

RELIEVING

Chronic Pain



*How can you empower yourself and break the cycle
of physical and emotional pain?*

A public, panel discussion, everyone welcome.

Panelists include : Daniel LaMontagne, Meditation Teacher;

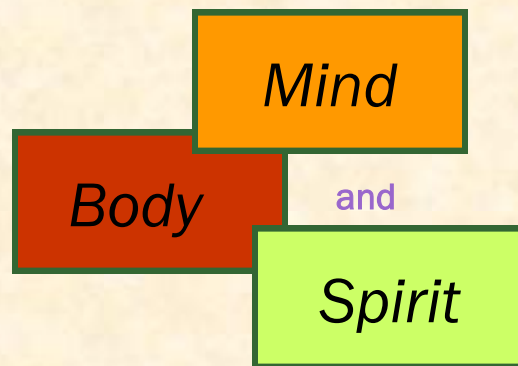
Jennifer Albright, MA, ATR, LPC, MHSP, Registered Art Therapist with Experiential Healing Center;

Tedrah Smothers, Certified Iyengar Yoga Teacher;

& Lorrie Garcia, LMT, NCTMB, Faculty Member of The Massage Institute of Memphis.

Moderated by Leah Bray Nichols, Certified Iyengar Yoga Teacher.

Connecting...



...to create a better, healthier you!

Tuesday, June 5, 2012, 6-8pm

Central Library

3030 Poplar Ave., Memphis, TN

Daniel LaMontagne www.meditatewithdan.com 901-685-2462