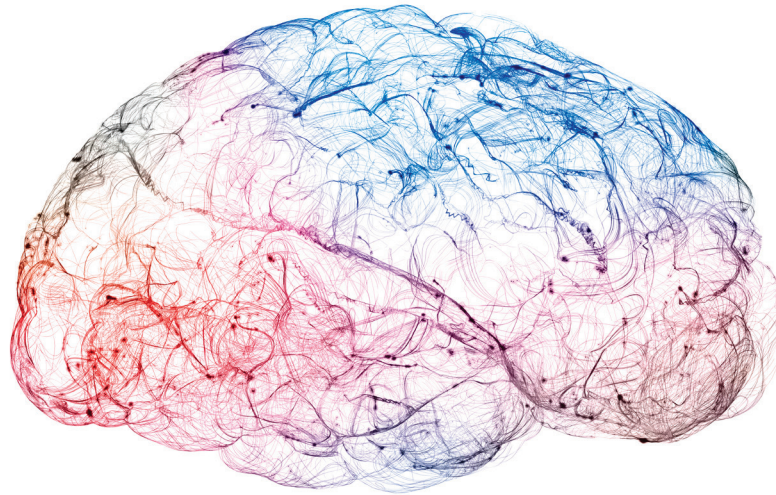


GRAY MATTERS

Free Brain Health Workshops

Chronic Pain and Brain Health



with Brittany Denis, PT, DPT, RES-CPT

Join us to learn about the latest research on the connection between chronic pain and brain health. The presentation will cover the connection between our physical health and brain health, how prolonged pain can change the brain, and an overview of evidence-based interventions to help manage chronic pain.

When: Wednesday, December 15, 2021

1-2:30pm

Register in advance for this Zoom event at:

<https://us06web.zoom.us/meeting/register/tZwkf--upjgrGN0w0spIqOCf4mpj18rES6Qt>

After registering, you will receive a link via email to join the meeting.

About the Presenter:

Brittany Denis, PT, DPT, RES-CPT, graduated from Grand Valley State University with a Bachelors of Biomedical Science and a minor in Nutrition in 2009. In 2013, she received a Doctorate of Physical Therapy from Des Moines University. She is passionate about helping people improve their movement so they can continue doing the things they love.



To enroll, contact MindU@jfsdetroit.org or 248-788-MIND.

