



# Vermont Disability Resources

## Affordable Care Act (ACA)

To get coverage under the ACA, go to <https://www.healthcare.gov/> to find out more about the Health Insurance Marketplace and the options available in your state.

## Aging Resources

### Aging and Disability Resource Centers/ No Wrong Door

<https://www.usaging.org/adrcs>

<https://acl.gov/programs/connecting-people-services/aging-and-disability-resource-centers-program-no-wrong-door>

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS' Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (<https://acl.gov/>) (including AoA (<https://acl.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<https://www.cms.gov/>). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a "one-stop shops" or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term supports,

and help people more easily access public and private long term supports and services programs. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

### **Vermont Department of Disabilities, Aging and Independent Living**

<http://dail.vermont.gov/>

Mailing Address:

HC2 South, 280 State Dr  
Waterbury, VT 05671-2020  
Phone: 802-241-2401

### **Vermont Association of Area Agencies on Aging**

<https://www.vermont4a.org/>

27 Main Street, Suite 14  
Montpelier, VT 05602  
Phone: 800-642-5119 (HelpLine), 802-225-6210

### **National Center on Elder Abuse (NCEA)**

<https://ncea.acl.gov/home#gsc.tab=0>

National Center on Elder Abuse  
c/o University of Southern California Keck School of Medicine  
Department of Family Medicine and Geriatrics  
1000 South Fremont Avenue, Unit 22, Building A-6  
Alhambra, CA 91803  
Phone: 855-500-3537  
Email: [ncea-info@acl.hhs.gov](mailto:ncea-info@acl.hhs.gov)

Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public and provides technical assistance and training to states and to community-based organizations.

## **Arts and Creativity**

### **Inclusive Arts Vermont**

<https://www.inclusiveartsvermont.org/>

Mailing Address:

PO Box 236  
Essex, VT 05452  
Phone: 802-556-3668  
Email: [info@inclusiveartsvermont.org](mailto:info@inclusiveartsvermont.org)

## **Main Street Arts**

<http://mainstreetarts.org/>

35 Main St

PO Box 100

Saxtons River, VT 05154

Phone: 802-869-2960

Email: [info@mainstreetarts.org](mailto:info@mainstreetarts.org)

Main Street Arts is a non-profit arts center that encourages creative expression through a wide range of artistic experiences. *Moving Forward, Moving Up* is MSA's project to revitalize the center by making it accessible to meet the creative needs of all community members.

## **Assistive Technology**

### **Vermont Assistive Technology Program**

<https://atp.vermont.gov/>

NOB 1 North, 280 State Drive

Waterbury, VT 05671-1090

Phone: 800-750-6355

Email: [dail.atinfo@vermont.gov](mailto:dail.atinfo@vermont.gov)

### **New England ADA Center (Covers Vermont)**

<http://www.newenglandada.org>

560 Harrison Avenue, Unit 401

Boston, MA 02118

Phone: 617-695-0085, 800-949-4232 (Toll-free)

Email: [ADAinfo@IHCDesign.org](mailto:ADAinfo@IHCDesign.org)

### **Vermont Independence Fund: Loans for Assistive Technology**

[www.atp.vermont.gov/resources/funding](http://www.atp.vermont.gov/resources/funding)

<https://www.oppsvt.org/independence-fund/>

Opportunities Credit Union

92 North Ave

Burlington, VT 05401

Phone: 802-654-4540, 800-865-8328 (Toll-free)

The Independence Fund offers affordable financing with flexible repayment terms for all types of assistive technology, equipment, vehicles, and home modifications.

