

IT'S GOING TO BE OK

A Support Group For Women in Chronic Pain

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Chronic pain is a life changer. When you can't do what you used to be able to do it can be frustrating, depressing and lonely. Pain can rob you of energy and the enthusiasm to live a fullfilling life. It's possible to redesign a life that is joyful and meaningful. With the support of women who understand each other's struggles we will go beyond pain management to focus on how to live an enjoyable life. You will gain strength and hope and will learn ways to find inspiration in spite of everyday difficulties. Each class will include a lesson in techniques for peace of mind and relaxation. You're not alone. Come join us and find hope, joy and inspiration.

Instructor: Carol Rivendell, M.A., M.Ed

First Presentation Is Free (Next 5 Are \$10 Each)

\$10 Each Session Total of \$50 I.D.* / \$60 O.D.*

Place: River Road Recreation Center

1400 Lake Dr. Eugene

Register: www.rrpark.org • (541) 688-4052

or with:

carolrivendell@gmail.com • (541) 999-6421

Time: 12:30 to 2:30

6 Tues. Afternoons
from 1/15 to 2/27

* ID=Inside District
ZIP of 97404

* OD=Outside District
Outside of 97404 ZIP



- Carol Leads Her Workshops
With Knowledge Humor & Enthusiasm

- She Knows How To Inspire & Empower
Women so They Can Lead Happier
Healthier & More Fulfilling Lives.

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(541) 999-6421

OUR FACILITATOR: Carol Rivendell, M.A., M.Ed. Masters in Counseling

For over forty years Carol has offered inspiration and hope to her students, clients and workshop attendees. After thirty years as a licensed Marriage and Family Therapist she retired to Eugene, Oregon, where she maintains a small private practice.



She also enjoys facilitating workshops and support groups. Carol's workshops and support groups are inspiring and life changing. They deal with such topics as living well with chronic pain, self esteem, communication skills, body image, and stress reduction.

Joy, hope and inspiration are always her goals.

She holds Master's Degrees in education and in counseling. Carol has the know-how and tools to inspire and empower. Change is facilitated with compassion, humor and enthusiasm.

For Private Appointments: carolrivendell@gmail.com
(541) 999-6421