

After 10 Years of Aches & Pains, We Have Nothing to Complain About.

NO headache, **NO** backache, **NO** chronic aches and pains, **NO** sleepless nights, **NO** restless days. We can't eliminate every one of life's aches and pains, we can provide lasting relief for most of them.

10th Anniversary

FREE PAIN-MANAGEMENT SEMINAR

Saturday, November 7

Mercy Educational Center, Fifth and University

- 8:45 a.m. Registration
- 9:00 a.m. Overview of Pain Management
- 9:30 a.m. Back Care and Body Mechanics
- 10:00 a.m. Shiatsu (massage)
- 10:20 a.m. Refreshments
- 10:35 a.m. Nutrition for Pain Relief
- 11:00 a.m. Easy Stretch and Flex
- 11:30 a.m. Biofeedback
- Noon Dismissal

Registration limited. Call the Pain Center at Mercy, 247-4430, for reservations.

