

**NOW RUN BY  
AND FOR  
PEOPLE  
WITH RSI**

# **SF Repetitive Strain Injury Support Group**

**July–December 2007**

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## **NOTE NEW LOCATION!**

**Davies Campus, California Pacific Medical Center**  
Castro and Duboce Streets (6 blocks north of Market)  
Room B 2 & 3 - North Tower, near the cafeteria.

7:00 - 9:00 PM (first Mondays except holidays)

- July 9     **Ron Katsuranis** of VoiceWare will demonstrate Dragon Dictate Naturally Speaking 9, and his own Voice Power companion product.
- Aug. 6     **Dr. Ellen Hughes**, Osher Center for Integrative Medicine  
Alternative modalities (meditation, biofeedback, acupuncture) in treating chronic pain.
- Sept. 10   **Lisa Mazzocut**, Licensed Massage Therapist ([www.lymphatique.com](http://www.lymphatique.com)), will demonstrate gentle lymphatic drainage therapy to relieve inflammation and pain in our hands and arms. She'll also teach us relaxing self-treatment techniques.
- Oct. 1     **Robert S. Gallup**, Ed.D. OTR/L, Chronic Pain & Health Behavioral Specialist ([www.rsgallup.com](http://www.rsgallup.com)), "Healing Chronic Pain and Inflammation — An Inconvenient Truth"
- Nov. 5     **Dr. Nancy Byl**, UCSF School of Medicine  
Focal Dystonia and RSI
- Dec. 3     **Penni Weisner**, Volunteer at UCSF Cancer Resource Center  
Medical Appointment Planning: how to plan strategically, to get the most out of those high stakes appointments.

Speakers from 7:00-8:00, open discussion about the talk and whatever else is on people's minds from 8:00-9:00.

**BART:** transfer to MUNI Metro underground at Civic Center station.

**MUNI:** N Judah to the Duboce Park stop.

**Paid parking** on site.

**Wheelchair accessible.** For other access issues please contact us.

Thanks to Community Health Resource Center for donated labor and resources.

*[schedule 923-3166 ... contact 550-1420 ... http://sf-rsi.unsealed.net](http://schedule.923-3166...)*