

# TAC Speakers Series

## Speaker: Terry Austin

Owner of Austin Addiction and Mental Health will speak on

Are you in pain?



0  
very happy,  
no pain



1 - 2  
hurts just  
a little bit



3 - 4  
hurts a  
little more



5 - 6  
hurts even  
more



7 - 8  
hurts a  
whole lot



9 - 10  
hurts as much  
as possible

## Pain Management

How do I manage my pain in a healthy way?

Can I use medication to control pain for a short time?

Is all pain medication bad?

What questions should I ask my doctor before surgery?

**FREE and OPEN TO EVERYONE**

**February 21, 2019**

**7:00 pm**

**Thurmont Town Office**



Question contact: 240-285-8079