Dear Health Enthusiast

Arthritis. Stress. Those are the main topics of this eNewsletter. Read our articles and learn how you can better manage your everyday life avoiding extra pain or suffering. Let's live better and stronger!

Wildwood Lifestyle Center & Hospital

### UPCOMING EVENTS

**Wildwood Lifestyle Center & Hospital**

**The 39th Annual Medical Seminar**

Approved for 24 CMEs & CEUs

**October 9 - 13, 2013**

Approaches to **Pain Management**

![Wildwood Seminars](WildwoodHealth.org/seminars)

**Wildwood Lifestyle Center & Hospital**

**The 39th Annual Medical Seminar**

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**October 9 - 13, 2013**

**“PAIN MANAGEMENT”**
This year we will focus on the various methods for relieving pain. It is designed for health professionals and also enthusiastic people who are interested in health. A variety of medical professionals will speak on the different causes of pain and methods of pain management.

This year's presenters include Joe Gager, PT, Roby Sherman, MD, Zeno Charles-Marcel, MD, Agatha Thrash, MD, and Mark Johnson, MD to name a few.

Our topics include Physical Therapy Uses for Pain, Overlooked Causes of Pain, Cancer Pain, Treatment for Acute Pain, Psychological Intervention for Chronic Pain, Opioid Withdrawal, and more…

For more information & registration:
Call 1-800-844-1099 or 423-521-5058.

The Early Bird price is $375 until September 16th (Regular price is $527). These prices include meals & lodging.

AMA Credit Designation: The University of Tennessee College of Medicine designates this live activity for a maximum of 24.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Accreditation: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the University of Tennessee College of Medicine and Wildwood Lifestyle Center & Hospital. The University of Tennessee College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

FEATURED ARTICLES

Five Physical Strategies for Stress Relief
Do you want to avoid stress? Or to minimize its impact in your life? This article may help you!

12 Lifestyle Strategies to Reduce Your Risk for Osteoarthritis & Its Progression
It is one of the most common health problems of the elderly, and also a significant problem for younger...
adults. Arthritis pain can come and go for many years; it may cause the joints of…

**Five Mental Strategies for Stress Relief**
At a women’s conference, prime front seats were erroneously double-ticketed and many of the ladies who had previously arranged for front seats were delegated to the back. Their unhappiness...

**Inspirational Story: Help for Arthritis**
If you ever wished for relief from painful arthritis without drugs, Everett’s story is for you.
Best Health Solutions

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