



# CONNECTION

MOVING TOWARD A WORLD FREE OF MS

Health & Wellness

Pacific South Coast Chapter

## Pacific South Coast Chapter Active Choices



### 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, Wednesday & Fridays  
11:30am-12:30pm  
Begins February 2, 2009

**Encinitas: Ai'Chi – Indoor**

Magdalena Ecke Family YMCA  
200 Saxony Road  
Wednesdays, 12-1pm

**Fullerton: Indoor**

North Orange County YMCA  
2000 Youth Way  
Mondays, Wednesdays & Fridays, 9-10am  
\$3 per session

**Irvine – Outdoor**

Waterworks Aquatics: 25 Waterworks Way  
Saturdays, 9-10am

**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

# Pacific South Coast Chapter Self-Help Groups

Imperial, Orange and San Diego Counties

## Orange County

### Anaheim

1st Tuesday, 12:30 - 2:30pm  
Marlene Burrud 714-373-4212

### 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 Perez 714-235-7570

### Brea: Family & Friends Welcome

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

### 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  
Marlene Burrud 714-373-4212  
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 Tuesday, 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  
Vaughan Ellen Kalajian 949-786-6088  
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, 9:30-11:30am  
Pat Howard 714-968-0277  
Carolyn Cassell 714-963-8624

### Mission Viejo: Early-Retired with MS

1st Wednesday, 11am-1:30pm  
Bill Bisch 949-218-5020  
Mary Wiersma 949-457-1580

### Mission Viejo:

#### Minimal Symptoms / Newly Diagnosed

2nd Wednesday, 6-8pm  
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

3rd Thursday, 10:30am - 12:30pm  
Greg Hertzler 714-993-5988

## Imperial County

### Brawley

Pioneers Memorial Hospital  
207 West Legion Road  
3rd Saturday, 3pm  
Sandylee Scrivens 760-234-7505

# Pacific South Coast Chapter Self-Help Groups

Imperial, Orange and San Diego Counties

## San Diego County

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

Library Community Room  
2081 Newcastle Avenue  
3rd Wednesday, 6-7:30pm  
Charlotte Hayes 858-558-1150

### Carlsbad: Christian Group

Kaiser Permanente, 2nd Floor Conf. Room  
6860 Avenida Encinas  
4th Thursday, 10am-12pm  
Dawn Valley 760-390-1777  
Barbara Murray 760-941-0837

### Carlsbad (La Costa)

Stagecoach Park  
3420 Camino De Los Coaches  
2nd Wednesday, 6-8pm  
Sandi Kehoe 760-402-4456

### Chula Vista: En Español

Familiares y amigos bienvenidos  
St. Mark's Lutheran Church  
850 Hilltop Drive, El cuarto miércoles de  
cada mes, de 10am-12pm  
Fernando Palomino 619-691-7964  
Maria Salazar 619-420-5942

### Escondido

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

### 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

1st Wednesday, 11am-12pm  
Van Reeder 760-789-9129

### San Diego (Clairemont/La Jolla)

Clairemont Community Room  
4731 Clairemont Drive  
1st Thursday, 10am-12pm  
Denise Kish 619-501-2044 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  
4th Monday, 2-4pm  
Stephanie Russell 619-224-6156

### South Vista

Kaiser Permanente, 2nd Floor  
780 Shadowridge Drive  
1st Wednesday, 6:30pm  
Eileen Jeffries 760-758-0245

### Spring Valley

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



# Pacific South Coast Chapter Active Choices

## Physical Wellness Groups in Imperial, Orange and San Diego Counties

### Yoga

#### Costa Mesa

Presbyterian Church of the Covenant  
2850 Fairview Road  
Mondays & Fridays, 10:30-11:30am

#### Dana Point

Dana Point Community Center  
34052 Del Obispo Road  
Wednesdays, 8:00 - 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, 1:00 - 2:00pm

#### La Jolla

Scripps Memorial Hospital  
9888 Genesee Avenue  
Thursdays, 9:00 - 10:00am  
\$10 monthly fee  
Cardia Rehab 858-626-6493  
[donovan.lauren@scrippshealth.org](mailto:donovan.lauren@scrippshealth.org)

#### San Diego

Sponsored by Cedar Pharmacy, Inc.  
Addie's Personal Training Studio  
8935 Towne Centre Drive, Suite 105  
Sundays, 10:00 - 11:00am

### Music-Centered Wellness

#### Costa Mesa

1st Monday, 10:30am - 12:00pm

#### San Diego

2nd Tuesday, 11:00am - 12:00pm

### Balance

#### La Jolla

Ability Rehabilitation Specialists  
737 Pearl Street, Suite 108  
1st, 2nd, 3rd Tuesdays, 6:00 - 6:45pm

#### Mission Viejo

Balance Rehabilitation  
25971 Pala, Suite 110  
Mondays, 6:30 - 7:30pm



### Strength Training

#### Costa Mesa

Healthy Balance  
1599 Superior Avenue, Suite B  
Thursdays, 10:30 - 11:30am

#### San Diego: MS F.I.T.T

Sponsored by Bill Howe Plumbing  
Addie's Personal Training Studio  
8935 Towne Centre Drive, Suite 105  
Saturdays, 11:30am - 12:00pm  
Tyler 858-677-9480  
\$5 per session

**For wellness options in Imperial County, contact Amanda in Chapter Programs  
at (760) 448-8404 or [amanda.lasik@mspacific.org](mailto:amanda.lasik@mspacific.org)**