

Pathlights Lunch & Learn!

Understanding Alternative Treatments

WEDNESDAY, SEPTEMBER 20, 2023

Starts at 11:30 AM

Tickets \$25 per person

Conventional medicine may not have all the answers or solutions for every medical condition. Exploring alternative treatments can help fill in these gaps, offering options for individuals who may not respond well to or benefit from standard treatments. Some people may also prefer alternative treatments based on a desire for a more holistic approach, cultural or religious beliefs.

Pathlights' expert panel will discuss alternative treatments for ailments including, but not limited to, chronic pain, anxiety, depression, weight loss, and sleeping problems. Treatment topics include cannabinoids, stem cell therapy, hypnotherapy, acupuncture, and transcranial magnetic stimulation.

Generously sponsored by Right at Home, In Home Care & Assistance.



Lunch & Learn Location

**Calvary Church of Oak Lawn
10056 Central Ave., Oak Lawn**

Speakers

**Rebecca Abraham, RN, BSN
CEO and Founder, Acute on Chronic**

**Renee Lenore Oswald, CHt, (Certified
Hypnotherapist) CGLT (Certified Gathering
Lighthouse Teacher)
Your Mind Over Matter**

**Maureen Rafa BS, RN, PMHBC
Care Coordinator, MR Compassionate Care
Coordination, LLC**

**Sandi Visser
VP of Marketing & Sales, Chicago Stem Cell
Therapy and Pain Management Institute**

**Shonda Smith RN, BSN, MSOM, L.Ac
Blossoming Lotus Acupuncture, LLC**



REGISTRATION REQUIRED.

Visit [pathlights.org](https://www.pathlights.org)

Or scan the QR code

Or call 708.361.0219

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**Enriched by experience.
Empowered in life.**

**Pathlights guides people along the
path to aging in Southwest Suburban
Cook County.**

**Call 708.361.0219
Visit www.pathlights.org**

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