

SF Repetitive Strain Injury

Support Group

July–December 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)

- July 7** **Sally Smith**, Certified Acupressure Therapist, and M.S.W., will discuss what acupressure is, and how it can be used in a self-help program for people with RSI.
- Aug. 4** **Peter Edgelow, PT, MA**, is assistant clinical professor of physical therapy at UCSF. He'll discuss **thoracic outlet syndrome's** role in causing RSI, and how to overcome it.
- Sept. 8** **Sam Gold** of **Californians Injured at Work** (ciaw.org):
"Helping America's injured workers cope, one day at a time"
- Oct. 6** **Rachel Arthur** of **Healthy San Francisco** presents this new city program, which provides medical care for uninsured San Franciscans.
- Nov. 3** **Megan Caper** and **Katherine Romano**, Certified BodyTalk Practitioners, on how BodyTalk re-synchronizes the body's energy systems, enabling optimal functioning and rapid healing.
- Dec. 1** **Mind-Body Forum: Alexis Grant, Nate McNamara, and Steve Simons**, who report recovering fully from RSI without doctors or exercises, talk in detail about how to treat RSI using Dr. John Sarno's theories.

BART: transfer to MUNI Metro underground (N Judah) at Civic Center station.

MUNI: take the N Judah line to Duboce Park. **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 \(415\) 923-3166 ... contact \(415\) 550-1420 ... http://sf-rsi.unsealed.net](http://sf-rsi.unsealed.net)

(Last updated 6/14/08)