



## Do you have trouble moving or exercising because of your chronic pain?

Join us for a complimentary seminar for people with chronic pain and their family members

*We will discuss the importance of exercise and provide suggestions and strategies on how to incorporate movement into your daily life. Attendees will work through exercises and movements tailored to their individual level of ability.*

*Please dress comfortably and come prepared to move!*

**Location:**

Best Western - Lamplighter Inn  
& Conference Centre  
591 Wellington Road, London

**Date:**

Monday, June 13th  
6:45 p.m. - 8:15 p.m.

*Program will start at 6:45 sharp*

**Guest Speaker:**

Gloria Gilbert,  
Physiotherapist,  
The Downtown Clinic

**Hosted by:**

Janice Sumpton,  
Canadian Pain Coalition

For further information and to register, call **1-800-387-8781 ext 2857**. Please leave your name, the number of guests who will attend the session and a call back number.

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