

INVITATION



— YOU ARE INVITED TO —  
attend an **informative talk** on

# PAIN MANAGEMENT

The talk will be conducted by a PAIN Practitioner and Occupational Therapist, and they will discuss the causes of pain and how to better manage your symptoms. A Q&A will be conducted afterwards.

TALKS WILL BE HELD IN AND AROUND THE EVERGREEN  
LIFESTYLE VILLAGES ON THE FOLLOWING DATES:

**07 APRIL**  
VAL DE VIE

Dr Izelle Taljaard  
and Tammy Olivier  
15H00

**13 APRIL**  
BERGVLIET

Dr Caryn April  
and Claire James  
14H00

**14 APRIL**  
MUIZENBERG

Dr Nadah Karriem  
and Claire James  
14H00

**19 MAY**  
DIEP RIVER

Dr Caryn April  
and Claire James  
14H00

**26 MAY**  
NOORDHOEK

Dr Nadah Karriem  
and Claire James  
14H00

#### CONTACT US

on 021 300 0770 or email us  
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for more information

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