



Breaking the **PAIN CHAIN**



Breaking the Pain Chain is a four-part interactive educational series designed to teach about the tools and techniques for breaking the cycle of pain caused by arthritis. The series includes four, one-hour sessions.

Session 1: Chronic Pain and Arthritis

Session 2: Nutrition and Exercise

Session 3: Pain and Emotions

Session 4: Alternative and Regenerative Medicine

May 3, 10, 17, 24 2016
6:00 – 7:00 PM

Location: **Mercantile Bank**

310 Leonard Street NW

Grand Rapids, MI 49504

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

FREE – Space is limited. Registration is required.

For more information, please contact the
Arthritis Foundation at 855-529-2728, Ext. 6609

or Register online at

www.educationforum.kintera.org/painconsultants

