

# 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://pathlights.org)**

**Or scan the QR code**

**Or call 708.361.0219**

**Tickets \$25 per person**



**Pathlights**

**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](https://www.pathlights.org)**

Funding for Pathlights' programs provided in whole or in part by AgeOptions and federal and state government agencies, made possible through the Older Americans Act. Additional funding for services is provided by State of Illinois, Cook County, local municipalities, United Way of Metro Chicago, and other community partners and interested parties. Pathlights does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708-361-0219.

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