



*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:

**Novato clinic
Wed
June 2**



Dr. Sharon Cushman, Psychologist
North Bay Psychology Associates

**Wednesday, June 2nd
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/Novato
165 Rowland Way, Suite 101
(1st floor of medical buildings at Novato Community Hospital)**

*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.*