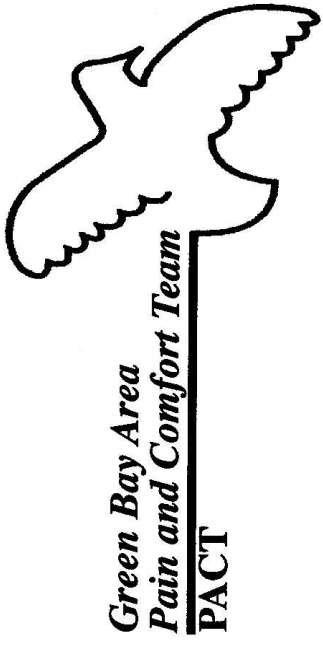


**Community
Resources
For
People with
Pain**

8th Printing
January 2008

Brought to you by



Urgent Needs

Crisis Center Hotlines

Brown County 920-436-8888

Door County 920-746-2400

Kewaunee County 920-388-3100
(sheriff's dept-ask for on call social worker)

Marinette County 715-732-7760

Oconto County 920-846-3444
(ask for on-call social worker to be paged)

Outagamie County 920-832-4646

Shawano County 715-526-3240
suicidehotlines.com
(general information and referral on crisis situations)

Bellin Ask-A-Nurse 920-433-7900

Prevea On Call 920-496-4700

In case of an emergency, dial 911

Community Resources for People with Pain is edited, periodically updated and published through the **Green Bay Area Pain and Comfort Team**.

8th Printing
January 2008
Green Bay, Wisconsin

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dedicated to the purpose of alleviating pain and improving management skills for those we serve.

This team is a cooperative effort among area hospitals, clinics, hospice, palliative care, home health care agencies, universities, support groups, long term health care facilities and interested community members.

This edition was made possible through the financial support of:



St. Vincent  Hospital

Disclaimer

Material in this booklet has been gathered from a variety of sources and due to the rapidly changing nature of medicine, information contained in this material may be outdated. The information provided is for educational purposes only and is not to be considered as a substitute or recommendation for medical care. Please consult your medical provider for all health care needs.

The Pain and Comfort Team (PACT) committee is not able to assess whether a particular organization, resource, individual, clinic, center or care giver is qualified to provide their services in your particular situation. Providing this information does not in any way suggest an endorsement of the services listed. When seeking care, you are encouraged to refer to the section titled, "Getting the Right Care" as a guide to investigating the appropriateness and qualifications of the persons and organizations from which you seek information or assistance.

For Non-Urgent Needs and additional information on Community Resources in WISCONSIN, dial 211.

Resource guide also available for download at
www.painandcomfortgb.org

Transportation

American Red Cross

920-468-8535

Inexpensive to near free, depending on needs.

Medi-Van of Green Bay

920-465-4488

Paratransit

920-448-3450

For those who are medically unable to ride city bus.

Travel-Aide

800-631-1804

Green Bay Area Transit

920-448-3450

Reduced monthly pass rate for disabled.

(Recommendation from a physician is needed.)

Tips

- Your most important tool for dealing with your pain is **knowledge**. Learn all that you can about your condition, your treatments, and your options.
- It is unlikely that any single medication, therapy, or treatment will be the solution. It is more likely that relief will include a combination of several of those things.
- Everyone wants the pain to go away. In the meantime, look for ways to ease the pain and still have a decent quality of life.
- Finding a cure for pain isn't always possible. However, it is very likely that you can find things to help, and that you can learn ways to reduce pain's impact on your life.
- ***If someone you contact for services is not able to help, ask them for a suggestion as to who might be more appropriate for your needs. Keep asking whoever you come in contact with until you connect with someone that can work with you toward improving your life.***

