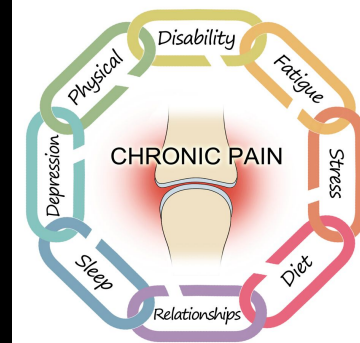


# BREAKING THE PAIN CHAIN

A free program for people  
living with chronic pain



**Facilitated by: Holly Kern, MSPT,  
Orthopedic ONE.**



*Breaking the Pain Chain is a four-part interactive educational series designed to teach about the tools and techniques for breaking the cycle of pain caused by arthritis. The series includes four, two-hour sessions. By the end of the series, participants will have completed a personal Pain Management Plan.*

**Dates:** May 5, 12, 19 & 26, 2015

**Sponsored by:**

**Time:** 1:00—3:00 pm

**Location:** **Orthopedic ONE**  
170 Taylor Station Road  
2nd Floor—Administration Suite  
Columbus, OH 43213



**FREE. Space is limited. Registration is required. For more information, please contact Chris Parsons at 614-503-5589 or [cparsons@arthritis.org](mailto:cparsons@arthritis.org).**