



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA in Greenfield

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Date: 10/24/16

PRESS RELEASE

YMCA IN GREENFIELD TO HOST INTERACTIVE PAIN SUMMIT

Greenfield, MA. – On Nov. 2 Dr. Ramon Nunez, creator of the Pain Resolution Program will be conducting two free interactive Pain Summits for healthcare providers, business leaders, and the community. Participants will learn about this innovative treatment option for reducing or eliminating chronic pain – the number one reason for prescribed opioids. **The two sessions will be held: 11:30-1:00 p.m. and 5:30-7:00 p.m. at the YMCA in Greenfield, 451 Main St., Greenfield, MA.**

Pain is a leading cause of increased healthcare costs, disability and lost productivity. Dr. Joseph Sliwowski, a leading authority on pain and occupational health, will also speak on empowering people to manage and resolve pain without opiates.

"I've been able to significantly reduce opiate prescriptions in my practice by teaching patients a whole new way of self-care," said Dr. Sliwowski. "The healthcare system needs to have an open mind and sense of urgency towards safe, innovative care options for chronic pain that work. We have this approach with the Zika virus, why not for a leading and fastest growing cause of disability?"

Bob Sunderland, YMCA Executive Director said, "I attended a presentation this summer at our YMCA put on by Dr. Nunez and Dr. Rodrigues on their Pain Resolution Program. During the presentation two Y staff members were quickly taught some simple...almost non-exercise movements that lessened their pain in just a few minutes. They were taught how to do these movements with proper breathing for 2-3 minutes twice a day to eliminate or reduce their pain long term. If I didn't see it with my own eyes I wouldn't have believed the quick results. The two presentations on November 2 are free. People will learn more about the six-week course that Pain Resolution hopes to conduct at our Y in early 2017 and its associated fees (at this time, insurance does not cover the program. Even though this is not a YMCA program, I felt it was important for Doctors, business owners to learn about this pain solution."

Summit participants will learn how to reduce costs from pain care by up to 50% and improve productivity for their organizations through the Pain ReSolution Program.

By the Numbers:*

- Chronic pain is a leading cause of disability and affects 100 million people in the US, more than diabetes, heart disease, and cancer combined.
- Approximately 20% of employees suffer from moderate to severe chronic pain.
- A person with moderate to severe chronic pain generates \$6,100 more in health expenditures and works 504 fewer hours annually than a person without pain.

*Figures based on 2011 Institute of Medicine Report, Relieving Pain in America.

Complimentary refreshments and light snacks. Parking is available in the Ys back parking lots, please enter through the front, Main Street entrance of the Y. Space is limited. Please call the Y at 773-3646 ext 0 to reserve a spot in one of the two presentations on Wednesday, November 2, 11:30am 1:00pm or 5:30-7:00pm.

For more info about the Pain ReSolution program please contact Dr. Alba Rodriguez, 813.786.6641 or arodriguez@painresolution.org