Table of Contents

920-498-5450

Tips	4	Options for Independent Living 555 Country Club Road Green Bay, WI 920-490-8270
Rights & Responsibilities	6	
Getting the Right Care	7	<i>Assistance in adapting everyday situations and equipment to the needs of those with physical limitations.</i>
Pain Management Speciality Providers	9	
Complementary Care	12	Salvation Army 626 Union Court Green Bay, WI 920-497-7053
Counseling Services	16	
Support Programs	18	<i>Food through their pantry and from surplus commodities. Transportation in some cases. Information, referral and general assistance.</i>
Exercise	21	
Aquatics		
Land Based		
Fitness Centers		
Information Resources	32	Social Security Administration 920-433-3904 or 1-800-772-1213
Libraries		Supplemental Security Income—Based on low income, not on disability
Web Sites		
Yellow Pages categories		Social Security Disability—Financial assistance for those who qualify as disabled (chronic conditions may qualify if you are substantially unable to work).
Supportive Services	35	
Transportation	38	Telephone Company Customer Service Number on your phone bill. Free connection charges for some low income. Ask about getting a monthly credit if receiving assistance or Homestead Credit.
Disclaimer	39	
Urgent Needs	40	

920-834-7000
 Outagamie County
 920-832-4741
 Shawano County
 715-526-4700

Division of Vocational Rehabilitation

920-448-5281

Some re-training for a job that is tailored to your physical limitations.

Integrated Community Services

201 W Walnut Street
 Green Bay, WI
 920-448-4540

Assistance for low income or disabled with rent, locating affordable housing, job retraining, help with utility bills.

Legal Action

920-432-4645

Assistance for lower income people seeking legal advice.

NEW Community Clinic

622 Bodart Way
 Green Bay
 920-437 -9773

For those with limited income and no insurance. Some physician care; assistance with some medications.

NWTC (Northeast Wisconsin Technical College)

Some training programs accept clients at reduced rates or even no cost:

Dental Clinic

Your Rights

To expect that your health care providers will be concerned about your level of pain.

To be informed of the alternatives available to you to ease or relieve your pain.

To an understandable explanation of your condition, your alternatives, and proposed treatments.

To be an active participant in determining what steps will be taken to treat your pain.

To know the qualifications of the person and organization treating you.

Your Responsibilities

To report your pain and changes in your pain level.

To clearly communicate with your provider about how the pain interferes with normal functioning in your life.

To learn about alternatives available to you and the health care profession, to ease or relieve your pain.

To assist health care professionals in measuring your pain and determining acceptable levels of pain.

To take an active role in determining what steps will be taken to treat your pain.

Getting the Right Care

Whenever you are going to talk with a healthcare professional about your pain, make the effort to prepare in advance and you will have a much more successful experience.

Be prepared to ask questions:

What are their credentials, e.g., training, certification, license?

What kind and how much experience do they have treating people with your particular condition?

What kind of treatments can they provide?

Do they have references or people they have treated that you can talk to?

How many treatments or sessions before you can expect to feel a difference?

What are the potential side effects of the proposed treatment? How often do they occur?

What success rate do they have in working with your particular condition?

How do they feel about you seeing other health care professionals at the same time they are treating you?

Will they accept assignment of insurance benefits, or arrange payment over time?

Acupuncture, Alternative Medicine, Biofeedback Therapists, Chiropractors, Counselors, Exercise and Physical Fitness Programs, Health and Fitness Program Consultants, Health Information, Herbs, Human Service Organizations, Hypnotists, Holistic Practitioners, Martial Arts Instruction, Massage-Certified Professionals, Mental Health Services, Pain Clinics, Physical Therapists, Physicians and Surgeons, Psychologists, Stress Management Services, Vitamins and Food Supplements, Wellness Programs, and Yoga Instruction.

Supportive Services

Aging and Disability Resource Center of Brown County

300 S Adams Street
Green Bay, WI
920-448-4300

www.adrcofbrowncounty.org

Assistance in understanding government benefits. Information and referral. Some complementary care classes.

County Human Services/Social Services

Counseling services, some have transportation to get to medical appointments, connection to other assistance programs. They generally administer the medical assistance and food stamp programs.

