

MOVE
 the art and science
 BEYOND
 of pain-free movement
 PAIN™

Conference Description:

The focus of this conference is to share the subtle art and science of incorporating pain-free movement with therapists/clinicians working with patients/clients who have fibromyalgia, chronic fatigue, arthritis, back pain, myofascial pain syndrome and various other chronic pain conditions.

Namita Gandhi, clinical exercise physiologist, will present the results of her award-winning research study *Effects of an Exercise Program on Quality of Life of Women with Fibromyalgia*, which is now published in *Women and Therapy* journal. Ingeniously combining breath awareness with body awareness, Ms. Gandhi will share her revolutionary therapeutic movement program called Move Beyond Pain™ for your complex chronic pain patients/clients.

Some of the possible benefits of her Move Beyond Pain™ program are: pain reduction, fatigue and stress reduction, ease of movement, improved range of motion, better sleep and improved quality of life. The presentation will combine lecture and practical application of techniques.

Conference Objectives:

At this conference, you will:

- ❁ Learn the art and science of pain-free movement for helping your patients/clients with fibromyalgia, chronic fatigue, arthritis, back pain, myofascial pain syndrome and various chronic pain conditions.
- ❁ Learn how to prescribe a research-based, highly effective and comprehensive movement routine for your chronic pain patients/clients with minimal post-exercise exertion.
- ❁ Learn and teach your chronic pain patients/clients the “no pain, no pain” approach of the Move Beyond Pain™ program for optimizing movement in their life without aggravating their symptoms.
- ❁ Learn the importance of incorporating breathing and relaxation, stretching, strengthening and cardiovascular exercises for chronic pain, stress and insomnia management.
- ❁ Understand and appreciate the vicious cycle of chronic pain and fatigue in which most of your chronic pain patients/clients are entangled.
- ❁ Get to personally experience the Move Beyond Pain™ routine and its profound relaxation response.

Speaker

Namita Gandhi, MS, MBA, MA, a practicing clinical exercise physiologist, the president of the Integrative Movement Clinic, Inc., a published researcher, the founder of the PainPals network, and an exceptional teacher, is the innovator of the revolutionary Move Beyond Pain™ program for chronic pain management.

Her clinical experience (including work at a cardiac and pulmonary rehabilitation program), her strong educational background, her personal experience with chronic pain combined with her extensive exposure to holistic health topics have given her a unique perspective in effectively managing chronic pain. The primary goal of her therapy is to improve the quality of life of people with chronic pain by empowering them.

Ms. Gandhi serves on a 19-member Oregon Pain Management Commission, is an active member of the Pain Society of Oregon, and is affiliated with the National Fibromyalgia Association and the Arthritis Foundation.

Locations

June 25, 2005

Linn-Benton Community College
 The Forum Auditorium, F-104
 6500 Pacific Boulevard SW,
 Albany, Oregon

October 22, 2005

Lane Community College
 Center for Meeting and Learning
 400 East 30th Avenue
 Eugene, Oregon

What to Bring

Participants should dress in casual, comfortable clothes and bring a mat or a blanket and a neckroll or towel.

Cost

\$ 99 for 1-day program (includes lunch)

\$139 for registrations postmarked or paid:
 after June 17, 2005 for Linn-Benton Community College
 after September 30, 2005 for Lane Community College

No refunds will be given for non-attendance.

No refunds will be given for cancellations received or postmarked after June 17, 2005 for Linn-Benton Community College.

No refunds will be given for cancellations received or postmarked after October 14, 2005 for Lane Community College.

Continuing Education Contact Hours

Registered nurses can receive continuing education contact hours for this program through Good Samaritan Regional Medical Center, Corvallis. This program is provider-approved by the California State Board of Registered Nursing, provider number CEP 8729 for 5.5 contact hours.

NON-PROFIT ORG.
 US POSTAGE
PAID
 PERMIT NO. 41
 ALBANY, OR 97321

Linn-Benton
 COMMUNITY COLLEGE
 Health Occupations/Services Education Center
 6500 Pacific Blvd. SW, Albany, Oregon 97321-3755

RETURN SERVICE REQUESTED

A WORKSHOP FOR
 HEALTHCARE PROFESSIONALS

MOVE
 the art and science
 BEYOND
 of pain-free movement
 PAIN™

June 25
 2005
 Albany
 Oregon
 or
 October 22
 2005
 Eugene
 Oregon

SPEAKER
Namita Gandhi, MS, MBA, MA
 Clinical Exercise Physiologist

SPONSORED BY
 Linn-Benton Community College
 Lane Community College

 HEALTH OCCUPATIONS/SERVICES EDUCATION CENTER

 An Equal Opportunity/Affirmative Action Institution

PROGRAM SCHEDULE

- 7:30 a.m. Registration
- 8:00 a.m. Introductions, Begin Presentation
- 10:00 a.m. Break
- 10:15 a.m. Presentation (continued)
- 12:15 p.m. Lunch
- 1:15 p.m. Presentation (continued)
- 2:45 p.m. Break
- 3:00 p.m. Presentation (continued)
- 4:00 p.m. Adjourn

