

# The Pain Stops Here.

*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.

