

Facing Pain, Finding Hope

A Wellness 66 Workshop

Tuesday, May 18

Harpeth Hills Church of Christ



Facing Pain, Finding Hope

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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.

WHEN: Tuesday, May 18th
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.

Join Wellness 66 for a **FREE community event** as we explore the physical, emotional and spiritual aspects of pain and discuss coping methods, including:

- Using integrative treatments 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

Five contact hours/CEUs are available.



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