

The Arthritis Foundation's "**Breaking the Pain Chain**" program is a four-part, interactive educational series designed to teach participants about the tools and techniques for breaking the cycle of pain caused by arthritis.

Participants will receive the education and resources to develop a pain management plan that best suits their goals and lifestyle. People with arthritis are encouraged to register and should attend all four sessions.



Location: **Mercantile Bank**

310 Leonard Street NW  
Grand Rapids, MI 49504

May 3, 10, 17, 24 2016  
6:00 – 7:00 PM

**Registration Required**

[www.educationforum.kintera.org/  
painconsultants](http://www.educationforum.kintera.org/painconsultants)

Or Call: 855-529-2728, Ext. 6609

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

 **Arthritis  
Foundation**  
Champion of Yes™  
601 Fifth St., NW, Suite 302  
Grand Rapids, MI 49504

 **Arthritis  
Foundation**™  
Champion of Yes™

 **Breaking the  
PAIN CHAIN**



**A free four-session pain  
management program**

**(Space limited. Registration required)**

May 3, 10, 17, 24 2016  
6:00 – 7:00 PM

Mercantile Bank  
310 Leonard Street NW  
Grand Rapids, MI 49504

*\*free parking, enter the main entrance,  
take elevator to lower level*

**MPC**  
MICHIGAN PAIN CONSULTANTS, PC



**Arthritis  
Foundation**<sup>SM</sup>  
Champion of Yes™

### Session One

The first session covers the basic facts about arthritis pain and how the disease process affects the body. This information will provide the foundation for understanding the best strategies for managing arthritis pain.

*Bindu Lewis, DO  
Michigan Pain Consultants*



### Session Two

Participants will learn how diet choices affect specific types of arthritis. The second part of the class focuses on the benefits of exercise, exercise options and motivational tools for managing arthritis pain through exercise.

*Alicia Canos-Torres, PT, MOMT  
Synergy Physical Therapy  
Brandi Grimmer, LPhT, NC  
Keystone Pharmacy*

### Session Three

This session will cover emotions and their effect on the body. It provides approaches to effectively manage negative emotions including stress control, relaxation techniques and good sleep hygiene.

*Craig VanderMaas, Psy.D  
Michigan Behavioral Consultants*

### Session Four

The final session provides participants with a decision-making model for evaluating medications, complementary therapies and alternative treatment options.

*Mark Juska, MD  
Eric Kozfkay, DO  
Michigan Pain Consultants*

The series includes four, one-hour sessions. This program is free, but registration is required. We ask that participants plan to attend all four sessions but not necessary. Space is limited.

Register for the following four "Breaking the Pain Chain" sessions.



May 3, 10, 17, 24 2016  
6:00 – 7:00 PM

### Register

Online at:  
[www.educationforum.kintera.org/  
painconsultants](http://www.educationforum.kintera.org/painconsultants)

Or Call: 855-529-2728, Ext. 6609

### Please Provide for all Attendees:

Name  
Address  
Phone Number  
Email Address (if possible)

### Need More Information?

Call: 855-529-2728, Ext. 6609

