

Helpline: (510) 466-5814, Mailing address: 1442 A Walnut Street, #113, Berkeley, CA 94709

— NEW VENUE —

**Meetings start at 7:00 p.m., First Tuesday of each month, at the
Ed Roberts Campus - 3075 Adeline Street, Berkeley**

— **Calendar for February 2012 to January 2013** —

February 7th – **Thomas Linder**, a vocational rehabilitation counselor with 30 years experience will share information on voc rehab options available through work comp or the Social Security "Ticket to Work" program. He is a network provider for Social Security, as well as an expert witness for cases involving failure to provide reasonable accommodation.

March 6th – **Prof. Galen Cranz**, sociologist, environmental architect, certified teacher of Alexander Technique and author of "The Chair: Rethinking Culture, Body and Design." This is an unusual opportunity to speak with a pioneer thinker on topics that relate very directly to situations encountered by people with RSI.

April 3rd – **Leah Ottersbach** is a Marriage and Family Therapist Intern and the vice-president of the East Bay RSI Support Group. As a therapist intern, she works with the CIL, helping people with disabilities. She uses a daily meditation practice to manage her own chronic pain, as a result of work-related RSI injuries.

May 1st – **Elyssa Wasserberg**, Ergonomics Evaluator and Chiropractor and founder of Backs in Balance, will review the important aspects of good ergonomic setups that can help reduce and prevent repetitive strain injuries.

June 5th – **Richard Gutstadt**, attorney. Richard specializes in Social Security Disability SSDI and SSI appeals. He has experience working with people with RSI, and with Workers Comp injuries.
www.richardutstadt.com.

July 3th – **Peer Support Group** Join us for the opportunity to talk to each other. There is no scheduled speaker, so we can share information and ideas about coping with these injuries. Our members have the most amazing and practical ways to deal with a variety of issues.

August 7th – **The Egoscue Method** A speaker from the San Francisco Egoscue Method Clinic will show us how this method of postural realignment is effective in treating the root causes of many pain syndromes.

September 4th – **Lenka Fejt**, certified Alexander Technique teacher found the Alexander Technique while trying to avoid surgery for her RSI. In her introductory lecture she will talk about how the Technique was instrumental in her recovery and show how it could help you. Check out her website at www.lenkafejt.com.

October 2nd – **Patty Pomper** of Pomper and Dettenhaim, Patty is a Workers' Compensation applicant attorney who will talk on the recent developments in Workers' Comp and the new laws that affect injured workers.

November 6th – **Leigh Hollowell**, is a physical therapist who has worked with RSI & TOS clients for many years. She will share her expertise with us that she has developed from her direct clinical practice. Leigh is always learning new ways to help us out.

No meeting in December

January 2013 – Successful Coping, Meeting date and time to be determined. Please either see meetup.com/rsi-2 or phone 510-466-5814. Share your success stories, and bring your two favorite adaptations of daily living. Find out what has worked for others. Come hear the successful experiences of some of our members dealing with RSI/TOS injuries. Check our website for the location for this meeting only.

PLEASE AVOID WEARING SCENTED PRODUCTS.

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By car: park in the BART parking lot on Adeline or on the street

Bus: Take AC Transit bus #12 via Martin Luther King Jr. Way, or the #49 bus via Ashby Ave.

BART: get off at the Ashby BART.