

LIVING WELL WITH SCLERODERMA

A Free Seminar for
Patients, Caregivers, and
Families



SUPPORT · EDUCATION · RESEARCH
NORTHERN CALIFORNIA CHAPTER

WHEN

September 26, 2009
9:30am-10am Registration
10am-3pm Speakers
Lunch Provided

WHERE

Holiday Inn Capitol Plaza
300 J Street
Sacramento, CA 95814

RSVP

Reservations required: Limited space available. Please RSVP to 916-832-1102 or NoCaChapter@scleroderma.org
Please indicate any special dietary needs.

HOTEL INFORMATION

The Holiday Inn has blocked some rooms for us at a group rate of \$109 per night. Reservations must be made by August 26, 2009 by calling 916-446-0100 and mentioning the Scleroderma Foundation.

DIRECTIONS

From South Lake Tahoe headed west on Highway 50:
Take the Interstate 5 interchange headed north. Exit on J street and the hotel will be on the right hand side of the road on the corner of 3rd and J.

From the San Francisco Area headed east on I-80:
Take the Interstate 5 interchange headed north. Exit on J street and the hotel will be on the right hand side of the road on the corner of 3rd and J.

From the West on I-80 towards Sacramento:
Take the Interstate 5 interchange headed south. Exit on J street and the hotel will be on the right hand side of the road on the corner of 3rd and J.

Yoga For Scleroderma

Kathleen Randolph

Kathy designed the Yoga for Scleroderma program at the request of the Scleroderma Foundation. She will teach us breathing technique to relax the body and relieve stress; a series of stretches to improve mobility in the hands; a series for flexibility for the hips and legs; techniques to address GI issues, from mild to severe; ending with a guided relaxation. Dress for comfort!

Oral and Dental Health

Amanda Drake, RDH

Pulmonary Hypertension

Janet Clarkson, RN, MSCN

Community Advocacy Manager
Actelion Pharmaceuticals



ACTELION