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Workshops on Wellness

Promoting a Healthier Lifestyle in Waunakee

Sponsored by: Village Center of Waunakee and
Waunakee Lions Club

“How to Overcome Chronic Pain without Drugs or Surgery”

Presenter: Anne Asher - Certified Health Coach and Pain Specialist

Anne is the founder of Posturally, LLC, a movement education company for people who seek relief from chronic pain. She is certified by the American Council on Exercise as a trainer and health coach. Anne is also an award-winning journalist specializing in spine, author of the book *Inside Out Pain Relief: The Human Approach to Healing Your Body*, and a consumer reviewer for the Cochrane Back Group. Anne's expertise has been featured in major media outlets including Wiley, Conde Naste, the American Council on Exercise and extensively on About.com, while it was a division of *The New York Times Company*.

Posturally
Movement Education & Healing

Presentation Overview

Anne will help you understand why you're in pain from both holistic and medical points of views. She will explain why gentle movement that is specific to the pain release process often provides profound results for people living with longstanding debilitating pain. The workshop will conclude with a few easy-to-learn take home “movement experiences” to get you going with Anne's approach.

Contact Info:

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Date: Wednesday, December 11, 2019

Time: 7:00-8:00 pm

Location: Waunakee Village Center

Free Event

