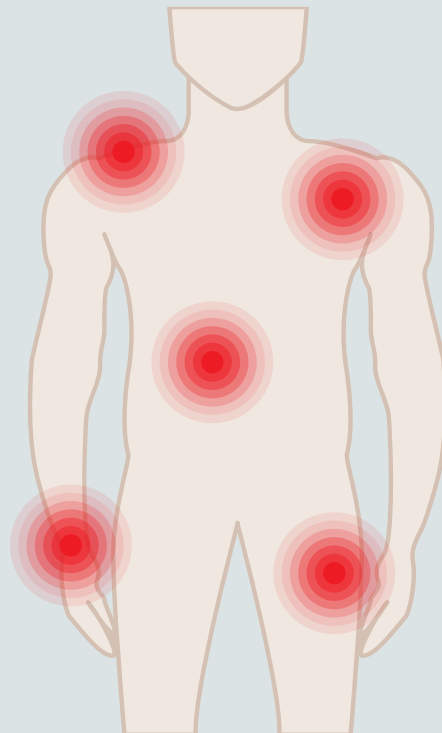


OLLI Wednesday Series

Understanding Pain & Finding Relief

**Free & open to the public
Cunningham Memorial Library
Event Center
February 26th
1:30pm to 3:00pm**



Thomas Pendergast, MD

DR. PENDERGAST, THE LEADER OF THE SYCAMORE PAIN & WELLNESS TEAM WILL DIVE DEEP INTO THE COMPLEXITIES OF CHRONIC PAIN, EXPLORING ITS UNDERLYING CAUSES AND FAR-REACHING IMPACTS ON DAILY LIFE. HE WILL ALSO SHARE PRACTICAL STRATEGIES FOR MANAGING PAIN EFFECTIVELY, HELPING INDIVIDUALS RECLAIM COMFORT AND IMPROVE THEIR OVERALL QUALITY OF LIFE.

