

Sample press release #1

To: Community Page editor
From: Chronic Pain Support Group, Susan Gold, 284-4655
Please post in your community listings on or before Thursday,
March 2. Thank you.

“Ways of Treating Chronic Pain” to be topic at Support Group

OLD ORCHARD BEACH—Marie King Hardman will speak on “Ways of Treating Chronic Pain” at the March 2 meeting of the Chronic Pain Support Group. The group meets at 6 p.m. at the Hospitality Room of The Pines in Ocean Park. The presentation will address techniques and treatments designed to alleviate chronic pain.

Hardman, a registered nurse, licensed massage therapist, and Reiki master, is a hands-on health professional who assists people in their healing process. Her approach to healing, bodywork, and teaching provides an outlet for unbalanced energy and emotional pain that can cause physical pain. Hardman will discuss her techniques and answer questions during the presentation. Hardman operates ReUnion, a firm in Gorham offering massage therapy and other health treatments. She holds a Master’s degree in Adult Education from the University of Southern Maine.

The support group, an affiliate of the American Chronic Pain Association, meets the first and third Thursdays of each month from 6 to 7:30 p.m. at the Hospitality Room at Pinewood, The Pines, Ocean Park. Meetings are free and open to all who cope with chronic pain. Family and friends are also welcome. For directions, please visit www.desktoppub.com/support or call Evelyn at 937-2020 or Cindy at 929-6956.

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Sample press release #2

To: Community Page editor

From: Pain Support Group, Susan Gold, 284-4655

Please include in your community listings by Jan. 4. Thank you.

Chronic pain support group to discuss letting go

SACO—The Chronic Pain Support Group will discuss the importance of letting go at its meeting on Thursday, Jan. 4, at the Hospitality Room of The Pines in Ocean Park. The meetings offer people with chronic pain the opportunity to talk with others who have similar problems, hear how they cope, and share their frustrations and feelings. All those with chronic pain are invited to attend. Their friends and family members are also welcome.

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