



TLC Services

Pain Management

Bodily pain is always difficult to deal with and most likely it interferes with general functioning, self-image and quality of life. This presentation will cover both medical and psychological ways to help manage, cope with and alleviate pain.

It will include the medical origins of pain, types of medications and medical alternatives such as: acupuncture, massage, exercise, anti-depressants, CBD, cannabis, physical therapy, diet and nutrition, opioids and supplements.

The presentation will also include the effects of your belief systems about pain, the emotional, spiritual and behavioral factors that effect health in general and the mental states that have either a positive or negative influence on the personal experience of physical pain. Various methods will be discussed that can be used along with medical options such as: mindfulness, meditation, tai chi and mental rehearsal to by-pass pain.

Presented by: Cindi Stewart, Licensed Psychologist and Licensed Physician Assistant and Jo Conard, Licensed Mental Health Counselor and Hypnotist.

Registration required: online at TLC-Services.org

[Click here](#) to register for **Wednesday, Sept. 11, 2019** from 1:00 to 3:00 at American House, 7676 Rio Grande Blvd. Wildwood (near corner of 466A and Powell Rd.)

OR

[Click here](#) to register for **Wednesday, Sept. 18, 2019** from 1:00 to 3:00 at Village Veranda, 955 So 27/441, Lady Lake (across from Oakwood Restaurant)

Or you may call (352) 322-0576 or (352) 299-4017

TLC (Transition Life Consultants) Services is a group of retired, volunteer, licensed, background checked and insured mental health professionals and Service Partners of United Way of Lake and Sumter Counties. All professional services of educational presentations, support groups, training and one on one counseling are **free**. A small donation will be requested at each session.

This presentation is sponsored by Your Key to Senior Living Options.