

Join Us for this FREE Event!

# Dine & Discover

Hosted by Chisago Age Well Coalition

with the assistance of a Title III grant from the Central Minnesota Council on Aging as part of the Older Americans Act

## Living with Chronic Pain

For older adults  
and their caregivers



**Cynthia  
Loehlein, GNP**  
M Health Fairview  
*Pain as We Age*



**Colleen  
Erb, PsyD**  
St. Croix Health  
*Your Brain & Pain*



**Carol Mueller-  
Leavitt, PT, DPT**  
M Health Fairview  
*Staying in Motion*

## Tuesday, May 13, 2025

If you or someone you care for live with persistent pain, our speakers will help you explore options for relief. Come whether you've seen many doctors in the past or none. All are welcome. Pain affects mind and body. Speakers include a specialist in geriatric pain, a physical therapist (at noon event only) and a clinical psychologist certified in helping people train their brain away from pain. Chisago County Public Health and Steve Rummier Hope Network will offer resources on prescription opioid use, harm reduction, and strategies to manage pain as people age.

(Check-in begins 30 minutes before each session.)

**12 noon Zion Lutheran Church, 28005 Old Towne Rd., Chisago City**

Three presenters - Public Health Resource Table - Light lunch served.

**3:30 p.m. Chisago County Senior Center, 38790 Sixth Ave., North Branch**

Two presenters - Public Health Resource Table - Afternoon appetizers

**Registration requested by Friday, May 9. Call 651-674-1025**

To register online, use the QR code or go to North Branch Community Education, choose Senior Offerings, scroll to Dine & Discover - Living with Chronic Pain.

