

Facing Pain, Finding Hope

A Wellness 66 Workshop



Finding hope in the midst of pain is one of life's most difficult challenges. However, it is one that impacts all people at some point in life – as those affected by the recent flooding have experienced firsthand.

Join Wellness 66 for a **FREE community event** exploring the physical, emotional and spiritual aspects of pain and coping methods.

Experts will discuss:

- Using integrative approaches to express physical pain in a healthy way
- Finding purpose in the midst of pain and suffering
- Understanding and coping effectively with the effects of emotional pain

WHEN: **Tuesday, July 20th**
9:00 a.m. to 3:00 p.m. (Registration begins at 8:15 a.m.)

WHERE: Harpeth Hills Church of Christ
1949 Old Hickory Blvd.
Brentwood, TN 37027

REGISTER: Call TriStar MedLine at 615-342-1919 or 800-242-5662.
Or visit TriStarHealth.com.
Seating is limited. Reservations are required.

Five contact hours/
CEUs are available.

 **Parthenon Pavilion**
at Centennial

TRISTAR HEALTH SYSTEM

Center For Healthy Living at
 **Centennial Medical Center**

TRISTAR HEALTH SYSTEM



Resource
Center^{on}
Aging

at Harpeth Hills
Church of Christ