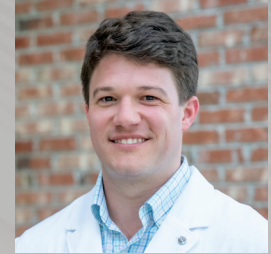


# UNDERSTANDING CHRONIC PAIN:

*Offering Hope Through Relief and Management Tools*

From physical therapy and mindfulness activities to medication and lifestyle changes, there are many ways to help safely reduce pain levels and improve overall functioning.

Join Dr. Elliott Pennington as he raises awareness for those suffering from chronic pain and offers hope that there are treatments and options available to help manage it.



**ELLIOTT PENNINGTON, MD**  
FELLOWSHIP-TRAINED  
PAIN MANAGEMENT SPECIALIST

The public is invited to a *complimentary* Lunch and Learn event featuring Dr. Elliot Pennington, fellowship-trained pain management specialist with Baldwin Bone & Joint, P.C.

## JAMES P. NIX SENIOR CENTER

Wednesday, December 6 | 11:45 am – 1 pm  
1 Bayou Drive - Fairhope

**RSVP by 12/4 to 251.928.2835**



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