



# **Join us for a FREE Presentation on Understanding Your Pain Better**

**Date: Tuesday, March 27, 2019**

**Time: 11:00 am – 12:00pm**

**Site: Upper Moreland Township Building**

**Guest Speaker: Margaret Fitzpatrick, PT,  
DPT, OCS**

**Current research has shown that the more we understand pain, the better we are able to manage it. This thought provoking educational presentation on pain will give you insight into a safer, more common sense approach on how to manage your pain. There will also be free joint pain screenings. Refreshments will be provided.**

To register go to [www.uppermorelandrec.com](http://www.uppermorelandrec.com) to secure your spot today!

Upper Moreland Parks & Recreation

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