

Coping with Fibromyalgia



Fibromyalgia goes by many names including fibromyositis, muscular rheumatism, and musculoskeletal pain syndrome, just to list a few. Fibromyalgia affects the lives of about 5 million Americans. The main complaint is wide-spread muscle pain, along with fatigue, anxiety or depression, poor sleep and specific tender points on the body. A variety of other symptoms may occur as well. Get a better understanding about this complex condition, possible treatments, and tips for coping and improving quality of life.

Coleman: Thursday, August 17, 12:30pm 465-6216

Greendale: Monday, August 21, 11:00am 832-8683

Mills: Wednesday, August 23, 12:30pm 689-7776

Trailside: Tuesday, August 29, 12:00pm 633-3790

To reserve a seat, call the Activity & Dining Center of your choice at least one day before the presentation. We encourage you to come for lunch the day of the program. To make a lunch reservation, call the center you plan to attend before 9:00am, on that day.



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