Brown County

920-448-6095 (Access)

920-448-6460 (Economic Support)

Door County

920-746-2300

Kewaunee County

920-388-3777

Marinette County

715-732-7700

Oconto County

Mayo Clinic Information

www.mayoclinic.org

National Health Information Center

www.health.gov

Health and Medical Information

www.medicinenet.com

Medline Plus Health Information

www.nlm.nih.gov/medlineplus

National Institutes of Health

www.nih.gov

National Institutes of Health-Dietary Supplements

<http://ods.od.nih.gov>

WebMD

www.webmd.com

Reuters Health eline

www.reutershealth.com

National Institute of Neurological Disorders

www.ninds.nih.gov

Cancer Information

www.cancerweb.ncl.ac.uk

Yellow Pages

Headings under which you may find resources helpful to persons with painful conditions.

Be prepared to answer questions:

- Be prepared to provide a brief overview of your situation.
- How did your condition begin?
- What makes it worse? Better?
- What treatments, medications, or remedies have you tried so far? How much did they help?
- What medications, supplements and herbs have you tried or are you currently using?
- How does the pain interfere with your normal functioning?
- What can't you do that you would like to be able to do?
- Example of how you feel at your worst? At your best?
- What do you hope to get from this provider?
- Using the 0 to 10 pain scale; be prepared to let them know how you feel now, how you feel at your best, and what level of pain relief is your goal.
- You will probably be asked to describe your pain. Some words that may help you describe the kind of pain you have might be: dull, aching, constant, throbbing, pinching, spasming, tender, shooting, burning, sore, crampy, tight, gnawing, etc.

Write down your questions and all of the items you want to tell them. **Take the list with you** to your appointment and refer to it until you've covered everything.

Pain Management Specialty Providers

Advanced Pain Management

1928 S Riverside Drive
Green Bay, WI
920-436-9002
www.apm-wi.net

The mission of Advanced Pain Management is to provide the highest quality outpatient and inpatient minimally invasive surgical and clinical pain medicine services.

A Woman's Place

St. Mary's Hospital
1727 Shawano Avenue
Green Bay, WI
920-498-4205

Therapy for musculoskeletal pelvic pain, and pregnancy related pain (back, sciatica, post-surgery). Health education classes are available.

BayCare Clinic Interventional Pain Management

2845 Greenbrier Road
Green Bay, WI
920-288-8380
www.baycare.net

Medical and interventional (injection) therapies are used for diagnosis and treatment. State-of-the-art technology such as spinal cord stimulation, percutaneous disc decompression, and intra- discal electrothermal therapy (IDET) are among the minimally invasive procedures offered. Therapies are combined with a personal relationship between doctor and patient to

Dystonia Foundation

www.dystonia-foundation.org

Chronic Pain Association

www.chronicpain.org

Fibromyalgia Network

www.fmnetnews.com

Mayday Pain Project

www.painandhealth.org

National Headache Foundation

www.headaches.org

National Pain Foundation

www.nationalpainfoundation.org

Neuropathy Association

www.neuropathy.org

Pain Support

www.painsupport.co.uk

Trigeminal Neuralgia Association

www.fpa-support.org

General Wellness and Health Information Sites:

Department of Health and Human Services

www.healthfinder.gov

Harvard Medical Schools Consumer Information

www.intellhealth.com

Information Resources

Libraries - Health Information

A Woman's Place Resource Center
920-498-4205

BellinHealth Library
920-433-3693

St. Vincent Hospital
Patient Education Librarian
920-433-8618

Cancer Center Resource Library
920-433-8502

UWGB Library
920-465-2333

National Organizations

American Chronic Pain Association
www.theacpa.org

American Council for Headache Education
www.achenet.org

American Pain Foundation
www.painfoundation.org
info@painfoundation.org

National Arthritis Foundation
www.arthritis.org

customize treatment for all types of pain.

