

SELF-HELP GROUPS

ORANGE COUNTY

Anaheim

1st & 3rd Tuesday
12:30 - 2:30pm
Rosa Ferreras 714-758-0829

Anaheim: En Español

Familiares y
amigos bienvenidos
El segundo y cuarto martes
de cada mes
Anaheim Adventist Church
900 S. Sunkist St, 6 - 7:30pm
Rosa Ferreras 714-758-0829
Susana Pérez 714-235-7570

Brea: Family & Friends Welcome

2nd Monday & 4th Friday,
10am - 12pm
Kathy Kelby 714-525-0686
Rob Lammers 714-990-2933

Brea

As of January 2010
Last Thursday of the month,
10am - 12pm
Denise Kish 949-951-1402
or 909-519-4410
Jim Langdon 714-392-0002

Costa Mesa: Man to Man

2nd & 4th Wednesday
1:30 - 3pm
Frank Austin 714-925-4100
Mike Milne 949-215-8502

Huntington Beach: Minimal Symptoms / Newly Diagnosed

2nd Wednesday, 10am - 12pm
Jeanne Archibald 714-842-7198
Priscilla Wolz 714-846-6526

Huntington Beach: Working with MS

1st Tuesday, 6:30 - 8:30pm
Karen Patterson
714-377-4006
Laurie Cable 714-969-8298

Irvine: Mature Group

2nd & 4th Wednesday
10am - 12pm
Betty Brusco 949-481-0143
Jack Santos 949-786-9593

Irvine: Girl Talk

3rd Monday, 11am - 1:30pm
Tabitha Evans 714-669-5618

Laguna Hills

1st Tuesday, 10am - 12pm
Francine Grasso
949-278-6935
Karen Harlas 949-498-9583

Lake Forest: MS with Christ

3rd Monday, 6:30 - 8:30pm
Bill Bisch 949-218-5020
Cathy Varela 949-496-3810

Midway City

1st & 3rd Tuesdays
10am - 12pm
Pat Howard 714-968-0277
Linda Logan 714-374-0430

Mission Viejo: Early-Retired with MS

1st Wednesday
11am - 1:30pm
Jude Kosins 949-498-4530
Celine Miller 949-361-0878

Mission Viejo: Minimal Symptoms / Newly Diagnosed

2nd Wednesday, 6:30 - 8pm
Jerry Dowd 949-498-5955
Susan Watson 949-493-1299

Newport Beach

3rd Sunday, 2 - 4pm
Reverend Sellers
949-764-8358
Norma Mucia 714-641-9171

Newport Beach: Minimal Symptoms / Newly Diagnosed

2nd Tuesday, 11am - 1pm
Debra Haynes 949-650-7659
Sherri Brash 714-846-2064

Orange

Last Thursday
10:30am - 12:30pm
Greg Hertzler 714-993-5988

MOREINFO

If you would like more information about support groups in your area, call 1-800-344-4867 press '1' or contact a leader listed above.

SAN DIEGO COUNTY

**Cardiff by the Sea:
Women's Group**

Future meetings put on hold
For more information, please
contact Jessica Goodrich
714-689-9602

Carlsbad: Christian Group

3rd Friday, 1-3 pm
Dawn Vallely 760-390-1777

Chula Vista: En Español

Llame para más información.
Fernando Palomino
619-691-7964

Chula Vista

St. Marks Lutheran Church
850 Hilltop Dr.
3rd Wednesday, 11am - 1pm
Susan Lipp 619-248-0669
Bonnie Kuhn 619-749-8806

Escondido

Joslyn Senior Center, Room 5
210 Park Avenue
3rd Wednesday, 1 - 3pm
Beth Bradsher 760-747-9096
Michele Easterling
760-805-6390

Oceanside

Oceanside Library
3861 Mission Avenue
2nd Wednesday, 12 - 2pm
Juanita Hamilton 760-754-1911

Poway

Weingart Center
13094 Civic Centre Drive
1st Tuesday, 6:30pm
Peggy Green 858-748-4009

Ramona

2nd Tuesday, 11am - 12pm
Van Reeder 760-789-9129

**San Diego (Clairemont/
La Jolla)**

Denny's Restaurant
4280 Clairemont Mesa Blvd.
1st Thursday, 10am - 12pm
Denise Kish 949-951-1402
or 909-519-4410

San Diego: Mens Group

Kaiser Education Center
San Diego
10990 San Diego
Mission Road
1st Tuesday, 6:30pm
Bill Homer 858-571-1867

San Diego (Mid-City)

Kaiser Education Center
San Diego
10990 San Diego Mission Rd
4th Monday, 2 - 4pm
Stephanie Russell
619-224-6156

Spring Valley

New Seasons Church
2300 Bancroft Drive
2nd Saturday, 12:30 - 2pm
Kris Hodge 619-933-2601
Debbie Centeno
619-460-4123



AQUATICS

Chula Vista: Outdoor

Loma Verde Pool:
1420 Loma Lane
Tuesdays & Thursdays
12 - 1pm

El Cajon: Outdoor

St. Madeline Sophie's Center
2119 East Madison Avenue
Mondays, Wednesdays & Fridays
11:30am - 12:30pm

Fullerton: Indoor

North Orange County YMCA
2000 Youth Way
Mondays, Wednesdays & Fridays
9 - 10am
\$6 per session

San Diego: Outdoor

Peninsula Family YMCA
4390 Valeta Street
Monday-Friday, 11am - 12pm
\$5 per session

San Clemente: Outdoor

Ole Hanson Public Pool
105 West Avenida Pico
Tuesdays & Thursdays,
10:30 - 11:15am
\$5 per session
Amanda 760-448-8404

San Diego: Indoor

Wave House Athletic Club
3115 Ocean Front Walk
Mondays, Wednesdays & Fridays
11am - 12pm

Vista: Indoor

Bally's Fitness Center
1932 Hacienda Drive
Tuesdays & Thursdays
11:45am - 12:45pm



YOGA

Costa Mesa

Yoga Works
1835 Newport Blvd, #A208
Mondays, 10:45-11:45am

Dana Point

Dana Point Community Center
34052 Del Obispo Road
Wednesdays, 8 - 9:15am

Fullerton

St. Stephen's Lutheran Church
2311 E. Chapman Avenue
Wednesdays, 10:30 - 11:30am

Huntington Beach

Yoga Works
301 Main Street
Wednesdays, 1 - 2pm

La Jolla

Scripps Memorial Hospital
9888 Genesee Avenue
Thursdays, 9 - 10am
\$10 monthly fee
Cardiac Rehab 858-626-6493

Santa Ana

Goodwill Fitness Center
1601 E. St. Andrew Place
Fridays, 9:45-10:45am

San Diego

Addie's Personal Training Studio
4440 Ingraham St.
Sundays, 10-11am
\$5 per session

BALANCE

La Jolla

Ability Rehab Specialists
737 Pearl St, #108
1st, 2nd, 3rd Tuesdays, 6-6:45pm

Mission Viejo

Balance Rehabilitation
25971 Pala, Suite 110
Tuesdays, 1 - 2pm

STRENGTH TRAINING

Costa Mesa

Healthy Balance
1599 Superior Avenue, Suite B
Thursdays, 10:45 - 11:45am

San Diego: MS F.I.T.T

Addie's Personal
Training Studio
4440 Ingraham St.
Saturdays, 11:30am - 12pm
\$5 per session

OTHER

San Marcos - Lebed Method

Meadow Lark Community Church
1918 Redwing St.
Diana Dean-Naú 760-809-9176
\$5 per class