

Health *Within* Reach

Local physicians addressing important health topics.



Understanding Back Pain

Topics: Spinal Stenosis, Disc Herniation, Sciatica, and Arthritis.

Presentation by:

John Guernelli, MD

Mid Coast Medical Group—*Physiatry and Pain Management*

Board Certified in Physical Medicine & Rehabilitation/Pain Medicine

April 24 from **5:30-6:30 p.m.**

Mid Coast Center for Community Health & Wellness Teaching Kitchen

329 Maine Street—SOUTH ENTRANCE, Brunswick

Health Within Reach is an ongoing educational series of **FREE** talks, classes, demonstrations, and healthy lifestyle options.

For more information, call
(207) 373-6585 or visit
www.midcoasthealth.com/wellness.



MID COAST *Center for*

Community Health & Wellness

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