Bellin Brain, Spine and Pain Center
704 S Webster Avenue
Green Bay, WI
920-433-7995

This multi-disciplinary pain team will create a personalized treatment plan which may include:

- *Interventional procedures*
- *Medication management*
- *Physical medicine and rehabilitation*
- *Psychological evaluation and treatment*

Bellin Health Center for Health and Healing
2020 S Webster Avenue
Green Bay, WI
920-445-7295

Integrative medicine including medical acupuncture and physical therapy.

Center for Pain and Work Rehabilitation
St. Nicholas Hospital
1601 N Taylor Drive
Sheboygan, WI
920-459-7473

St. Vincent WholeHealth
2100 Riverside Drive
Green Bay, WI
920-448-7107

Physical & Occupational Therapy for Chronic Pain conditions, fibromyalgia, headaches, TMJ, arthritis & osteoporosis. Lifestyle management & sleep education, Aquatic therapy.

Psychotherapy. RN Case Manager.
Comprehensive Massage Therapy Services.

The Bridge to Health

2149 Velp Avenue
Green Bay, WI 54303
920-434-8500

Provides a holistic approach to chronic pain, health, healing and wellness, with an emphasis on nutrition, mind-body and energy techniques.

Neurology, neurosurgery, orthopaedics and rehabilitation, (physiatry) have health care professionals that may also help you to manage your pain.

1201 Park Avenue
920-834-5585

Seymour

Seymour Community Aquatic Center
10 Circle Drive
920-833-7746

Sheboygan

Sheboygan County YMCA
812 Broughton Drive
920-451-8000

Sheboygan Recreation Department Central Pool
607 S Water Street
920-459-3776

Sheboygan School District-Central Office
830 Virginia Avenue
920-459-3776

Sturgeon Bay

Door County YMCA
1900 Michigan Avenue
920-743-4949

2100 Riverside Drive
920-448-7107

Cerebral Palsy, Inc
2801 S Webster Avenue
920-403-POOL

Green Bay YMCA
235 N Jefferson Street
920-436-9622

Oneida Family Fitness
2640 West Point Road
920-490-3730

YWCA of Green Bay
230 S Madison Street
920-432-5581

Manitowoc

Holy Family Memorial Wellness Center
2300 Western Avenue
920-320-4600
Manitowoc/Two Rivers YMCA
205 Maritime Drive
920-682-0341

Menominee, MI

YMCA (Marinette/Menominee)
1600 West Drive
906-863-9983

Oconto

The Bond Community Center, Inc.

Complementary Care

Acupuncture & Acupressure

Agapes Acupuncture
2020 S Riverside Drive
Green Bay, WI
920-430-1300

Complete treatment of the mind, body and spirit.

Bellin Health Center for Health and Healing
2020 S Webster Avenue
Green Bay, WI
920-445-7295

Bellevue Total Health
2763 Manitowoc Road
Bellevue, WI
920-468-8288

Feldenkrais

St. Mary's Hospital, A Woman's Place
1727 Shawano Avenue
Green Bay, WI
920-498-4205

A holistic approach to movement. Students become aware of habitual movement patterns that may be influencing pain. Then they learn new options for moving.

Labyrinth

Norbertine Center for Spirituality
1016 N Broadway
De Pere, WI
920-337-4315

(Pronounced laab er inth) A winding path takes you on a walk to the center & an opportunity to find your personal center. Free and open to the public.

Antigo
Clara R. McKenna Aquatic Center
111 Western Avenue
715-627-0497

Meditation

Bay Area Yoga Center, Kathleen Kelly-Hoffman
2020 S Webster Avenue
Green Bay, WI
920-445-7221

www.bayyoga.com

Sunday 8 a.m., Wed. 6 a.m., Sat. 7:30 a.m.
Free and open to the public. Zen is the cultivation and perfection of mindfulness to bring harmony on all levels.

