

*Sport & Spine Therapy of Marin is pleased to announce
the next in our 2010 Lecture Series:*

Manage Your Pain so it Doesn't Manage You

Presented by:



**Dr. Sharon Cushman,
Psychologist**

**Thursday, May 6th
7:00 - 8:00pm**

Are you are one of 105 million Americans that suffer from chronic pain? If so, you'll definitely want to attend this lecture. Dr. Cushman provides an overview on how people who suffer from chronic pain can learn to monitor, understand and develop new skills to increase their sense of happiness and well-being. By learning to actively participate in the management of their pain experience, patients can start feeling that they are in control of their pain and not the other way around.

**At Sport & Spine Therapy of Marin/San Anselmo
220 Greenfield Ave, San Anselmo
(Approximately 1/8 mile east of the Hub, next to Pet Cottage & Elan Fitness)**

(Also offered at the Novato clinic on 6/2.)

*The lecture is free and open to the public, but seating is limited.
Please RSVP to reserve a spot by calling our office at 415-457-4454.*

Sport & Spine Therapy of Marin

165 Rowland Way, Suite 101 • Novato, CA 94948 • 415.898.1311
220 Greenfield Ave • San Anselmo CA 94960 • 415.457.4454