

Lupus Oshawa/Durham Support Group

Upcoming Meetings and Events 2006

Meetings:

All meetings are at **7pm** and held at **44 William St. West Oshawa @ Faith Place**. Due to a recent accord I will be limiting guest speakers to 45 min. with 15 min. of questions! After which we will share personal testimonies. Everyone needs to be heard, and will be heard! New guests always welcome.

Date	Speakers/Agenda
Wed. January 25	Pamela Bowes, Director of Support Lupus Canada. Pam provides a great wealth of priceless knowledge on the disability system in Canada. (CPP, Ontario Works, E. I. Sick Benefits, ODSP, Tax Credits, OHIP, etc.)
Wed. March 29	Silvano Racioppo: Ceragem (Therapy Beds) Stress? Pain? Enjoy a relaxing thermal massage on a Therapeutic Bed
Wed. April 26	Vanessa Cox B.S.W., R.N.C.P.: Kinetic Nutrition Inspiring movement to health and wellness
Wed. May 31	Kathleen Kenning: Pharmacist Find out things your doctor doesn't tell you about your meds (Personal recollection)!
Wed. June 28	Cardiac Rehabilitation Organization
Wed. July 26	Bill Eull: Psychologist This man opened my eyes to reality and changed my life from denial and negative self-talk which is necessary in learning to cope.
Wed. August 30	Open Meeting
Wed. September 27	Richard Bogoroch: Civil Litigator/Bogoroch and Associates Richard and his team gave me my dignity back and fought for the truth and the discrimination of my lupus. Find out about YOUR dignity and rights!!!
Wed. November 29	Gillian Snelling: Massage Therapist Formerly an RN of cardiac care, but still registered. Gillian went back and studied 3 years massage therapy, practicing as Massage Therapist for the last 7 years. I've had many massages by others, and she is truly the best!!!

Events:

Sunday, Oct.15, 2006: 2nd Annual **Lupus Canada Walk-A-Block Oshawa** @ the Oshawa Centre. Over \$50,000 was raised overall across Canada last year with the Durham Region contributing to 10% of all monies raised! Let's keep up the good work for this year!

For more information about the meetings or the Lupus Walk A Block, please contact:

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