

Managing and Healing Your Pelvic Pain

A One-Day Class for Women with Chronic Pelvic Pain

Are you in pain and stressed about it? Have you "tried everything"? Gain helpful and effective strategies to help you feel better

Learn about the Science of Pain to help you become freer from it
Learn Restorative Body-Mind Techniques to help you improve the quality of your life

Learn Self-Care Techniques you can use to improve your condition

Join our class to help you move forward!

Sunday, March 24th

9:30-2:30

Location: The Theosophical Society of Greater Boston
21 Maple St., Arlington, MA.

Cost: \$125.00 (Check, cash or Venmo. Fee adjustments as needed)

BYO: Bag lunch, 2 pillows and yoga mat or towel and warm socks

Call: Or

To Register Elizabeth Lewis at 978-761-3149

or email her ebethlewis@comcast.net

(Space is limited)



Elizabeth Lewis, PT, OCS, WCS, is a Women's Health Physical Therapy Specialist who has been Board Certified in Orthopedics since 2004 and in Women's Health since 2012. She has focused on women's health and on treating pelvic pain since 2005. She tries to live her advice to patients of healthy lifestyle and so enjoys things such as walking or paddling, yoga, staying fit and Zen practice ("meditation").

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