

# Live and Learn!

April 23rd 1 PM 410 Wckcliffe, Troy, IL

***Pain Relief Without Pills:***

***Modern Solutions that Restore Function***

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Join **Dr. Arthur Langston of Integrity Spine & Joint Center** for an informative presentation on today's most effective **non-surgical, drug-free treatments for pain**. Learn how therapies like **Class IV laser therapy, shockwave therapy, corrective exercise, and hands-on chiropractic care** can reduce pain, accelerate healing, and restore full function.

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**Sponsored by Jarvis Township Senior Center  
618.667.2022. RSVP is appreciated. No cost to attend!**

