



# JUNE 20

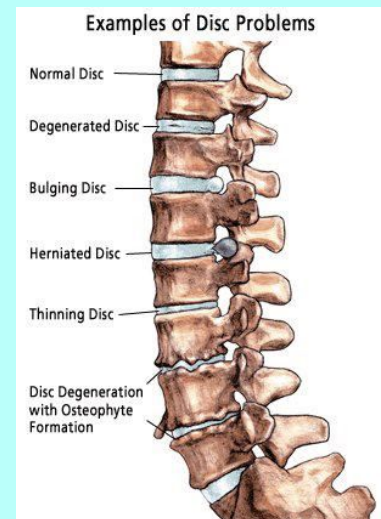
## DEALING WITH CHRONIC PAIN

### Don't Let Acute and Chronic Pain Slow You Down:

Please join CHI Mercy Health's Chief Nurse Anesthetist, Clark J. Kruta, CRNA, APRN, MA, and Operating Room Manager Stephanie Kruta, RN, MSN, to learn about effective treatments for Chronic Pain. Chronic pain is best managed if the plan of care is individualized to each patient. It should include at a minimum: physical therapy evaluation and stretching, regular exercise, education on self-care (sleep/nutrition/lifestyle), and behavioral health care.

LEARN ABOUT  
EFFECTIVE  
METHODS FOR  
DEALING WITH  
CHRONIC PAIN  
WITHOUT OPIOID  
PERSCRIPTIONS

LEARN ABOUT PAIN  
INJECTION OPTIONS



**WORKSHOP  
SPONSORED BY:  
CHI MERCY HEALTH**  
**Tuesday, June 20**  
**7:00pm-8:00pm**  
**Gaukler Family Wellness**  
**1<sup>st</sup> Floor Conference Room**