

WATSON'S PHARMACY AND WELLNESS CENTRE

192 Main St., Ottawa, (613)238-1881, www.watsonspharma.com



Coping with Pain: Conventional and Complementary Approaches

**Wednesday,
November 4, 2009
at 7:00 p.m.**

Nearly 1 in 5 Canadian adults suffer from chronic pain. In this seminar, a panel of speakers featuring Dr. Mary Redmond, an MD specializing in pain management and the author of *Pain and Stress: The New Plagues*, will discuss a variety of approaches for coping with pain. There is no admission fee and refreshments will be served.