

# BACK IN CONTROL

## A Spine Surgeon's Roadmap Out of Chronic Pain

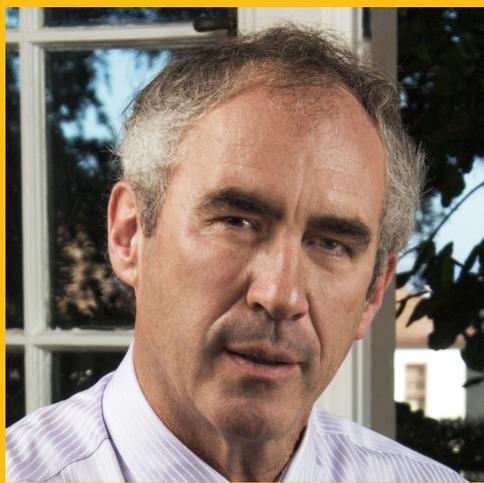
Saturday November 30  
10am - 5pm

NY Open Center  
22 East 30th Street

212-219-2527 ext. 2

Course Fee: \$75.00

Register online at: <http://www.opencenter.org/back-in-control-a-spine-surgeons-roadmap-out-of-chronic-pain/>



This workshop is for people who have experienced prolonged discomfort, physical and/or emotional pain including back pain, migraines, and TMJ. **Orthopedic spine surgeon David Hanscom MD has shown hundreds of chronic pain patients how to free themselves from the constant cycle of chronic pain without surgery and medication.**

Participants will learn valuable information on how pain can be softened and even reversed. Methods presented include writing, guided imagery, energy work, play, and rhythm to release you from pain.

The workshop is led by leading orthopedic spine surgeon, David Hanscom, MD, author of the book *BACK IN CONTROL: A Spine Surgeon's Roadmap Out of Chronic Pain* and Babs Yohai, a professional dancer whose expertise in rhythm and movement is a powerful part of the healing process. Solutions will be presented that will re-connect your mind with your body and move past your pain.

This program is helpful to people and their families who struggle with chronic pain and healthcare professionals who'd like to utilize these techniques in their practices. Those suffering from any chronic illness will benefit from improved coping skills.

For further information about Dr. Hanscom visit  
<http://www.drdauidhanscom.com/>