

Sparta Community Hospital's Fibromyalgia Support Group

Schedule of Events

- March 1 Relieving Symptoms: Treatments for Fibromyalgia
 Guest Speaker: Tom Kaesburg, Pharmacist
- April 5 Understanding Fibromyalgia: A mysterious, chronic
 condition
 Guest Speaker: Dr. David Chung
- May 3 Get Moving: The Benefits of Exercise
 Guest Speaker: Brian Taylor, Physical Therapy
- June 7 Eating Well: Diet and Fibromyalgia
 Guest Speaker: Barb Brown Dietary
- July 12 Closing the Gates: Ways to Manage Pain
 Guest Speaker: Kermit Cox, Pain Management
 Specialist
- August 2 In Control: Your role as a Self-Manager
 Guest Speaker: Julie Richison, Social Services

Please contact Julie Richison to register, 618-443-2177 ext 342. Meetings are held in the Hospital Cafeteria the first Monday of each month.

The Sparta Community Hospital's Fibromyalgia Support group is designed to offer friendships, support and beneficial information to all those who are interested. Please feel free to invite friends and your supporters and remember to bring all the positive information you have about your ability to cope and excel while living with this mysterious disease.

