## Dr Kal Fried

Melbourne based Sports and Exercise Physician

## A Personal Pain Revolution Workshop

Monday 10 September 2018 10am to 1pm Griffith Neighbourhood Centre (next to Griffith shops)

This workshop explores pain science in an easy to understand way. The group will work together to integrate the knowledge and to gain a greater understanding of one's pain. You will learn the steps to an active recovery.

BOOKINGS at eventbrite.com.au (search for Pain-Workshop, Canberra) Or phone 6290 1984 \$22 per person Info at painsupportact.org.au





This event is supported by Canberra Southern Cross Club