

# There's No Reason to Suffer

## Free Webinar on Alleviating Pain

Tuesday, November 10  
4:30 p.m.

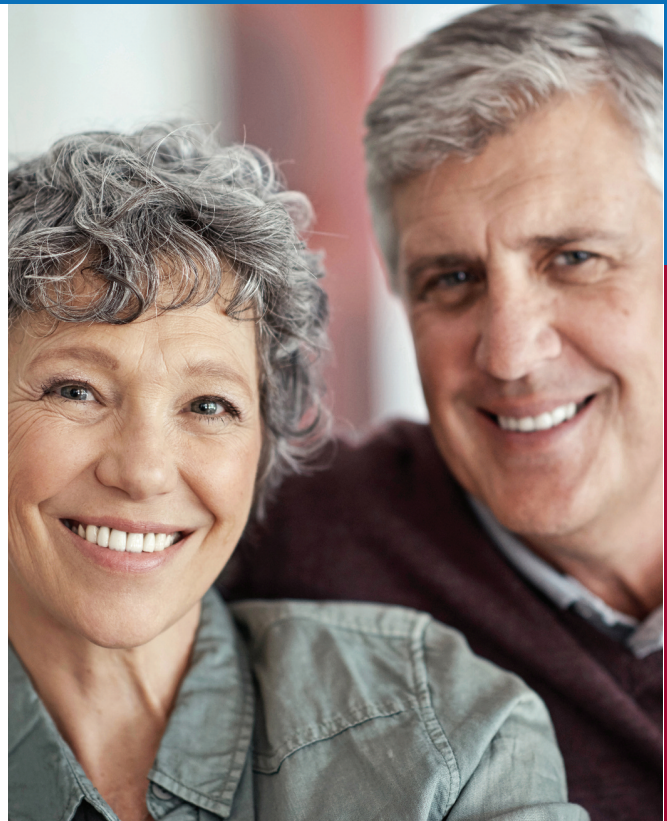
Pain can impact all aspects of your life. In fact, some sources say that pain is the number one cause of disability and disease in the world.

Pain can keep you from doing the things you love - whether that's work, dance or spending time with family. Even worse, chronic pain can effect who you are - your outlook, energy and mood.

Whether your pain is from a headache, injury or underlying medical condition, the good news is that there's no reason to suffer.

The Good Shepherd Physician Group specializes in minimizing pain so you can get back to living. We will develop a treatment plan just for you, blending a variety of tools:

- Relaxation Techniques
- Special Exercises
- Complementary Medicine and Wellness
- Botox Administration
- Physical Therapy
- Medical Cannabis Certification



If you'd like to learn more about how you can alleviate pain, attend a **FREE VIRTUAL PAIN WEBINAR** on November 10, 2020 at 4:30 p.m. Asare Christian, MD, MPH, will discuss the impact of pain, state-of-the-art treatment options and take your questions.

Registration is required. To register, please email [sdevine@gsrh.org](mailto:sdevine@gsrh.org) or visit [GoodShepherdRehab.org](http://GoodShepherdRehab.org).

*We look forward to seeing you on November 10.*

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