

United Methodist Village
presents

SmartMoves Healthy Learning Lectures

Introduction to Therapy *presented by Dawn Laws*

Are you struggling to get up from your chair? Are you experiencing a decrease with balance? Are you afraid to fall? What about pain? Are you having trouble remembering your appointments? Let us help you!! Did you know that therapy services are offered right here in your own home to help with all of these things and MUCH more? Come learn what therapy services we have to offer.

Date: Tuesday, April 17th
Time: 10:00 am
Location: Chapel

For more information, contact
Dawn Laws at 618-917-6235





A free healthy learning program...

Psychological Toolkit for Managing Physical Pain

Presented by OSF Psychological Services

Wednesday, April 18 | 11 – 11:45 a.m.

UMV Chapel

Dr. Shannon Walker, licensed clinical psychologist, will talk about non-medication techniques for managing chronic pain.



OSF® HEALTHCARE