



Living with Pain

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Education and Group Support

8-Week Program designed to help:

Reduce chronic pain

Improve your quality of life

Stimulate your body's natural resources for pain relief

Come try for yourself!

**Wednesday, March 24th, 2010
(Course ends on May 5th, 2010)**

10:00 - 11:30 AM

YWCA Carlisle

Instructor/ Facilitator: Bonnie Berk, RN, MS, ERYT

Fee: \$ 80

For more information and to register, call the

YWCA Carlisle

301 G Street

243-3818

eliminating racism
empowering women

ywca

"Pain is inevitable, suffering is optional."

Dalai Lama