



THE TRUTH DOESN'T HAVE TO BE PAINFUL

Learn alternative approaches to easing your pain

Explore complementary medicine's many routes to pain management, with Denise Demback, acupuncturist, and Uday Jani MD, a board-certified internist with a fellowship in integrative medicine. Learn how biofeedback, guided imagery, acupuncture, Chinese herbs, phototherapy, Ayurveda treatment, Tai Chi, meditation, and other techniques can be successfully integrated with traditional methods of pain relief.

Join Dr. Jani and Denise Demback for one of these free, informative sessions, open to the public at:

- Lewes Library- June 10 at 3:00 pm
- Rehoboth Library- May 20 at 3:00 pm
- Milton Library-June 12 at 5:30 pm

For more information: www.udayjanimd.com

RSVP to Dr. Jani's office at (302) 684-0990.