Brillion
Brillion Community Center
120 Center Street
920-756-3216

Fish Creek
No. Door County YMCA
3866 Gibraltar Road
920-868-3660

Pilates Mat Class

Bellin Health Fitness Center
Program Director, Stephanie Kocveja
1630 Commanche Avenue
Green Bay, WI

215 N Webster Avenue
Green Bay, WI
920-430-4756

A full body exercise program emphasizing body alignment and correct breathing.

Fond du Lac
Fond du Lac Community Aquatic Center
100 W 9th Street
920-929-3536

Fox Valley Area
Neenah-Menasha YMCA
110 W North Water Street
Neenah, WI
920-886-2132

Tai Chi Ch'uan

A Woman's Place, St. Mary's Hospital
1727 Shawano Avenue
Green Bay, WI
920-498-4205

Pronounced tie chee chwang) A set of movements, done slowly, that is effective for healing and maintaining good health.

YMCA of the Fox Cities
218 E Lawrence Street
Appleton, WI
920-739-6135

Green Bay
Aquatic Therapy
St. Vincent WholeHealth

Neenah

First Presbyterian Church
200 Church Street
920-725-4391

Oconto

Bond Community Center
1201 Park Avenue
920-834-5585

Sheboygan

Meadow View Manor
3613 S 13th Street

Sheboygan Falls

Synergy Team Workout
1132 Plankview Green Boulevard
920-467-9604

Suring

South Branch Community Center
Menomonic Aging Division
WI281 County M

Two Rivers

Two Rivers Senior Center
(Senior Center/Park & Recreation)
1520 17th Street
920-793-5596

Arthritis Foundation Aquatic Program

Developed to keep joints flexible, muscles strong and to help reduce the pain associated with arthritis. Swimming ability is not necessary.

Trigger Point Myotherapy**NEW Rehabilitation Services**

Carla Hedtke: 920-846-3267

Yoga

Designed to strengthen the body, increase flexibility, and build awareness of movement, form, and breath.

Bay Area Yoga Center

Kathleen Kelly-Hoffman, Director
2020 S Webster Avenue
Green Bay, WI
920-445-7221

All levels including gentle yoga. Free class every Saturday 9:45 a.m.
www.bayyoga.com
No one is turned away due to the inability to pay a fee.

Aging Resource Center

300 S Adams Street
Green Bay, WI
920-448-4300

Bellin Fitness Centers

1630 Commanche Avenue
Green Bay, WI
920-430-4756

215 N Webster Avenue

Green Bay, WI
920-431-5502

YWCA

230 S Madison Street
Green Bay, WI
920-432-5581

program can help reduce pain, stiffness and feelings of isolation and depression.

Green Bay

Early Intervention Arthritis-St. Vincent WholeHealth
2100 Riverside Drive
920-448-7107

Grancare Nursing Center

1555 Dousman Street
920-494-4525

Oneida Fitness Center

2640 W Point Road
920-490-3730

St. Mary's Hospital Medical Center

1726 Shawano Avenue
920-498-4267

Manitowoc

Holy Family Memorial Wellness Center

1650 S 41st Street
920-320-4625

Manitowoc Senior Center

3330 Custer Street
920-683-4508

Menomonie, WI

Menomonie Leisure Services

1412 6th Street
715-232-1664

300 S Adams Street
920-448-4300

Grancare Nursing Center
1555 Dousman Street
920-494-4525

NEW Curative Rehab
2900 Curry Lane
920-468-9129 ext. 169

A Woman's Place
1726 Shawano Avenue
920-498-4205

St. Mary's Home
200 S Division Street
Manitowoc, WI
920-684-7171

Two Rivers Senior Center
1520 17th Street
Two Rivers, WI
920-793-5596

Physio-Fit Wellness Therapy Center
143 S Main Street
Clintonville, WI
715-823-5035

Arthritis Foundation Exercise Program

These are specially designed exercises to help increase joint flexibility, range of motion, and maintain muscle strength. Through the recreational and socializing aspects, the

These organizations can help YOU locate qualified providers:

