

pain connection

helping people with chronic pain and their families

December 2009 Programs

MONTGOMERY COUNTY

CHRONIC PAIN SUPPORT GROUPS:

Bethesda Group Thurs. Dec. 3 1:30-3 PM Davis Library 6400 Democracy Blvd. Bethesda, MD
Group Leader: Gwenn Herman, LCSW-C, DCSW, 301-231-0008

Germantown Group Thurs. Dec. 10 12-1:30 PM Germantown Community Center 18905 Kingsview Road
Germantown, MD, 20874 Group Leader: Eileen Bernstein, LCPC, 301-762-6687

SPECIALIZED CLASSES:

"NEW" Gentle Movement Wed. Dec. 9 2-3:30pm Locust Grove Methodist Church 303 Chestnut Ave
Gaithersburg, MD 20877 Class Instructor: Kim Thompson, 301-275-0880

"NEW LOCATION" Bio-Feedback Mon. Dec. 21 1-2:30pm 7920 Norfolk Avenue, Suite 200 b, Bethesda, MD. 20814

Reservation is required. Limited to only 8 people. RSVP by email only: michaelAsitar@gmail.com

Type in heading 'PAIN Biofeedback Group'. Class Instructor: Michael Sitar, PhD. 301-718-3588

HEALTH INFORMATION PRESENTATIONS: BY REQUEST.

PRINCE GEORGE'S COUNTY SUPPORT GROUP

Wed. Dec. 9 1:30-3:00 PM Rexford Place 9885 Greenbelt Road, Lanham, MD 3rd floor
Group Leader: Gwenn Herman, LCSW-C, DCSW, 301-231-0008

"NEW LOCATION" VIRGINIA SUPPORT GROUP

Wed. Dec. 9 1:30- 3:00pm 207 Park Avenue, Suite B-3, Falls Church, Virginia 22046
Group Leader: Dalal Musa, LCSW, 703-532-6220

HOWARD COUNTY SUPPORT GROUP

Mon. Dec. 21 1-2:30 PM Medical Pavilion at Howard County, 10710 Charter Drive, Suite 100,
Columbia, MD 21044 Group Leader: Mary French, LCSW-C, 301-873-3959

TOWSON/BALTIMORE SUPPORT GROUP

Tues. Dec. 22 11:30am-1pm Bykota Senior Center 611 Central Avenue, Towson, MD 21204
Group Leader: Paula Scheye, LCPC, 410-925-8911

2010 SPEAKER SERIES

Guest Speaker: Dr. Michael April, Psychiatrist and Pain Specialist

Topic: "Exercise, Supplements, and Implantable Therapies for Chronic Pain"

Date: January 25 Time: 1:15-2:45 PM

Location: Holiday Park Senior Center 3950 Ferrara Drive, Wheaton, Maryland 20906

**SIGN THE POWER OVER PAIN
COMMEMORATIVE STAMP
PETITION!**

**IT ONLY TAKES A FEW SECONDS TO MAKE
YOUR VOICE HEARD.**

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**"MAKING THE INVISIBLE VISIBLE: CHRONIC PAIN
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