



FREE

Community Wellness Conversation

More Life. Less Pain.

*Helping You Understand Pain—
And What You Can Do About It.*



Why pain isn't always
what you think



Simple ways to help your
body feel better



Hope for moving more
and hurting less



Questions welcome



Presented by

Kaylee Guevara, BSN, RN

Founder, Restored Hope Pain Care



Nurse. Advocate. Community Partner.

Text

Join Us!



DATE: August 17th



TIME: 11 a.m.- 12 p.m.



LOCATION: 6th Street
Senior Center



Bring a friend.
Family members and caregivers are welcome!

