

# YOUR HEALTH AND YOU

## WHAT YOU NEED TO KNOW ABOUT TAKING CONTROL OF YOUR PAIN MANAGEMENT

### KEYNOTE SPEAKER:

Cristen Mackwell MSN, RN CMSRN, NPD-BC  
Clinical Nurse Specialist and NICHE Coordinator  
Hackettstown Medical Center

### PARTICIPANTS WILL

- Learn about tools and resources available to access alternative approaches to pain management.
- Identify alternative methods to effectively manage pain
- Understand the risks of prescription pain medication as it relates to addiction

**EACH PARTICIPANT WILL RECEIVE A HEALTH AND WELLNESS BAG**



**PAVINCI ITALIAN GRILL  
AUGUST 11, 2021  
12:30PM-2:30PM**

**453 RIVER STYX ROAD  
HOPATCONG, NJ 07843**

To register, please contact:

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**COMPLIMENTARY LUNCH PROVIDED!  
REGISTRATION IS REQUIRED**



This program is funded by  
NJ Division of Mental Health  
and Addiction Services