Academy for Guided Imagery

www.academyforguidedimagery.com

American Academy of Medical Acupuncture

www.medicalacupuncture.org

American Association of Naturopathic Physicians

www.naturopathic.org

American Chiropractic Association

www.amerchiro.org

American Massage Therapy Association

www.amtamassage.org

American Society for Clinical Hypnosis

www.asch.net

Association of Reflexologists

www.reflexology.org

National Center for Complementary and Alternative Medicine

www.nncam.nih.gov

Counseling Services

These organizations can often help you find techniques to help you cope with the stresses that pain brings to your life.

Most times, fees for services are based on your income and expenses.

American Foundation of Counseling Services

920-437-8256

Beacon House

Chris Seidl
430 S Webster Avenue
Green Bay, WI
920-676-1146

Provides resources that support the healing process for those involved in a catastrophic or life-changing health situation. Also "Renewing Life" - eight week program that brings together people in various stages of all different kinds of life-threatening or chronic illness to help them find ways to live well with illness.

Bellin Psychiatric Center

920-433-3630

Brown County Mental Health Outpatient

920-391-6940

Catholic Charities (religious affiliation not required)

920-437-7531

Family Services Association

920-436-6819

Group Fitness Class-Weight training, sports conditioning, resist-a-ball, cycling, step-aerobics, kick-boxing and seniors in functional exercise.

St. Vincent WholeHealth

2100 Riverside Drive
Green Bay, WI
920-448-7107

Gentle exercises for Fibromyalgia and Chronic Pain conditions. Individualized physical and occupational therapy.

Arthritis Foundation Exercise Program

A group exercise program designed for people with arthritis but utilized by others with pain. It includes specially designed exercises to help increase joint flexibility, range of motion, and maintain muscle strength.

YMCA of Fox Cities
218 E Lawrence Street
Appleton, WI
920-739-6135

Calumet Medical Center
614 Memorial Drive
Chilton, WI
920-849-7508

Door County Senior Center
5756 Walker Road
Sturgeon Bay, WI
920-746-2343

Green Bay
Aging Resource Center

Watsu - relaxation/massage done in warm water.

NEW Aquatic Therapy Pool

N.E.W. Curative Rehabilitation
2900 Curry Lane
Green Bay, WI
920-468-1161

Using a spa sized pool, the program is individualized, working with one person at a time. The temperature can be varied; as can the depth to a maximum of six feet. It has easy access and a variety of devices to help with the therapy. To assist with resistance training, the pool can generate a current which ranges from barely moving to as much as 6.5 mph.

St. Vincent WholeHealth

Aquatic Therapy
2100 Riverside Drive
Green Bay, WI
920-448-7107

Individualized physical therapy provided in a warm spa-sized pool. Easy access. Therapy graded to your needs.

Exercise - Land Based

Bellin Health Fitness Center

Program Director, Stephanie Koceja
1630 Commanche Avenue
Green Bay, WI
920-430-4756
215 N Webster Avenue
Green Bay, WI

Lutheran Counseling and Family Services of Wisconsin
(religious affiliation not required)
888-867-4840

The Bridge to Health Bonnie Groessel, MSN, APNP
920-434-8500

Support Programs

A support group is a gathering of people who experience similar challenges in their lives. Most are informal and are run by the participants themselves. A support group can empower you to take an active part in your own care through educational programs, exchange of ideas and information, and the emotional support of interacting with someone in a similar situation.

Arthritis Self Help Course

Arthritis Self Help Course (ASHC) is an educational program designed to complement the professional services provided by your health care team. ASHC allows you to share experiences with others, offering you the opportunity to help and learn from people like you. These courses are held at various times and locations throughout the year. For more information, contact the local Arthritis Foundation at 920-330-0592 or Wisconsin Chapter at 1-800-242-9945.

