

**The Grafton Parks and Recreation Department
is excited to partner with
Freedom Physical Therapy Services to offer the class**

MANAGING CHRONIC PAIN: TMJ, NECK, AND HEADACHES

Chronic pain is categorized by symptoms lasting more than 6 months. Over 100 million Americans suffer from this condition which significantly affects quality of life, including activity restriction, sleep disturbance, and often depression and anxiety. Join us to learn the different treatment options, including dry needling, to break the cycle of pain. This class is instructed by a Cranio-Facial Certified and skilled physical therapist who has helped many treat chronic pain symptoms.

Instructed by Mike Verplancke, DPT, CSCS, CMTPT, CFC.

Date: **Thursday, March 14, 2019**

Time: **12:00 - 1:00 p.m.**

Location: **Robert P. Zaun Pavilion, Lime Kiln Park**
2020 S. Green Bay Road, Grafton, WI 53024

Fee: **\$12.00 per person**

Register online at www.QualityLifeGrafton.com or at the
Grafton Parks and Recreation Department,
675 N. Green Bay Road, Grafton, WI 53024.

