

# CHRONIC PAIN SERIES

Presented by:

**Emily Kelly, Doctor of Physical Therapy**

Many people deal experience chronic pain which is defined as pain lasting 3 months or longer.

During this 4 class series you will learn about different ways to cope & live with your pain, learn how meditation can be helpful, learn movements to help instead of hinder pain, & look at the psychology of pain. Classes will include interactive learning sessions, participants sharing experiences, & physical movement.

**Thursdays 5:30-6:30 pm**

Aug 31st, Sept. 14th, Sept 28th, Oct 13th

**Series Fee: \$35**

**Registration Number: 470**

Please register online at [trailsrecreationcenter.org](http://trailsrecreationcenter.org) or at  
The Trails Front Desk.

