



**Tamarack**  
AQUATIC CENTER



**Pain Management Partners**

# Fibromyalgia Awareness Day

May 1st Event  
7:00-8:30pm  
Eugene Library

**FREE**

May 3rd Event  
3:00-5:00pm  
Tamarack Pool

Meet the team that treats Fibromyalgia

## Panel Discussion

Pain Management Partners, LLC  
James R. Morris, MD

Axis Physical Therapy & Rehabilitation, Inc.  
Leigh Ann Turner, LPTA

Pain and Stress Management Counseling  
Teri Strong, PhD

ACUUN, LTD  
Darby Valley, LAc DAOM

Tamarack Aquatic Center, Ai Chi  
Susan Quash-Mah, PhD, Non-Profit Manager

Nia, Aqua Nia  
Katie Strong, Nia Black Belt & 5 Stages Teacher

Watsu Practitioner  
Kathy Knowles, LMT

Massage  
Kate Kelly, MS, LMT

Fibromyalgia Support Group Leader  
Janice VanCamp

Aquatic Healing: Embrace Yourself

## Aquatic Therapy

The nurturing, calming 92-degree, salt water Tamarack Pool is therapeutically beneficial for relieving pain, increasing flexibility, increasing range of motion, and improving cardiovascular health and strength to maintain quality of life.

Exercise Adaptations  
Axis Physical Therapy & Rehab, Inc.

Ai Chi Class  
Lena Houston-Davisson, MPT  
Certified Ai Chi Instructor

Watsu Experience  
Ann Cole, MA, LPC, B-C DTR, Certified  
Watsu Practitioner and Instructor  
Kathy Knowles, LMT  
Nick Chrones, LMT

**Library Parking:** Parking allowed in St. Mary's Church parking lot on May 1. Parking garages available below the library, Charnelton/W Broadway and Oak/10th.