



**COME OUT AND JOIN THE
MARYLAND CHAPTER OF ARN AT OUR
FALL KICK OFF MEETING**

DATE: NOVEMBER 19, 2008

**TIME: 5:30 P.M. LIGHT DINNER
SPEAKER AT 6 P.M.**

PLACE: LAUREL REGIONAL HOSPITAL

**TOPIC AND SPEAKER: Diane Tew, RN, BSN,
CMT**

**Rehabbing The Rehab Nurse: Active Isolated
Stretching/Strengthening: The New
Paradigm of Modern Neuromuscular
Rehabilitation**

Learn to apply the principles of Sherrington's Law of Reciprocal Inhibition. You can condition yourself to prevent injuries and reverse the effects of repetitive motion/overuse patterns such as commuting, computing, telephone posture, studying/paperwork, and patient lifting. Consider the implications for your patients, and whether some therapies may work against the recovery process

RSVP TO Alice Mason - 301-497-7967

Or

Debbie Self - Yourselves@aol.com

BY NOVEMBER 14, 2008

**DIRECTIONS TO LAUREL REGIONAL
HOSPITAL**

Laurel Regional Hospital
7300 Van Dusen Road
Laurel, MD 20707
301-725-4300

Take I-95 North or South to exit 33-A which is RT 198-
East/Laurel

Follow to 1st traffic light and bear to right, this is Van
Dusen Road

Continue on Van Dusen until 5th traffic light.

Turn right at light and then a left toward hospital

Turn left in to parking lot.

Parking is Free.