



# Pacing and Pain Management: *how to balance rest and activity.*

**Yes, it is possible  
even in our busy, hectic lives!**

Pacing does not mean giving up our life joys. You can live with less pain and improved activity. How much is too much? Please join us to learn:

- Pacing activities throughout the day
- Modifying activities as needed
- Improving posture and positioning to minimize discomfort
- Exploring the possible positive component of pain
- Finding balance in work, rest, recreation, and exercise

**JIM WALLACE, PT** has been specializing in pain management for 25 years. He brings this training and expertise to the physical therapy process. Jim offers insights and tools to help people with pain management and optimal recovery.



**FREE 1-hour Class**  
at Healing Bridge Physical Therapy  
**Tuesday, May 17th, 2016**  
**5:30 – 6:30 pm**

**Registration required and space is limited.**  
**Call today to reserve your spot!**  
**541.318.7041**

**HEALING BRIDGE PHYSICAL THERAPY**  
404 NE Penn Ave | Bend OR 97701  
[www.HealingBridge.com](http://www.HealingBridge.com)