



Dyscoveries

for the brave and the chicken

DYSTONIA SUPPORT GROUP OF SPOKANE

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.

Dystonia Educational Meeting
When: Thursday, June 11th,
1:30 - 3:00 p.m.

Giving Voice

with Sara Nielsen

Dystonia has ways of robbing our ability to express ourselves...through contracting our vocal cords..., through tightening other muscles which pull on our diaphragms and rob us of air..., or through the silencing effects of anxiety and a self-image battered by a noticeable movement disorder.

Sara Nielsen, M.A., CCC/SLP, helped form the Tremble Clefs, a group for people with Parkinson's who sing for therapy and camaraderie.

Join Sara to discuss what the needs are for those of us with dystonia. Can we sing even if we "can't sing"? Can we have fun with music as therapy?

Family members, friends, and those with other movement disorders are welcome. Cost: FREE.

Where: St. Lukes Rehabilitation Inst.
Lower Level Board Room
711 S. Cowley, Spokane

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

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

Finding Our Voices

Conversation Group
Fourth Thursday each month
2:00 p.m.
Argonne Public Library
Conference Room
4322 N. Argonne
(at Upriver Drive)

Intimate gathering for discussing issues and emotions, tips and humor — all related to living with dystonia.
Family/friends welcome.

Meditation

Vipassana Meditation
Third Thursday each month
5:30 p.m.
Buddhist Temple
927 South Perry St.
Taught by Mary Webster
of the Spokane Vipassana
Meditation Community.

Learning meditation can help decrease anxiety as we confront dystonia. It can also help in every aspect of our lives
Family/friends welcome.

Speakers Bureau

We are forming a speakers bureau to educate people about dystonia. Please contact Denise if you are interested.