

SF Repetitive Strain Injury Support Group January–June 2009

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. 2** **Open meeting.** Bring your pressing questions, answers, attention, leftover holiday cookies, and anything else you have to share.
- Feb. 2** **Alex Edward** of SF's **Myofascial Treatment Associates** (Ron Leonardi's outfit) presents his innovative approach to RSI, combining bodywork with cognitive treatment.
- March 2** **John A. Baron** of Sausalito, and students, in a hands-on demonstration of the **Alexander Technique**: "how to regain the use of your whole self and to correct habits of 'mis-use.'"
- April 6** **Dr. Jeffrey Ralph** will be talking on **pain management**. He is a neurologist who specializes in diseases of the nerve, muscle and neuromuscular transmission, and the director of the Neuropathy Center at the UCSF Medical Center.
- May 4** **Americans with Disabilities Act (ADA) Update:** What do the changes in the federal law mean for Californians? A summary of federal and state (FEHA) disability anti-discrimination laws. Disability rights lawyers, including our Betsy Johnsen.
- June 1** **Bringing It All Together:** Please bring one or two comments on what has worked best for **you** to incrementally improve – or cure – your condition. Nutrition, treatment modality, ergonomics, whatever tips you feel strongest about! Also: bring any unused equipment to share – spare wrist guards, gloves, equipment, etc. Moderated with note-taking – notes will be available.

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 1/12/09)