

Michigan Fibromyalgia Awareness Day Focuses on Drug-Free Strategies for Pain

WARREN, Mich., May 2, 2019 (SEND2PRESS NEWSWIRE) – On Saturday, May 11, 2019 at 12:30 p.m., the Fibromyalgia Association will host its 18th annual Michigan Fibromyalgia Awareness Day at the Webber Cancer Center in Warren, Michigan. Governor Whitmer is issuing a proclamation recognizing Fibromyalgia Awareness Day in the state of Michigan, and State Representative Lori Stone will present a Tribute.



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**PHOTO caption: Fibromyalgia Health Coach and patient, Tami Stackelhouse, will be the featured speaker at Michigan Fibromyalgia Awareness Day.*

The goal of the day is to raise community awareness for this misunderstood chronic pain illness and help patients and their families live better with the complex and potentially disabling illness. Tickets are available at famichigan.org.

“I was diagnosed in 1996 at the age of 24,” says Fibromyalgia Association of Michigan President & Founder Sharon Waldrop. “I went from being very

energetic to bed-ridden in a matter of months. Sadly, there is no one quick fix or pill that will manage fibromyalgia. Thriving with fibromyalgia requires patience and employing many strategies.

“Our featured speaker, Tami Stackelhouse, will be sharing these strategies. The same ones she used to go from disabled to thriving. Tami is the founder of the International Fibromyalgia Coaching Institute and author of ‘The Fibromyalgia Coach and Take Back Your Life.’”

Fibromyalgia (pronounced fie-bro-my-AL-ja) challenges patients and healthcare providers alike. Fibromyalgia experts estimate that 10 million (2-4%) Americans suffer with fibromyalgia. While it is most common in women, fibromyalgia also strikes men and children of all ages and ethnic backgrounds worldwide. For those with severe symptoms, the illness can be extremely debilitating and interfere with routine daily activities leaving people isolated. Symptoms include pain, fatigue, sleep issues and problems with cognitive functioning, memory, and concentration. People with fibromyalgia typically have multiple chronic overlapping pain conditions, and many people have co-existing depression and anxiety.

About The Fibromyalgia Association of Michigan:

The Fibromyalgia Association of Michigan is a 501(c)(3) non-profit organization. Their goal, improving lives through support, education, and advocacy. The Association grew out of a Support & Education Group Sharon Waldrop founded in 1997, just one year after being diagnosed with fibromyalgia. The Support Group celebrates 22 years of service this year.

For more information please visit <https://www.famichigan.org/>.

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