Meets the second Monday of the month

6:30 – 7:30 PM

Meeting Room #1

$5 Member
$7 Guest

Pain Management Workshop Series

with Jo McNurlan

Join Massage Therapist and Yoga Instructor Jo McNurlan in exploring the top four common types of pain in the body and their sources:

- Lower Back – Monday, May 14th
- Stress as a Pain Influencer – Monday, June 11th
- Sciatic Pain – Monday, July 9th
- Headaches – Monday, August 13th

Join us for the entire series, or just one session!

This **NEW** installment of our Pain Management Series is for anyone who experiences pain. Our Professional Massage Team will be sharing techniques, exercises and movements to help you relieve/understand pain. Each month we will focus on a specific area in the body, provide the theory and physiology of pain and what you can incorporate into your lifestyle to find more ways to heal. If you understand why you experience pain, how to apply the right movements, exercises, stretching, classes, massage techniques and realize that pain is a way the body communicates to us, then we can move towards dealing and managing it.

To register, go to www.BryanGlazerFamilyJCC.com/Workshops

For more information, contact Shari Leiterman, Wellness Coordinator at 813.575.5900 or Shari.leiterman@jewishtampa.com.

BRYAN GLAZER FAMILY JCC

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