

UNDERSTAND AND ENHANCE THE MIND-BODY CONNECTION



IS IT TIME FOR YOU TO RENEW AND CONNECT

CHRONIC PAIN SUPPORT GROUP

**CHRONIC PAIN CAN SOMETIMES LEAD TO LONELINESS AND ISOLATION.
GAIN SUPPORT IN A SAFE, NONJUDGEMENTAL SPACE.**

IN THIS GROUP WE WILL ENHANCE:

MEDICAL ADVOCACY HOPE TOOLS FOR PAIN AND FATIGUE
COMMUNICATION SOCIAL/FAMILY SUPPORT PERSONAL POWER

2X/MONTH, STARTING MID-MAY
DAY AND TIME TO BE ANNOUNCED
4848 BATTERY LANE, SUITE 202, BETHESDA, MD 20912
LIMITED TO 6 PEOPLE, \$35/SESSION, 8 SESSIONS



Candice offers compassionate, solution-oriented therapy to increase well-being. She works with the mind and body to create health and healing. Candice offers adult individual, group, and family therapy. She has a background in outpatient and inpatient medical social work. She is a meditation practitioner and a Registered Yoga Teacher with specialized training in Restorative Yoga.

**TO REGISTER, PLEASE CONTACT ME: CANDICE PEGGS, LCSW-C, LICSW, RYT
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