

PAIN MANAGEMENT WORKSHOP

**JANUARY 30TH, 2026
11 AM-12 PM**

**OXFORD SENIOR CENTER
2795 SEYMOUR LAKE RD
OXFORD MI 48371**

LEARN:

- PAIN MANAGEMENT TIPS
- EXERCISES TO MANAGE AND RELIEVE PAIN
- HOW OCCUPATIONAL AND PHYSICAL THERAPIES CAN HELP!



PRESENTED BY **LINDSEY MCLEAN**, CERTIFIED
OCCUPATIONAL THERAPY ASSISTANT AND
OWNER OF **LIVING SOLUTIONS PLUS**



RSVP TO 248-628-1720 BY JANUARY 28TH, 2026