



Living with Pain

**Full Day Workshop at
The Carlisle Family YMCA
311 S. West Street
Carlisle, PA 17013**

**Reduce chronic pain
Improve your quality of life
Stimulate your body's natural resources for pain relief
Proven Techniques!**

**Sunday, March 21, 2010
10 AM—2 PM**

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

Fee for YMCA Members: \$ 65

Fee for Non-Members: \$ 85

**For more information and to register call the
Carlisle Family YMCA at (717) 243-2525 or send email to:
bberk@carlislefamilyymca.org**

"Pain is inevitable, suffering is optional."

- Dalai Lama