American Juvenile Arthritis Organization

The Arthritis Foundation offers periodic meetings and programs for parents of children with Juvenile Rheumatoid Arthritis. They also offer Camp M.A.S.H. (Make Arthritis Stop Hurting). For more information, contact the Wisconsin Chapter at 1-800-242-9945.

Aquatics for People with Pain

Some programs require physician referral or pre-evaluation.

Bellin Health Aquatic Therapy Pool

John Weiss
1630 Commanche Avenue
Green Bay, WI
920-430-4750

Generally one-on-one session with therapist in private therapy room. The pool is kept at 90 degrees with a depth of four to five feet. Therapy offers buoyancy, range of motion, and muscle relaxation. You can enter this pool with a ladder or a pneumatic chair lift.

Center for Aquatic Rehabilitation and Exercise

Cerebral Palsy
2801 S Webster Avenue
Green Bay, WI
920-403-POOL

One-on-One Physical therapy in warm water.

Back in Action For people with back pain.

Fibromyalgia For those with fibromyalgia diagnosis.

Stroke Ahead For persons recovering from stroke.

C.A.R.E for Mind and Body Develop awareness of movement and posture. Improve coordination and flexibility. Relaxation and stress control.

Manitowoc

Manitowoc-Two Rivers YMCA
205 Maritime Drive
920-682-0341

Menominee, MI

Greater Marinette-Menominee YMCA
1600 West Drive
906-863-9983

Oconto

Bond Community Center
1201 Park Avenue
920-834-5585

Seymour

Community Aquatic Center
10 Circle Drive
920-833-9704

Sheboygan

Central Office Bid
830 Virginia Avenue
920-459-3776

Sturgeon Bay

Door County YMCA
1900 Michigan Street
920-743-4949

Beacon House

Provides resources that support the healing process for those involved in a catastrophic or life-changing health situation. The information, programs, and services foster the discovery of joyful living, personal direction, and empowerment in the journey towards healing of body, mind and spirit.

Chris Seidl
920-676-1146
www.beaconhouseinc.org

Brown County Multiple Sclerosis Day Support Group

2nd Wednesday of each month, 12:30 p.m.

Regency Suites
333 Main Street
Green Bay, WI
Diane Williams
920-337-9805

The group provides support, information and friendship. Most meetings include a speaker.

Caregivers Support Group

3rd Wednesday of each month, 6:30 p.m.
Aging and Disability Resource Center
300 S Adams Street
Green Bay, WI
920-448-4300

Lupus Support Group

Contact Barb Kane 920-497-4587 or
Peggy Hau 920-339-5153 for more information

Making New Connections: Traumatic Brain Injury (TBI) Support Group

Meetings held at:
 Feld Properties
 840 Challenger Drive
 Green Bay, WI
 4th Wednesday of each month, 7:00—9:00 pm.
 Karen Feld, 920-866-9493
 (feldykm@aol.com) or
 Carol Sweeney, 920-433-8088
 (www.geocities.com/mnc4new)

Positive Solutions for Pain

Contact Becky Wolf at St. Vincent Hospital
 920-433-8507
 Sponsored by the Green Bay Area Pain and
 Comfort Team. (Community educational
 programs providing information to people with
 pain and for healthcare staff who treat people in
 pain.)
www.painandcomfortgb.org

Exercise

Aquatics for Arthritis Only

Exercise in heated pools. Specially designed for persons with arthritis, fibromyalgia, a disability, or other health problems. Helps to relieve pain, improve range of motion, and maintain flexibility.

Berlin

Berlin Hospital Rehab Center
 225 Memorial Drive
 800-236-1283

Brillion

Brillion Community Center
 120 Center Street
 920-756-3216

Green Bay

Center for Aquatic Rehab & Exercise.
 2801 S Webster Avenue
 920-403-POOL

Green Bay YMCA
 235 N Jefferson Street
 920-436-9622

Oneida Fitness Center
 2640 Westpoint Road
 920-490-3730

St. Vincent WholeHealth
 2100 Riverside Drive
 920-448-7107