<b>20</b>	<b>21</b> <b>CAREGIVERS</b> 2 pm (Canyon Lakes)	<b>22</b>	<b>23</b> <b>ALS</b> 6 - 7:30 pm (TNRC)	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> <b>CAREGIVERS</b> (For Men Only) 12:30 pm <b>MULTIPLE SCLEROSIS</b> 6:30 pm (Mid Columbia)	<b>29</b>	<b>30</b>			

## Additional information & locations listed below

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

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

**CAREGIVERS**  
MON, September 21 at 2 pm  
Location: Manor at Canyon Lakes, East Wing, 2802 W 35th Ave, Kennewick

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

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

### CHRONIC FATIGUE IMMUNE DEFICIENCY SYNDROME / FIBROMYALGIA

TUES, September 8 from 2 - 3 pm  
Location: TNRC  
Topic: The new book *Food That Helps Win the Battle Against Fibromyalgia: Ease Everyday Pain and Fight Fatigue* has much to offer our group--extremely helpful narrative, and even better recipes! Let's discuss the connection between food and better health, and potential for taking recipes from the book for an October potluck.

### NEW CHRONIC PAIN

FRI, September 18 at 1 pm  
Location: TNRC  
Dr. Anjan Sen and TNRC will be forming a support group for those affected by Chronic Pain. The goal will be to improve understanding of what chronic pain is. It will take a multi-disciplinary approach. Come to the first meeting on September 18th at 1:00. Please call for location and to RSVP. Location was not able to be determined at time of newsletter deadline.

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

### NEW SUPPORT GROUP:

**Spinal Cord Injury:** Check October's *Transmitter* for updates on the start date.

### MULTIPLE SCLEROSIS GROUPS

TUES, September 1 at 2 pm  
Location: TNRC  
Co-Sponsored by the National MS Society  
Topic: A DVD will be shown from the National MS Society on the upcoming North American Education Program on "Clinical Trials: Solving One Piece of the MS Puzzle".

MON, September 28 at 6:30 pm  
Location: Mid-Columbia Library  
1620 S Union Street, Kennewick  
Topic: See above

### PARKINSON'S

THURS, September 10 at 1:30 pm  
Location: TNRC  
Topic: A DVD on communication in Parkinson's families will be shown. Dr. Paul Domitor, a Spokane, WA psychologist who works with Parkinson's clients, is the speaker on this excellent and informative presentation.

### POST POLIO

SAT, September 19 at 1 pm  
Location: TNRC  
Topic: Pursed lip diaphragmatic breathing techniques to enhance breathing.

### STROKE

WED, September 16, from 2 - 3 pm  
Location: TNRC

### TRAUMATIC BRAIN INJURY

WED, September 2 from 7 - 8 pm  
Location: TNRC