

Chronic Pain: Want other options?



* FREE INFORMATION SESSIONS *

Are you or a loved one suffering from **chronic pain**?

Would you like to learn more about **other treatment** options?

Join us to learn about a special series covering the many options available to treat chronic pain without opioids, or to improve function for those already on opioid pain medication.

When?

May 16, 2018 at 6 p.m. "Pain Perils & Pearls of Wisdom"

Topic: Physical therapy and mind-body health

June 20, 2018 at 6 p.m. "Motion: How to get the ball rolling"

Topic: Pelvic floor strengthening, foam roller, and acupuncture

July 18, 2018 at 6 p.m. "Managing Your Healing Environment: Inside and Out"

Topic: Nutrition, daily living activities, and ergonomics

Sept. 19, 2018 at 6 p.m. "Sleep and Rest: Restorative and Rejuvenating"

Topic: Stretch breaks and sleep positioning

Oct. 17, 2018 at 6 p.m. "Active Therapy Assisting Medication Management"

Topic: Aerobic conditioning and alignment based yoga

Nov. 7, 2018 at 6 p.m. "Sexual and Physical Fitness"

Topic: Spinal stabilization strengthening, massage and yoga

Where?

WellSpan Surgery & Rehabilitation Hospital 55 Monument Road, York
Community Room

(The Nov. 7 session will be held in the hospital's Activity Room.)

Register

Pre-registration for each free session is recommended.

Call WellSpan HealthSource at (800) 840-5905 or (717) 851-3500 to register today.