

Vitalize! Wellness Centre

May 2017 Newsletter

National Arthritis Awareness Month

What is Arthritis?

[Arthritis](#) is not a disease on its own. It is a term representing over 100 diseases that affect muscles, bones and joints. These diseases are sometimes referred to as rheumatoid diseases. Statistics shows that arthritis affects about 50 million U.S adults.

What Causes Arthritis?

The causes of arthritis are not easy to identify due to the fact that many diseases affect our muscles, bones, and joints. Here is a list with some common causes of arthritis.

- Genetic makeup
- Injury
- Physically demanding jobs
- Infections
- Obesity
- Autoimmune disease

Symptoms and Diagnosis of Arthritis

Arthritis does not have a single symptom. Here are some symptoms which apply to most of these diseases:

- Pain in the affected area
- Stiffness
- Swelling of joints

Diagnosis of arthritis is done by a rheumatologist and is not always easy. It will take a few visits to diagnose. In its early stages, arthritis is harder to diagnose. Research has shown that it is very important to get help immediately. Some types of arthritis respond better to medication in the early stages.

Treatment of Arthritis

Treatment will also depend on the type of arthritis you have. Early treatment will ensure your chances of getting better. A rheumatologist can advise on the best form of treatment depending on the type of arthritis one has.

There is no medication that will completely cure this disease. But with time and upon following your rheumatologist's advice, your symptoms might improve.



NEW fitness equipment !!

A new treadmill and a new elliptical are already on the way !! This is only just the beginning of the planned updates for our fitness needs !



Saturday and After Hours Drop-Offs

If you have any confidential paperwork, keys or payments to drop off and there isn't anyone at the desk, please slide them under the door of the "Essentials Office" behind the front desk. That office is locked whenever we are away from the desk.

Facebook

Please check us out and like the page,
[Vitalize Wellness Centre](#)



Events & Happenings

Don't forget to vote!

The Chisago Lakes School District Bond Referendum is being voted on Tuesday, May 9th. Voting is being held at the following places :

- Precinct #1 Chisago City Community Center
- Precinct #2 Chisago Lakes High School
- Precinct #3 Taylors Falls Elementary School

Yoga is a great exercise for Arthritis!

Who it's good for: Almost everyone can benefit, even people with tender, swollen joints *Tips:* Yoga packs two great benefits for people with RA. Using deep relaxation techniques, promotes a healthy immune system and helps reduce joint inflammation.

Yoga: Monday & Wednesday 5:00pm or
Tuesday & Thursday 12:00pm



Chair Yoga: Monday & Wednesday 12:00pm

CARD MAKING CLASS

Come and learn a new skill and leave with 2 creative, professional, seasonal cards that are ready to send.



DATE: 1st & 3rd Thursday of each month @3:00 PM

COST: \$10 **LOCATION:** Ruben's Café

You can also purchase kits and supplies!

For more information or to register, please contact instructor

Faith Boston at **651-464-6943**.

STUDIOS OF ART PROGRAMS

Sunset Painting

Get Ready for summer with this painting!
All skill levels are welcome! We will walk you through one step at a time.

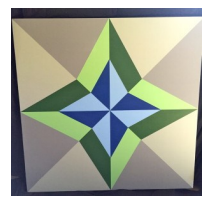
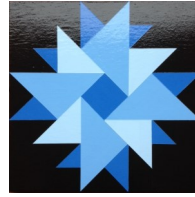


COST: members \$15
non-members \$20 (includes all supplies)

DATE: Thursday, May 25, 2017, 6:00pm-8:30pm

REGISTRATION DEADLINE: May 18, 2017

STUDIOS OF ART PROGRAMS



Barn Quilt Class

Paint your very own Barn Quilt. Pick one of the above patterns when registering. The pattern will be drawn out on a primed panel. The painting will be sealed with an all-weather sealant to ensure the longest lifespan of your masterpiece. Once completed, you will have your very own 2 foot by 2 foot barn quilt!

COST: members \$40
non-members \$50 (includes all supplies)

DATE: (Will require 2 sessions to complete)

Tuesday, June 6 and 13, 2017, 6:00pm-8:30pm

REGISTRATION DEADLINE: May 29, 2017

Como Trip



Enjoy visiting the zoo without the hassle of driving or parking! The admission is always free, but you can donate a suggested \$3 per person at the door. The bus will drop you off at the front entrance of Como Park Zoo and Conservatory. You are free to walk around the zoo and conservatory on your own or with friends. Plan to either bring a lunch or money to purchase lunch at the zoo.

COST: \$20 per person (covers transportation)

DATE: Thursday, June 8, 2017

Departing the Wellness Centre at 8:00am sharp, and returning at 2:00pm

REGISTRATION DEADLINE: June 1, 2017

Questions? Please contact Joy at (651)257-7968
or joytate@ecumen.org.