



“Myth-busting” Chronic Pain

with Margot Rossi

Saturday, January 18th / 10 – 11:30 am

Panel Discussion with Q&A and Free Community Clinic

with Jason Leonard (chiropractor),
Jade Pierce (eastern medicine), Margot Rossi
(mindfulness) and more!

Saturday, January 25th / 10 – 3 pm

Are you or a loved one experiencing chronic pain or stress? There are scientifically proven, effective, and safe options to help you feel better and improve your quality of life right here in our community! Join us, as we learn from area experts and practice self-care skills that can transform your health.

When? Saturdays, from 10 – 11:30 am (unless otherwise stated)

Where? Spruce Pine Toe River Arts Council, Dottie Owens Great Room (269 Oak Ave, Upper Level Entrance at back of Building)

What? 15 minutes of Mindfulness Practice, followed by engaging instruction on alternative medicine and self-care proven practices to relieve pain

The Home Remedies Program is a collaborative effort of Partners Aligned Toward Health (PATH), the Mitchell-Yancey Substance Abuse Task Force, the NC Department of Health and Human Services, and Vaya Health.

For more information, find us on Facebook under the name Home Remedies Initiative or visit www.path-homeremedies.org .

THESE PROGRAMS ARE
FREE TO THE PUBLIC

ALL ARE WELCOME

LEARN TO MANAGE
OWN PAIN/STRESS OR
WAYS TO HELP A
LOVED ONE