

SF Repetitive Strain Injury Support Group January–June 2008

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

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

- Jan. 7 **Kevin Minney**, Registered Bowen Instructor, Professional Bowen Therapist
Bowenwork™ and “non-invasive, pain-free pain relief” for people with RSI.
- Feb. 4 **Nancy Byl**, PhD, PT, FAPTA, on Focal Dystonia in the Hands (following up her
popular presentation on focal dystonia in general this past November).
- March 3 **Nancy McCombs**, Social Security Disability Attorney
will discuss eligibility, the application process, and how it relates to RSI.
- April 7 **Carolyn Parker**, Naturopath and Kinesiology Practitioner
on nutrition, diet, and supplementation for pain and RSI.
- May 5 **The Taoist Tai Chi Society of the USA – SF Bay Area Branch**
Health benefits and other benefits of tai chi for people with RSI.
- June 2 **Nancy Petty**, hand therapist, and **Jay Petty**, fitness trainer and aikido practitioner,
will discuss the body/mind/spirit connection with the treatment of upper quadrant
dysfunction.

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

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

MUNI: K, L, M, F to Castro & Market, #24 or #37 to Castro & Duboce.

Or take the N to Duboce Park and walk up the hill. **Paid parking** at hospital garage.

Wheelchair access at Castro & Duboce. For other access needs 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>