

# *Halton/Hamilton Chronic Pain Support Group - 2017*



<b>Place:</b>	<b>Seniors' Centre 2285 New Street (in Central Park), Burlington</b>
<b>Time:</b>	<b>6:00 p.m.</b>

Tuesday, 10<sup>th</sup> January – Dr. Chiler Ataner, *"Finding your pH balance for health"*

Tuesday, 14<sup>th</sup> February – *Special Valentines Day Celebration*

Tuesday, 14<sup>th</sup> March – Alexis Tanner, RHN, HonBA – *"Managing chronic pain through diet & lifestyle"*

Tuesday, 11<sup>th</sup> April – Angus Coll-Smith, Halton Equitable Drug Strategy – *"Strategies for pain drugs"*

Tuesday, 9<sup>th</sup> May - Mathew Kulanjipurkal, BScPT, MCPA, CAFC - *"Postures for good health"*

Tuesday, 13<sup>th</sup> June – Dr. Natalie Yan - *"Acupuncture for pain"*

Tuesday, 11<sup>th</sup> July – *Summer excursion*

Tuesday, 8<sup>th</sup> August – Sarah Drew, The Arthritis Society – *"Arthritis Society programmes for pain"*

Tuesday, 12<sup>th</sup> September – Dr. Peter Angerilli – *"Evoking pain relieving power of your spine"*

Tuesday, 10<sup>th</sup> October – DanceScape – *"Dance steps to ease your pain"*

Sunday, 5<sup>th</sup> November - PUBLIC FORUM - *"Pain Management - pearls from the professionals"*  
- Dr. Roman Jovey, Caroline Whiskin

Tuesday, 12<sup>th</sup> December - Annual Christmas celebration

**Organizers: Dr. Kiran Yashpal & Dr. James L. Henry**

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