SPONSORS

Linn-Benton Community College
Health Occupations/
Services Education Center
Albany, Oregon

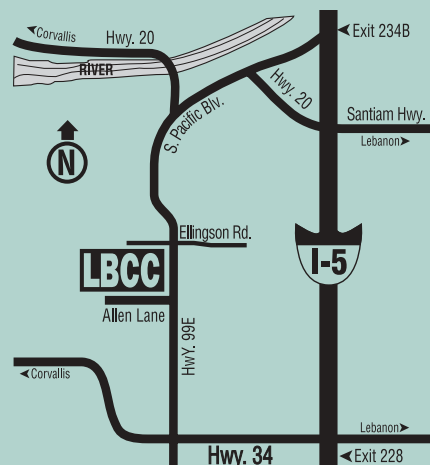


Lane Community College
Eugene, Oregon



For information, call (541) 917-4510
or visit our Web site
<http://cf.linnbenton.edu/hosec>

Albany Area Map



Airports

Portland International Airport
Portland, 80 miles north

Mahlon Sweet Airport
Eugene, 40 miles south

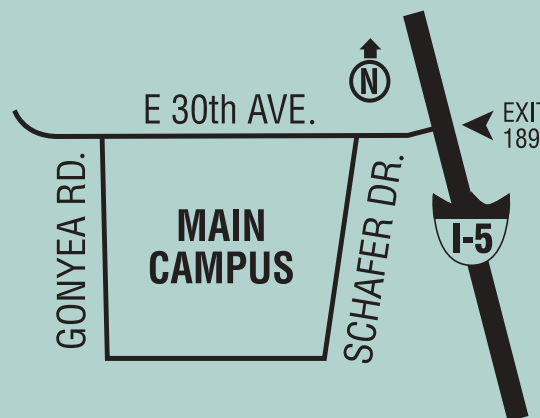
Lodging

Housing accommodations in Albany, Oregon
near Linn-Benton Community College

LaQuinta Inn & Suites 251 Airport Rd. SE Albany, OR 97321 (541) 928-0921 (800) 531-5900	Best Western Albany Inn 315 Airport Rd. SE Albany, OR 97321 (541) 928-6322 (800) 528-1234
Comfort Suites 100 Opal Ct. NE Albany, OR 97321 (541) 928-2053 (800) 228-5150	Holiday Inn Express 105 Opal Ct. NE Albany, OR 97321 (800) 465-4329

LBCC is an Equal Opportunity Institution. For disability accommodations for the workshop on June 25, 2005, call (541) 917-4789 (voice) or (541) 917-4703 (TDD). Please submit your request 4-6 weeks before the event, where possible.

Eugene Area Map



Airports

Portland International Airport
Portland, 120 miles north

Mahlon Sweet Airport
In Eugene

Lodging

Housing accommodations in Eugene, Oregon
near Lane Community College

Best Western Greentree Inn 1759 Franklin Blvd. Eugene, OR 97403 (541) 485-2727 \$70-85	Hilton Eugene and Conference Center 66 E 6th Ave. Eugene, OR 97401 (541) 342-2000 \$114-129
Phoenix Inn Suites 850 Franklin Blvd. Eugene, OR 97403 (541) 344-0001 \$79-89 ask for Lane Community College Rate	

If you need disability accommodations in order to attend or participate in the workshop on October 27, 2005, please contact Disability Services at (541) 463-5150 (voice) or (541) 463-3079 (TTY), at least one week in advance.

REGISTRATION FORM - Move Beyond Pain™

You may register with a credit card by calling HOSEC at (541) 917-4510 or fill out this form and return it along with your payment to the following:
LBCC/HOSEC, 6500 Pacific Boulevard SW, Albany, OR 97321-3755. Please register me for:

Saturday, June 25, 2005 • Linn-Benton Community College • \$99 (\$139 after June 17, 2005) Saturday, October 22, 2005 • Lane Community College • \$99 (\$139 after Sept. 30, 2005)

Name _____ Title _____ License number _____
 Organization _____ Street address (required) _____ City _____ County _____ State _____ Zip _____
 Mailing address _____
 Email address for confirmation _____
 Phone () _____ Fax number () _____
 Did you live in Oregon or a bordering state for the 90 days prior to this term? Yes No
 Are you a U.S. citizen or resident alien? Yes No, Country _____ Social Security # _____
(Providing your Social Security number is voluntary. If you provide it, the college will use your Social Security number for keeping records, doing research, aggregate reporting extending credit and collecting debts. Your Social Security number will not be given to the general public. If you choose not to provide your Social Security number, you will not be denied any rights as a student. Please read the statement in the back of our quarterly schedule of classes or our catalog, which describes how your number will be used. Providing your Social Security number means that you consent to use of the number in the manner described.)
 Payment options: VISA MasterCard Purchase order Check or money order (make payable to LBCC)
 Credit card # _____ Expiration date _____ Amount \$ _____
 Name as it appears on the card _____ Address if different from above _____