125+ YEARS OF CHANGING LIVES

CATHOLIC CHARITIES Brooklyn & Queens EST. 1899

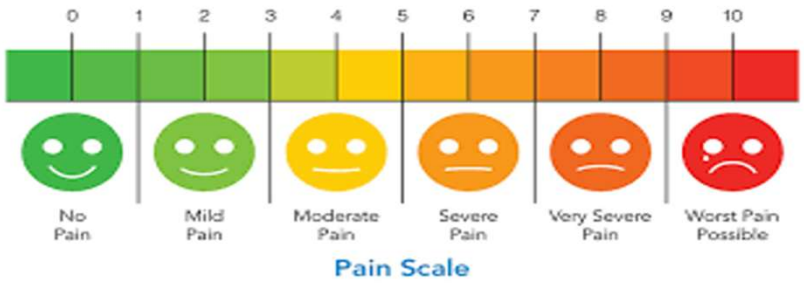
Chronic Pain Management Workshop

Wednesday, January 20, 2027 | 12 PM – 1 PM

Queens Public Library at Far Rockaway
16-37 Central Avenue,
Far Rockaway, NY 11691

Interactive workshop includes:

- Learn about factors affecting pain and how to manage symptoms
- **FREE giveaways**
- **Gift cards RAFFLE – FIRST COME, FIRST SERVED!**





Hosted by Catholic Charities Community Health and Wellness Program