## **Community Health Centers**

### **Bi-State Primary Care Association**

[www.bistatepca.org](http://www.bistatepca.org)

Vermont Office

61 Elm Street

Montpelier, VT 05602

Phone: 802-229-0002

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

### **Health Resources and Services Administration (HRSA): Find a Health Center**

<http://findahealthcenter.hrsa.gov/>

HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

### **Crime Victim Assistance**

#### **Vermont Center for Crime Victim Services**

<https://www.ccvv.vermont.gov/>

60 South Main St

Waterbury, VT 05676

Phone: 800-750-1213 (in state), 802-241-1250

#### **Safe Horizon's Links for General Crime Victim Resources/Issues**

[www.safehorizon.org](http://www.safehorizon.org)

Phone: 800-621-4673 (24 Hour Hotline)

### **Domestic Violence Help**

#### **National Domestic Violence Hotline**

<https://www.thehotline.org/>

Phone: 800-799-7233

#### **National Resource Center on Domestic Violence**

<https://www.nrcdv.org/>

Phone: 800-537-2238

Email: [NRCDV@nrcdv.org](mailto:NRCDV@nrcdv.org)

**Statewide Hotline:** 800-228-7395

**Sexual Violence Statewide Hotline:** 800-489-7273

#### **Vermont Network**

<http://www.vtnetwork.org/>

PO Box 405  
Montpelier, VT 05601  
Phone: 802-223-1302  
Email: [info@vtnetwork.org](mailto:info@vtnetwork.org)

## **Easter Seals Offices**

### **Easterseals Vermont**

<https://eastersealsvt.org/>

14 North Main St, Suite 3004

Barre, VT 05641

Phone: 802-622-3230

Easter Seals offers services to children and adults with disabilities and special needs. The programs Easter Seals offers include autism, children's, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

## **Government Offices**

### **Vermont State Website**

<https://www.vermont.gov/#gsc.tab=0>

### **Vermont Division of Vocational Rehabilitation**

<http://vocrehab.vermont.gov>

Mailing Address:

HC 2 South, 280 State Dr

Waterbury, VT 05671-2040

Phone: 866-879-6757

### **Vermont Agency of Human Services**

<http://humanservices.vermont.gov/>

280 State Dr, Center Bldg

Waterbury, VT 05676

Phone: 802-241-0440

### **Vermont Human Rights Commission**

<http://hrc.vermont.gov/>

12 Baldwin Street

Montpelier, VT 05633-6301

Phone: 802-828-2480, 800-416-2010 (Toll-free)

Email: [human.rights@vermont.gov](mailto:human.rights@vermont.gov)

The mission of the Vermont Human Rights Commission is to promote full civil and human rights in Vermont.

### **Dr. Dynasaur (Children's Health Insurance Program)**

<https://dvha.vermont.gov/members>

Department of Vermont Health Access

280 State Drive, NOB 1 South

Waterbury, Vermont 05671-1010  
Phone: 800-250-8427, 802-879-5900

### **Vermont Department of Disabilities, Aging and Independent Living**

<http://dail.vermont.gov/>

Mailing Address:

HC2 South, 280 State Drive  
Waterbury, VT 05671-2020  
Phone: 802-241-2401

### **Vermont Insurance Division**

<https://dfr.vermont.gov/insurance>

Department of Financial Regulation

89 Main Street

Montpelier, VT 05620-3101

Phone: 802-828-3302, 800-964-1784 (Toll-free), 833-337-4685 (Toll-free Hotline)

Email: [dfr.insuranceinfo@vermont.gov](mailto:dfr.insuranceinfo@vermont.gov)

### **Vermont Workers' Compensation**

<https://labor.vermont.gov/workers'-compensation>

Vermont Department of Labor

5 Green Mountain Drive

PO Box 488

Montpelier, VT 05601-0488

Phone: 802-828-4000, 802-828-2286

Email: [labor.wccomp@vermont.gov](mailto:labor.wccomp@vermont.gov)

Find your **elected officials** to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

<https://www.house.gov/representatives/find-your-representative>

<http://whoismyrepresentative.com/>

### **Vermont Governor's Committee on Employment of People with Disabilities**

<https://hireus.vermont.gov/>

Email: [rose.lucenti@gmail.com](mailto:rose.lucenti@gmail.com)

