



Wellness Forum Health

Got Pain?

**Special Event: Effective Methods for
Erasing Pain from Your Life**

Presented by Eileen Kopsaftis, BS, PT, AFS, QMI, CHE, NE

**Just 90 minutes with Wellness Forum Health's physical therapist,
Eileen Kopsaftis, will change your life!**

**Eileen will show you simple movements and motions that will help
you to resolve stubborn pain from sports injuries, poor posture,
accidents, surgery, surgery, and
joint, muscle or back pain of any type.**

**The best part of all? You'll learn simple things that address the
root causes of pain that you can do at home on your own.**

Thursday, March 16 2017 7:00PM-8:30PM

Members \$15 Non-members \$20

Reserve your spot now, since spots are limited.

Call 614 841-7700

Wear comfortable clothing, since you will be moving around!

Note: tickets are transferrable but not refundable.