

# Join us for our next Monthly Workshop on Chronic Pain:

## Unrealistic Expectations

*With Dr. Don Counihan, Jr.  
Director of Functional Rehabilitation  
at Boston PainCare*



### In this workshop, we will discover:

- How our imagination influences are perceptions
- How to enjoy the discomfort of change
- How your thoughts and feelings are interconnected
- How sadness can be driven by unrealistic expectations

*And so much more!*

*Seating is limited to the first 35 people.  
Space is limited, so sign up today!*

**Join us!**  
**Wedn, Dec 5<sup>th</sup>**  
**at 12 pm (noon)**

boston  
**paincare**  
Live again.

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