### **Vermont Long-Term Care Ombudsman Project**

<https://www.vtlegalaid.org/legal-projects/long-term-care-ombudsman>

Vermont Legal Aid, Inc

264 N Winooski Avenue

Burlington, VT 05401

Phone: 802-863-5620, 800-889-2047

The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

## **Housing**

### **U.S Department of Housing and Urban Development (HUD)**

[www.hud.gov](http://www.hud.gov)

451 7th Street, SW

Washington, DC 20410

Phone: 202-708-1112, 202-708-1455 (TTY)

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the “State Info” tab across the top bar, then click on your state, then click on “contact my local office”. If you want info on public housing, click here: [https://www.hud.gov/program\\_offices/public\\_indian\\_housing/pha/contacts](https://www.hud.gov/program_offices/public_indian_housing/pha/contacts) and choose your state from the drop down box.

### **211**

[www.211.org](http://www.211.org)

Email: [211@uww.unitedway.org](mailto:211@uww.unitedway.org)

211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

## **Independent Living**

### **ILRU: State Independent Living Councils (SILCs)**

#### **Vermont Statewide Independent Living Council**

<http://www.ilru.org/projects/silc-net/silc-directory>

<https://vermontsilc.org>

PO Box 158

Worcester, VT 05682

Phone: 802-560-8091

Email: [vtsilcdir@gmail.com](mailto:vtsilcdir@gmail.com)

### **Independent Living Research Utilization’s Directory of Independent Living Centers**

<http://www.ilru.org>

### **National Council on Independent Living (NCIL)**

<http://www.ncil.org/>

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334, 844-778-7961 (Toll-free)

Email: [ncil@ncil.org](mailto:ncil@ncil.org)

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

### **Library Services**

#### **Vermont Department of Libraries: ABLE Library**

<https://able.vermont.gov/>

60 Washington St, Suite 2

Barre, VT 05641

Phone: 802-636-0020, 800-479-1711 (Toll-free)

Email: [LIB.AbleLibrary@vermont.gov](mailto:LIB.AbleLibrary@vermont.gov)

### **Peer Support Programs**

#### **Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP)**

<https://www.christopherreeve.org/todays-care/get-support/get-a-peer-mentor/>

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: [Peer@Reeve.org](mailto:Peer@Reeve.org)

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: <https://www.christopherreeve.org/todays-care/get-support/grants-for-non-profits/> for more info on qualifying and applying.

### **Protection And Advocacy**

#### **Disability Rights Vermont**

<https://disabilityrightsvt.org/>

141 Main St, Suite 7

Montpelier, VT 05602

Phone: 802-229-1355, 800-834-7890 (Toll-free)

Email: [info@disabilityrightsvt.org](mailto:info@disabilityrightsvt.org)

### **Sports And Recreation**

#### **Adaptive Martial Arts Association**

<http://adaptivemartialarts.org/>



PO Box 225  
Pittsford, VT 05763  
Phone: 802-747-8184  
Email: [contact@adaptivemartialarts.org](mailto:contact@adaptivemartialarts.org)

### **Adaptive Sports at Mount Snow**

<http://adaptiveatsnow.org/>

PO Box 1092

West Dover, VT 05356

Email: [info@adaptiveatsnow.org](mailto:info@adaptiveatsnow.org)

Their mission is to provide year-round life enhancing adaptive sports and recreational and educational experiences to individuals with disabilities and their families in the Mount Snow community.

### **Adaptive Sports New England**

<http://adaptivesportsne.org/>

89 South St, Suite 603

Boston, MA 02111

Phone: 617-690-9103

Email: [joe.walsh@adaptivesportsne.org](mailto:joe.walsh@adaptivesportsne.org)

Adaptive Sports New England is a Massachusetts non-profit organization dedicated to increasing participation in sports among New England youth and young adults who have visual or mobility impairments.

