



Bay County Department on Aging ~ presents  
*In service opportunity for Volunteers, Caregivers, and Seniors*

## Informational Session on Pain Management

Do you suffer from pain? Whether it is chronic and consistent pain or acute pain (such as headaches or an injury) that typically goes away once the cause of the pain is removed. We have all experienced some kind of physical pain. Once we have experienced pain, how do we deal with it effectively? There are many methods one can use to manage their path. This session will explore a variety of options to manage pain and discuss the pros and cons of each. Tracy Metcalfe, Bay County Health Department Educator will speak on Pain Management. Reserve for this program along with a noon lunch.

Wednesday, September 20, 2017

Times: 12:00—12:45 p.m. Lunch  
12:45—1:45 p.m. Program  
2:00—3:00 p.m. Caregiver Meeting



Location: Riverside Activity Center  
800 J. F. Kennedy Drive  
Bay City, 48706

Space is limited so get your registration in early.  
\$2.50 suggested donation (60 yrs. & better) for lunch  
\$4.75 fee for (59 and under)

**Menu:** Entrée~ Patty Melt on Bun, Fries, Green and Yellow Beans, Peanut Butter Cookie  
choice of: **Salad**~ Chef Salad or **Sandwich**~ Grilled Meatloaf

To make reservations and/or transportation requests call Sandy at (989) 893-7070.  
Reservation's must be made to attend by calling or filling out the detached section, no later than  
Monday, September 18th.

For more information on this and other programs offer from the Department on Aging visit our  
webpage at [www.baycounty-mi.gov/aging/](http://www.baycounty-mi.gov/aging/)

Like us on Facebook: [www.facebook.com/Bay County Division on Aging](http://www.facebook.com/Bay County Division on Aging)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email or Home Address: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

indicate menu choice: entrée  salad  sandwich

Indicate category: Senior  Caregiver Participant  Division on Aging Volunteer

Individuals with disabilities may request auxiliary aids/services by contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event. In service sept 2017