
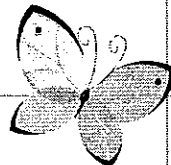


September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY: BRO Branch Office SG Support Group (\$) Fee & Appt. Req	All programs are free unless otherwise indicated (\$) Call for rates	For more information on any of these programs, call 1-888-99LUPUS or 570 558-2008	1 Nurse Consultant 10 am – 2 pm Reiki 9:30-1:30 pm BRO (\$) *** NEW *** Meditation 5 pm BRO (\$) Lupus Phone Support 7 pm	2 Stretching Group 9:30 am BRO	3	4
5 Visit us anytime at www.lupuspa.org	6 Office Closed	7 Nurse Consultant 9 am-1 pm BRO No Acupuncture	8 Nurse Consultant 10 am – 2 pm BRO Meditation 5 pm BRO (\$)	9 Stretching Group 9:30 am BRO Lyme SG 2:30 pm Tunkhannock	10 Fibromyalgia SG 12:30 pm BRO Chair Massage 2:30 – 5:30 pm BRO (\$)	11
12 	13 *** NEW *** Qigong 4 pm BRO (\$) *** NEW *** Lupus SG 5:30 pm BRO	14 Nurse Consultant 9 am-1 pm BRO Acupuncture 6:30 pm-8:30 pm BRO (\$) "Cheering for our Cheerleaders" How Lupus Affects Family and Friends Lupus SG 7 pm Hazleton	15 Nurse Consultant 10 am – 2 pm Meditation 5 pm BRO (\$) Fibromyalgia SG 6 pm BRO Eating Well Workshop "...special dietary needs ..." 6 pm Wilkes-Barre Lupus SG 7 pm Wilkes-Barre Day Sponsored by Doug Forrer	16 Stretching Group 9:30 am BRO "Under our Skin" documentary on Lyme Disease Noon BRO Eating Well Workshop "...special dietary needs ..." 6 pm BRO	17 Reflexology 9 am – 1 pm BRO (\$)	18
19	20 Detox Footbaths or Targeted Massage 11 am – 3 pm BRO (\$) Qigong 4 pm BRO (\$) "Under our Skin" documentary on Lyme Disease 6 pm BRO	21 Nurse Consultant 9 am-1 pm BRO Acupuncture 6:30 pm-8:30 pm BRO (\$)	22 Nurse Consultant 10 am – 2 pm BRO Meditation 5 pm BRO (\$) *** NEW TIME *** Overcoming Obstacles Creatively w/ Art Therapist Dr. Parker-Bell 5:45 pm BRO	23 Stretching Group 9:30 am BRO Gluten Free Info Exchange 6 pm BRO	24 	25
26 Wilkes-Barre Lupus Loop Paula's 5K Walk/Run 9:30 am Registration 11 am Start *** NEW TIME *** Sjogren's SG 2 pm BRO	27 Sarcoidosis SG 2 pm BRO Qigong 4 pm BRO (\$)	28 Nurse Consultant 9 am – 1 pm BRO Acupuncture 6:30 pm-8:30 pm BRO (\$) Lyme SG 6 pm Exeter	29 Nurse Consultant 10 am – 2 pm BRO Meditation 5 pm BRO (\$)	30 Stretching Group 9:30 am BRO		