

SPECIAL POINTS OF IN- TEREST:

The Arthritis and Lupus Support Group Meets the Second Saturday of every month at our physical location found on the last page of this Newsletter.

Don't have time to meet with the support group? Sign up for our email support group! Email a message to: info@blackhillsarthritis.org Be sure to include *Email Support Group* in the Subject line.

Become a Member! Becoming a member ensures you receive our Newsletter, *Quarterly Connection*! Join today! Have questions? Call us at 341-7530 or email: info@blackhillsarthritis.org

Coming in October!! RA Answers, presented by Shari Fetchner. Brought to you by Abbott Immunology and the Black Hills Arthritis Association! Check out the back page of this Newsletter for more details...

World Arthritis Day, October 12th

October 12, 2011 is World Arthritis Day. The inaugural one-day event is themed "Healing Hands for Arthritis." Massage Envy clinics will be donating \$10 from every massage session or facial to the Arthritis Foundation to support the organizations efforts to prevent, control, and cure arthritis.

Both organizations, Arthritis Foundation and Massage Envy, are spreading the word of the benefits of massage for arthritis patients. Massage therapy relieves pain and limited mobility associated with arthritis and other related diseases like Fibromyalgia, and helps to improve flexibility circulation, and reduces anxiety.



Massage Envy Presents
"Healing Hands for Arthritis"

So, treat yourself with a massage to celebrate World Arthritis Day on October 12th! And if you happen to live near a Massage Envy location, book an appointment--\$10 will go towards the prevention, control, and cure of arthritis!

This article was derived from the Arthritis Foundation website. *A Joint Effort to Fight Arthritis Pain* is a Copyright © 2011 of the Arthritis Foundation. All Rights Reserved. Please visit www.arthritis.org to learn more about World Arthritis Day, and Healing Hands for Arthritis.

Make Exercise a Habit

Arthritis Today Online Article, May 13, 2011. Of three top ways in which you can make life better – decreasing stress, reducing pain and sleeping better – exercise helps you do all three. When you are ready to improve the quality of your life and make exercise plans, you'll want to form a daily exercise routine. How? Remember that an exercise lifestyle is lived one moment at a time and that quality of life is revealed by each choice you

make in each moment. Simply know this: Your thoughts and feelings support your actions, your actions support your steps, your steps support your behavior and your repeated behavior becomes your lifestyle. Take a look at how a couple small choices lead to a lifestyle:
1) Become aware of emotions you associate with the experience of exercise. Tune into your well-being and joy when you are ac-

tive.
2) Live in the now, actions happen in the present, not in the past or future. In the moment opportunities, such as walking up the ramp at the mall instead of taking the escalator, provide ways for you to fit in fitness and should be part of your daily exercise routine.

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UPCOMING EVENT!!

This October, Abbott Immunology and BHAA will bring you: "RA Answers"

Presented by Nurse Practitioner, Shari Fetchner.

What: Presentation on Rheumatoid Arthritis

Location: Radisson Hotel, Conference Room

Date: Tuesday, October 18th

Time: 7 pm to 9 pm

Coffee and dessert will follow the presentation, provided by Abbott Immunology.