



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COFFEE TALK



WORKING SAFELY AROUND THE HOME/ MANAGING CHRONIC PAIN

Wednesday, October 12, 10 am, GE Multi-Purpose Room

Tis the season for yard work, like raking leaves and preparing gardens for the inevitable appearance of snow. It's important work, but it's even more important to use caution and remain injury-free as the seasons change!

Join Occupational Therapist Allison Blatt of UPMC Center for Rehab Services to hear her tips for safe yard cleanup and how to know when you should call the doctor in the event of injury or illness. Additionally, she will discuss different treatment options to manage pain, whether it's from a recent injury or due to chronic issues.

SPEAKER: Allison Blatt, M.S., OTR/L



FREE AND OPEN TO THE PUBLIC.
Can't make it? Catch the live-stream on the
YMCA of Greater Erie Facebook page.

EASTSIDE YMCA
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