### **Vermont Adaptive Ski and Sports**

<http://www.vermontadaptive.org/>

Physical Address:

77 Alpine Dr, Pico Mountain

Killington, VT 05751

Mailing Address:

PO Box 139

Killington, VT 05751

Phone: 802-786-4991

Email: [south@vermontadaptive.org](mailto:south@vermontadaptive.org)

Programs Offered: Adaptive Skiing, horseback riding, canoeing, sailing, rock climbing and others.

### **Vermont Parks Forever**

<https://www.vermontparksforever.org/>

PO Box 815

Montpelier, VT 05601

Phone: 802-917-1719

Email: [info@vermontparksforever.org](mailto:info@vermontparksforever.org)

This foundation works towards making Vermont's State Parks accessible to everyone by raising awareness, removing barriers, and funding park enhancements.

## United Way Offices

### United Way

<http://www.unitedway.org/>

Mailing Address:

701 North Fairfax Street

Alexandria, VA 22314

Phone: 703-836-7112

Enter your postal code in the upper right corner for a United Way office in your area

United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.

## Veteran Benefits

### U.S. Department of Veterans Affairs: Facility Locator

<https://www.va.gov/directory/guide/home.asp>

Click on your state to find a facility in your area.

### New England Paralyzed Veterans of America

<https://www.pvanewengland.org/>

1208 VFW Parkway, Ste 301

West Roxbury, MA 02132

Phone: 617-942-8678, 800-660-1181 (Toll-free)

## ALS

### Vermont Chapter of the ALS Association

<https://www.als.org/support/states/vermont>

Phone: 603-226-8855

Email: [infoVT@als.org](mailto:infoVT@als.org)

## Brain Injury

### Brain Injury Alliance of Vermont

<http://www.biavt.org/>

1 Derby Lane, Suite 2

Waterbury, VT 05676

Phone: 802-244-6850

Email: [support@biavt.org](mailto:support@biavt.org)

### LoveYourBrain Foundation

[www.loveyourbrain.com](http://www.loveyourbrain.com)

Email: [info@loveyourbrain.com](mailto:info@loveyourbrain.com)

Together with his brother Adam, champion snowboarder Kevin Pearce created the LoveYourBrain Foundation, a non-profit organization that is working to connect, educate and empower people to live a brain healthy lifestyle. Through yoga, meditation and

mindfulness programs, LoveYourBrain is improving lives, creating community and optimizing health for everyone they reach.

## **Cerebral Palsy**

### **United Cerebral Palsy**

<http://www.ucp.org>

8401 Old Courthouse Road

Vienna, VA 22182

Phone: 800-872-5827, 866-827-1692 (Info & Referral)

Email: [info@ucp.org](mailto:info@ucp.org)

Please call for local info.

## **Friedreich's Ataxia**

### **National Ataxia Foundation (NAF)**

<http://www.ataxia.org/>

Physical Address:

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Mailing Address:

PO Box 27986

Golden Valley, MN 55427

Phone: 763-553-0020

Email: [naf@ataxia.org](mailto:naf@ataxia.org)

Please contact them for info in your area.

## **Guillain-Barré Syndrome/CIDP**

### **Guillain-Barré Syndrome/CIDP Foundation International**

<http://gbs-cidp.org/>

Mailing Address:

375 East Elm St, Suite 101

Conshohocken, PA 19428

Phone: 866-224-3301 (Toll-free), 610-667-0131

Please call for information in your area

## **Multiple Sclerosis**

### **National Multiple Sclerosis Society: Greater New England Chapter**

<https://www.nationalmssociety.org/resources/get-connected/in-your-area/mam>

Physical Address:

465 Waverley Oaks Road, Suite 202

Waltham, MA 02452

Mailing Address:

PO Box 289

Canton, MA 02021

Phone: 800-344-4867

## **Multiple Sclerosis Association of America: Northeast Regional Office**

<https://mymsaa.org/publications/improving-lives/offices/>

Phone: 800-532-7667, ext. 144

Email: [northeast@mymsaa.org](mailto:northeast@mymsaa.org)

## **Muscular Dystrophy**

### **Muscular Dystrophy Association**

<https://www.mda.org/>

National Office

1016 W Jackson Blvd, #1073

Chicago, IL 60607

Phone: 800-572-1717

Email: [ResourceCenter@mdausa.org](mailto:ResourceCenter@mdausa.org)

Enter your postal code in the “Find your local MDA” section of the website for MD clinics in your area.

