

VITALITY WINTER WELLBEING SERIES



AN EVENING FOR WOMEN

Rethinking Pain

A Modern Guide to Helping Your Body Heal

An engaging and practical evening exploring a modern understanding of pain, the nervous system and recovery.

Registration
Now Open

Limited to 12
Women

AN EVENING OF:



Meaningful
Conversation &
Connection



Grazing
Platter &
Drinks



Time
Around the
Fire Pit



Infrared
Sauna



Spa
Access



Thursday 16 July



5pm - 8.30pm



Hollyberry House



\$95

OUR SPEAKER:
GRETTA WALSH

Gretta Walsh is an Occupational Therapist & Pain Educator with The Pain Revolution, passionate about helping people better understand pain & the nervous system, and providing practical tools to support recovery.

TOGETHER, WE'LL EXPLORE

- Why pain is protective & how it keeps us safe
- Why pain can become overprotective
- The factors that influence how we experience pain
- Practical strategies to reduce pain sensitivity & support recovery
- A fresh perspective on the connection between pain, the nervous system & healing

FOR MORE INFORMATION, OR TO REGISTER:

www.veruscoaching.com.au/vitalitywinterseries

clare@veruscoaching.com.au

0400 629 875

