



An Ask the Experts Event

Integrative Pain Solutions

Thursday, June 22, 2017

**Executive Caterers at Landerhaven
6111 Landerhaven Drive, Mayfield Heights 44124**

Hear our Cleveland Clinic Integrative and Lifestyle Wellness experts share their tips for managing your pain. We understand that healing involves not just physical recovery, but also a return to mental, emotional and spiritual well-being. To ensure integrated healing, we incorporate all forms of healthcare into the patient experience. It's time to Ask the Experts. Bring your questions, bring a friend.

Reservations and more information | clevelandclinic.org/wellnessevent

A Holistic Model of Care for Pain Management

Join us for a lively, informative event that includes complimentary health screenings, wellness information and a sit-down dinner. Bring your questions and hear up-to-date answers from a panel of Cleveland Clinic experts. Enjoy pampering, giveaways and prizes. Visit our retail boutique specializing in health and wellness products. *Retail items available for purchase.

5:30-6:30 p.m.

Registration, health screenings and wellness information

6:30-8:30 p.m.

Dinner and expert panel Q&A session

Cost: \$20 (includes special gift).
All major credit cards accepted.

Reservations and more information
clevelandclinic.org/wellnessevent

For questions, call 440.312.4804.



Panelists include:



Moderator
Michael Roizen, MD
*Lifestyle Medicine
Specialist; Preventive
Medicine*



Andrew Bang, DC
Chiropractic Care



Susan Veleber, LAc, LCH
*Acupuncture and Traditional
Chinese Medicine*



Kellie Kirksey, PhD, LPCC-S
*Licensed Clinical Counselor,
Holistic Psychotherapy*



Josie Znidarsic, DO
*Acute and Chronic Pain Shared
Medical Appointments/Wellness
Primary Care*



Hong Shen, MD
*Integrative Pain
Management*



Yoga demonstrations provided by:
Judi Bar, E-RYT 500
*Therapeutic Yoga Specialist;
Director of Cleveland Clinic
School of Yoga; Reiki Master;
Yoga Program Manager*



Attendees Can Enter to Win a
Vitamix Blender!