

## WHAT CAN A SUPPORT GROUP DO FOR ME?

Reducing isolation and depression, while sharing humor and challenges with each other, are ways we help each other.

*Support  
for you and  
your spouse  
or partner*



Vernon  
Memorial  
Healthcare

Vernon Memorial Healthcare  
*Occupational Therapy Dept.*  
507 South Main Street  
Viroqua, WI 54665  
(608) 637-4385  
[www.vmh.org](http://www.vmh.org)

# VMH Fibromyalgia and Chronic Pain Support Group

MEMBER-LED

MONTHLY MEETINGS

PROVIDES SUPPORT, FRIENDSHIP,  
AND INFORMATION TO PEOPLE  
STRUGGLING WITH THESE  
DIAGNOSES

POSITIVE SUPPORT FOR YOU  
AND YOUR FAMILIES

VMH COMMUNITY ROOMS  
LAST THURSDAY OF EACH  
MONTH 5:00 PM



Vernon  
Memorial  
Healthcare

## **Fibromyalgia and Chronic Pain Support Group**

Guest speakers are available to present information on complementary medicine or other health or healing options.

Staff from Vernon Memorial Healthcare's Occupational Therapy Department provides facilitation for this "member-led" group.

Members are willing to be called at home to provide ongoing support to you or your family.

Mary (608) 735-4599

Ron (608) 624-5419

Nancy (608) 637-2185

Diane (608) 452-3227

Techniques we have learned to increase our comfort and function:

KEEP MOVING - Frequent, gentle reciprocal motion

WARM-WATER EXERCISE

HOT TUBS AND WHIRLPOOLS

MASSAGE and MANUAL TECHNIQUES

THERAPY WITH PHYSICAL OR OCCUPATIONAL THERAPISTS

LEARN PACING TECHNIQUES (don't overdo on a "good day")

GENTLE STRETCHING

HERBAL AND HOMEOPATHIC MEDICINES

POSTURE SUPPORTS FOR SITTING, DRIVING, AND SLEEPING

QUIET AND CONSCIOUS RELAXATION ACTIVITY

T.E.N.S. UNITS AND/OR ELECTRICAL STIMULATORS

DEVELOP YOUR SPIRITUALITY

FIND PEOPLE WHO UNDERSTAND

ACUPUNCTURE

HUMOR

### **For more information:**

Vernon Memorial Healthcare  
(608) 637-4385

Ilana Pestcoe, OTR;  
Lisa Neitge, OTR; or  
Heather Froh, COTA.