



Dyscoveries

DYSTONIA SUPPORT GROUP OF SPOKANE
for the brave and the chicken
March, 2010

Dystonia: A neurological movement disorder characterized by involuntary, sustained muscle contractions resulting in twisting, abnormal postures and/or arrhythmic tremors. It can affect one or more parts of the body.

EDUCATIONAL MEETING & DISCUSSION

Thursday, March 11
7:00-8:30 p.m.

Second in our series *Exploring the Brain*

Brain Fitness and Plasticity

a video from PBS

St. Lukes Rehabilitation Institute

711 S. Cowley, Spokane

Room 200 (next to reception desk at main entrance)

As we learn more about dystonia, it is important to know more about the brain. This outstanding video will help us understand how the brain works and how it is possible to make our brains more fit.

A group discussion will be ongoing as we watch the video together and share our thoughts in relation to dystonia.

Cost is FREE. Family and friends are welcome.

Finding Our Voices

Singing/Voice Therapy

We are in the process of planning a program that will use music as a way to have fun while strengthening our voices. If you are interested in helping plan this or if you know of any speech or music students or therapists who might want to volunteer, please contact Denise.

Meditation

Vipassana Meditation

Every Thursday

5:30 p.m.

Buddhist Temple

927 South Perry St.

Taught by Mary Webster of the Spokane Vipassana Meditation Community.

Learning meditation can help us focus and calm anxiety. Cost: FREE
Everyone is welcome.

We are invited to join this group for dance therapy. It's fun!



1st & 3rd Saturdays

11:00-12:15 p.m.

Gonzaga Theatre Dance Studio (corner of Desmet & Pearl) Cost: \$5

Visit our website www.dyscoveries.com for more information.

Please RSVP: Denise Gibson denise@designnden.com / 509-891-0790