



# CHRONIC PAIN EDUCATION SERIES

Tuesdays, 6–7:00 p.m. at Water's Edge, 1460 N. 16th Ave., Suite D

*Space is limited. To register, call 509-574-3805.*

Education is one of the tools Water's Edge provides to help you learn to manage chronic pain. Speakers represent various medical disciplines and approaches to give you a variety of options for managing your pain.

*Sept:*

**1** ▶

**INTERVENTIONAL PAIN TECHNIQUES: Water's Edge Physicians**

These minimally invasive, multidisciplinary techniques are designed to diagnose and treat painful conditions. Find out how they can improve your overall quality of life.

**8** ▶

**NEUROPSYCHOLOGY AND CHRONIC PAIN: Dr. Michelle Pearson**

Learn about how the brain recognizes and interprets pain signals to better understand how and why some treatments help relieve pain.

**15** ▶

**PILATES AND FELDENKRAIS: Cathy Schielman and Donna Mahoney**

Observe how pilates initiates simple movements and breathing techniques to foster ideal alignment, while Feldenkrais teaches individuals to use deliberate movements to reduce strain on joints and conserve energy.

**22** ▶

**PHARMACOLOGY: Ryan Glover and Molly McAleer**

Learn how medication interacts with your body to alleviate pain symptoms and find out more about the potentially dangerous side effects of some drug therapies.

**29** ▶

**NUTRITION AND CHRONIC PAIN: North Star Lodge Dietitians**

An improper diet can lead to increased inflammation and pain, or change your metabolic rate and blood glucose levels to alter your brain's perception of pain. Learn how changing your diet may reduce your pain symptoms.

*Oct:*

**6** ▶

**MASSAGE THERAPY AND CHRONIC PAIN: Lillian Cassidy**

See how various massage techniques can improve circulation, flexibility, and range of motion, to relieve pain symptoms.

**13** ▶

**CHIROPRACTIC MEDICINE: Dr. Warningner and Dr. Briggs**

Find out how manipulation of the spine, other joints, and soft tissues can improve pain by targeting nervous system dysfunctions that can interfere with body functions.

**20** ▶

**ACUPUNCTURE: Dr. Ostler**

Learn how stimulating specific points on the body—most often by inserting thin needles through the skin—can help regulate the flow of vital energy along the pathways of the body and relieve pain symptoms.

**27** ▶

**LIFESTYLE CHOICES AND PAIN: Dr. Marsh and Regina Ord**

Dr. Glyn Marsh and Regina Ord discuss how lifestyle factors, such as being overweight, inactive, or smoking, can affect pain levels and overall wellbeing.

*Nov:*

**3** ▶

**PHYSICAL THERAPY AND CHRONIC PAIN: Michael Kane**

Find out how physical therapy can reduce pain, increase flexibility, build strength, and even improve your posture.

**10** ▶

**PERSONALITY TYPES AND CHRONIC PAIN Part 1: Reta Quave**

Your personality dictates how you respond to certain situations, whether you tend to be relaxed and calm, or tense and excitable. Find out how these personality-based responses can affect your reaction to pain.

**17** ▶

**PERSONALITY TYPES AND CHRONIC PAIN Part 2: Reta Quave**