



Seaway M.E./FM Self Help Group
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The Seaway M.E./FM Self Help Group is for anyone with Fibromyalgia and Chronic Fatigue Syndrome, within the Stormont, Dundas & Charlottenburg region.

These illnesses affect the tendons, ligaments and muscles, throughout the body, causing debilitating pain and fatigue. The majority of individuals diagnosed, have had to terminate their employment and seek disability pensions.

Our group is an Associate Member of the Fibromyalgia Society Of Ontario. It is an Advocacy for Fibromyalgia and Chronic Fatigue Syndrome, within the SD&G region. Also, our Group offers Aquatic Exercises, with use of the whirlpool, at Nav Can, on Mondays, 1-2 p.m., for a 9 mth/period. These are therapeutic and help relieve some of the muscle pain and fatigue encountered with these illnesses. Also, we offer T'ai Chi classes at Ste Therese de Lisieux Parish Hall, on Thursdays, 2-3 p.m., for an 8 mth/period. T'ai Chi helps people with Fibromyalgia and Chronic Fatigue Syndrome learn how to relax muscles. Information sessions are given to newly diagnosed individuals and their families. Occasional meetings are held with information and discussion periods, and/or with guest speakers. Also, any new literature on these illnesses, is distributed to members at the meetings. Our group, also offers Social Outings. There is a minimal fee for membership.

For info call Sheila McCarthy, President - (613) 933-8601