## **Post-Polio Syndrome**

### **Post-Polio Health International (PHI)**

<http://www.post-polio.org>

50 Crestwood Executive Center, Suite 440

St. Louis, MO 63126

Phone: 314-534-0475

Email: [info@post-polio.org](mailto:info@post-polio.org)

<https://post-polio.org/wp-content/uploads/2023/09/PDIR-2023.pdf>

Directory lists Health Professionals, Clinics, and Support Groups by state.

## **Spina Bifida**

### **Spina Bifida Association**

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800

Arlington, VA 22209

Phone: 800-621-3141

Email: [sbaa@sbaa.org](mailto:sbaa@sbaa.org)

For information on clinics, please go to <https://www.spinabifidaassociation.org/clinics/>.

## **Spinal Cord Injury**

### **The Kelly Brush Foundation**

<https://kellybrushfoundation.org/>

3 Main St, Suite 105

Burlington, VT 05401

Phone: 802-846-5298

Email: [info@kellybrushfoundation.org](mailto:info@kellybrushfoundation.org)

The Kelly Brush Foundation is a private 501(c)3 non-profit organization dedicated to assisting individuals with spinal cord injuries and increasing ski racing safety. The

Foundation provides scholarships to individuals who want to try a new sport, test out a piece of equipment, or build skills by attending camps, clinics, or other adaptive sports programs.

## **Stroke**

### **American Stroke Association**

<https://www.stroke.org/>

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

Call them for the stroke support group in your area.

## **Syringomyelia/Chiari Malformation**

### **American Syringomyelia & Chiari Alliance Project**

[www.asap.org](http://www.asap.org)

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-272-7282 (Toll-free)

Email: [info@ASAP.org](mailto:info@ASAP.org)

## **Transverse Myelitis**

### **Siegel Rare Neuroimmune Association**

[www.wearesrna.org](http://www.wearesrna.org)

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330 (EST)

Please contact them for info in your area.

## **General Disability Resources**

### **Vermont Yellow Pages for Kids with Disabilities**

<http://www.yellowpagesforkids.com/help/vt.htm>

### **Vermont Occupational Therapy Association**

<http://www.vermontot.org/>

Mailing Address:

PO Box 925

Richmond, VT 05477

Email: [informationvota@gmail.com](mailto:informationvota@gmail.com)

### **APTA Vermont Chapter of the American Physical Therapy Association**

<http://www.vtapta.org/>

Phone: 857-702-9915

Email: [vtapta@gmail.com](mailto:vtapta@gmail.com)

### **Association of People Supporting Employment First: Vermont Chapter**

[www.apse.org](http://www.apse.org)

<https://www.facebook.com/profile.php?id=100068115277229>

Email: [vtapse@apse.org](mailto:vtapse@apse.org)

### **Healthboards.com**

<http://www.healthboards.com/boards/index.php>

Message boards on health-related topics. Topics include SCI, CP, Stroke, and more.

### **Vermont 211**

<http://www.vermont211.org/>

Dial 2-1-1 (anywhere in Vermont) for personal assistance

PO Box 111

Essex Junction, VT 05453

Phone: 211, 866-652-4636, 802-652-4636

Email: [info@vermont211.org](mailto:info@vermont211.org)

Provides callers with information about and referrals to human services for every day needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

### **ThinkFirst National Injury Prevention Foundation**

[www.thinkfirst.org](http://www.thinkfirst.org)

Phone: 630-961-1400

Email: [thinkfirst@thinkfirst.org](mailto:thinkfirst@thinkfirst.org)

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the "Chapter Site" tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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