



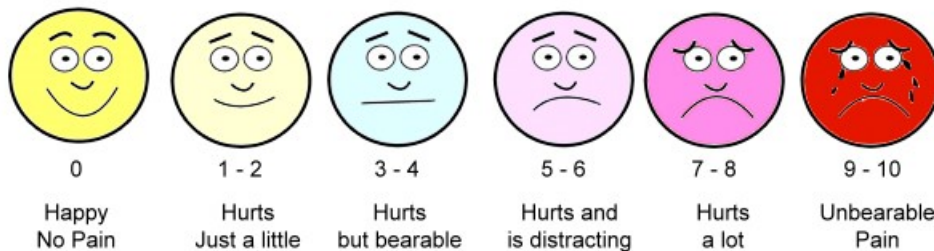
Feel Good Fridays

Come by and chat about Tools one can use to help deal with chronic conditions or chronic pain

Friday August 11, 2023



Pain Levels



- WHAT:**
- Come and practice better breathing
 - Chat about other tools one can use to help deal with chronic conditions or chronic pain
 - Access information about programs at the Centre

WHEN: Friday August 11, 2023 1pm-4pm

WHERE: Centennial Park by the Quinte West Pop Ups
7 Couch Street, Trenton

