

Feeling bad? Miserable weather outside?

Stay in and join us by telephone to learn new strategies and tips to manage the added challenges winter weather can bring to patients with lupus and other autoimmune diseases.

The Lupus Foundation of Pennsylvania, Pocono/Northeast Branch presents the

Winter Wellness Conference Call Series

Too Tired to Shop or Cook?

Tuesday, Feb. 7, 2012, 7:30 pm
Facilitator: Joy Tetlak-Adelstein,
Registered Dietitian



It's easy to get overwhelmed at the grocery store these days with what seems like unlimited choices and variety. Learn simple guidelines to make shopping easier, ways to maximize your food dollars, and simple time-savers to make healthy cooking faster and easier.

Exhausted at the Thought of Exercise?

Thursday, Feb. 9, 2012, 7:30 pm
Facilitator: Susan Dwyer, Physical
Therapist



Exercise may seem anything but appealing when you're tired and hurting, but simple stretching and other exercises can make you feel better physically and mentally. Don't let winter weather and time constraints prevent you from getting the blood flowing. Learn simple exercises that can be done anywhere anytime.

Coping During the Darker Months

Tuesday, Feb. 21, 2012, 7:30 pm
Facilitator: Dr. Theresa Kovacs,
Clinical Psychologist



It's common to feel depressed or anxious when you're dealing with pain, fatigue, and unpredictable symptoms. Winter in northeastern Pennsylvania can make it harder to cope when it's cold outside, gets dark early, and the trees are bare. Learn coping techniques to get through the darker months when we tend to be indoors more.

To join the conference calls, dial 888-405-0990 from your telephone at the start of the session and then press 6 when the greeting comes on. For more information and to RSVP, please call the Lupus Foundation of Pennsylvania, Pocono/NE Branch at (888) 995-8787.



Working Together

LACKAWANNA COUNTY INTERAGENCY COUNCIL

LUPUS
PENNSYLVANIA

Get into the loop.