

**NEW
FAIRFIELD
SENIOR
CENTER**

Non-Medicinal Pain Management Seminar



**WED, 7/15
1:30 PM**

**Presented by
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OT/L
Occupational Therapist**



Relieving pain without medicine often involves targeting the source through targeted therapies. Key strategies include using ice or heat, gentle movement, massage, and deep breathing exercises. Tailoring these non-pharmacological methods to your specific type of discomfort can help manage and reduce your symptoms safely. Here are the most effective ways to manage pain without medication:

Hot and Cold Therapy

Mind-Body Techniques

Physical Activity and Stretching

Massage and Topical Relief