

## **SELF HELP GROUP INFORMATION**

**From Chairman - Thelma Lomax**

Our Self Help Group has once again been popular and we have had new Members join us. Everyone is welcome - there is no need to book, just come along and meet us at

**St. Andrew's Church Hall  
Glencrutchery Road  
Douglas**

on any of the following WEDNESDAYS. The Meetings start at 2.00 p.m. and are finished by 4.00 p.m.

**2010 dates            10<sup>th</sup> March, 12<sup>th</sup> May, 14<sup>th</sup> July,  
8<sup>th</sup> September and 10<sup>th</sup> November.**

The format for the afternoons is a welcome chat, with an update on anything the IoM Osteoporosis Group has been doing or have in hand. This is followed by a guest speaker, question time and finally, a cup of tea. All those who come along seem to enjoy the meetings, which are open to everyone, including gentlemen!

During 2009 we had speakers on a variety of topics such as PILATES, EXERCISE, BACH FLOWERS, FALLS & FRACTURES & COOKERY. From time to time Dr. Karen Wilson joins us so that she can update us on any new medicines or treatment for Osteoporosis. All of these talks have been enjoyable and useful.

I feel sure you understand that to keep arranging the meetings and getting speakers to come along we do need your support, so please consider coming along if you are free.

Some people worry about coming along to Self Help Group Meetings of any kind because they think all we do is talk about our own problems or listen to others talking about theirs. This is just not true, as I know you would find out if you came to one of the meeting. The meetings are interesting with a positive and very friendly atmosphere.

**WE NEED YOUR SUPPORT IF WE ARE TO CONTINUE PUTTING ON THESE MEETINGS**