

## Support Groups Meet on a Regular Basis

Attending a support group may be just the thing for you. Arthritis Foundation support groups provide a positive and friendly environment for learning and sharing. Meetings include group discussions, guest speakers and sometimes even a party to celebrate a special occasion. Groups meet once a month on an ongoing basis.

Free of charge. Join us at one of these locations.



### ARTHRITIS SUPPORT GROUPS

- ◆ **L.I. Arthritis in Melville @ Arthritis Foundation office**, 501 Walt Whitman Rd., meets on the 1st Tuesday of the month. Next meetings: Jan. 5, Feb. 2 & Mar. 2, 2010 @ 7pm.

- ◆ **Arthritis @ Island Trees Library, Levittown**, meets on the 1st Thursday of the month. Next meetings: Jan. 7, Feb. 4, & Mar. 4, 2010 @ 1pm.

### FIBROMYALGIA SUPPORT GROUP

- ◆ **Levittown @ Island Trees Library**, meets on the 2nd Thursday of every month. Next meetings: Jan. 14, Feb. 11, & Mar. 11, 2010 @ 1pm.



*Thank you, Jean.* The arthritis support group the met at the West Islip Senior Center and known as “Especially for Seniors” is no longer meeting. Special thanks are expressed to Jean Canale who has led the group for almost 15 years. We wish her the best in her “retirement.”



### Arthritis Foundation Exercise Program™

The Arthritis Foundation Exercise Program is held at the following locations on an ongoing basis. The facilities charge a fee for these programs. Call the site directly for information.

#### **Long Beach**

With Lisa Wisel  
Friedberg Y-JCC  
310 Nat'l. Blvd.  
Call (516) 431-2929

#### **West Hempstead**

With Marilyn Bunger  
W. Hempstead Library  
500 Hempstead Ave.  
Call (516) 481-6591

#### **Merrick**

With Debby Braunstein  
@American Legion,  
160 Merrick Rd.  
Call (516) 301-7740

Free Brochures Available  
Arthritis Answers ♦ Exercise ♦ Diet  
Call the Long Island Chapter at  
(631) 427-8272

## Community Resources

### Eating Well is Eating Right

Making even small changes in what you eat every day can help make a difference in weight, health, and nutrition.



Expert guidance: Go to [www.mypyramid.gov](http://www.mypyramid.gov), for up-to-date, accurate, and easy to understand nutrition and food information. You will find items on the food pyramid, a menu planner, and “10 Tips” for nutrition.



Food assistance: Need help providing adequate food for you and your family? Two government programs can help. The Food Stamp program is accessible through NYS Office of Temporary & Disability Assistance and the WIC (Women, Infants, & Children) program is available through the NYS Department of Health.



Information available: Call the Long Island Chapter at (631) 427-8272 to receive a free copy of the Arthritis Foundation’s “Diet and Arthritis” brochure plus, thanks to the US Department of Agriculture, a copy of the food pyramid.