

Amputee Support Team of Lancaster, PA

The Amputee Support Team of Lancaster, PA has been formed to serve individuals in the Lancaster County and surrounding areas. The purpose of this group is to provide support and education to people living with the loss of a limb.

The *AMPUTEE SUPPORT TEAM (AST) of Lancaster* is a registered non-profit amputee support group (501(c)(3)) within PA.. Jim Yohn and Dwight McKay, amputees themselves, lead this Lancaster support organization.



The mission of this support group will be to provide the following resources to amputees, spouses, family members, doctors, therapists and other caregivers :

- Peer support
- Peer visits to new amputees from ACA trained and certified peer counselors
- Fun, social and informative meetings
- Our meetings have varied in size from 18 to 39 individuals
- Come join one of our meeting and meet new friends and there are always Refreshments
- **Meetings are held the last Thursday of each month (see below) from 6:30 p.m. – 8:30 p.m.**

Meeting Agendas:

- **February 22, 2007 – Nutrition Specialist** - Frances (Fran) Hadley, a Nutrition Specialist from LGH will entertain and enlighten us on how we can do a better job of eating better and healthier.
- **March 29, 2007- How to Deal with our Limb Loss Situation** -LGH will have someone with a Psychology background talk with us about dealing with the Loss of a Limb, plus help us to learn how to deal better with those who surround us deal with this same loss.
- **April 26, 2007 – Network & Nibbles (Again)**– Bring a snack to share and share your story too. Share several of your challenges and how you solved the problem or celebrate an accomplishment. What are some new goals you have set, How can we help? This is an opportunity to network with other amputees.
- **May 31, 2007 – Fitness & Flexibility for ALL** –We will have an individual present Flexibility and Strength Training for the Amputees (Come prepared to do some exercises).

Lancaster General Health Campus

3rd Floor, Conference Center

2100 Harrisburg Pike

Lancaster, PA 17604

Free parking is available in the lots adjacent to the main entrance.

Detailed directions available at the following web link:

www.lancastergeneral.org/content/LG_Health_Campus_Directions.asp

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