

***North Kingstown Senior Center
South County Hospital Healthcare System
VNS Home Health Services***

Presents: Pain Management

Are you in pain or do you know someone in pain?

Learn strategies that may decrease your pain!



February 6, 2012
9:30 AM - Noon

North Kingstown Senior Center
10 Beach Street
North Kingstown, RI 02852

***** In order to ensure that we have sufficient materials, please call D. Olivier at 788-2314 to reserve your space****

Presentations:

<i>Yoga, Sherry Sherman, PTA</i>	9:30 - 10:00 am
<i>Mark Rowinski, PT, Ph.D. – What's behind the pain?</i>	10:00 - 10:30 am
<i>Tai Chi for Arthritis, Carol Sarubbi, PT</i>	10:30 - 11:00 am
<i>Lisabeth Gutierrez, Mind Body Strategies</i>	11:00 - 11:30 am
<i>Chrissy Barabas, Pharm.D, South County Hospital</i>	11:30 - 12:00 noon

On Site:

A Registered Nurse will be available for blood pressure checks and information on managing pain

A Physical Therapist will be available to discuss how modalities such as TENS, ice, heat, and phototherapy can assist with pain management

A representative will be available with information from the Arthritis Foundation