



For: Immediate Release  
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Contact: Priya Kumar  
Number: 732.632.1528

## **Imagine Life Pain Free JFK Medical Center Hosts Free Pain Management Seminar**

Edison, NJ - Are you dealing with chronic pain? Have you tried everything to alleviate it and nothing seems to work? JFK Medical Center invites you to try Tai-Chi! Anyone, regardless of age or physical ability, can practice tai-chi which is a gentle form of stretching and physical exercise. Tai-chi is used to, reduce stress and pain, increase flexibility, improve muscle strength and definition, increase energy, stamina and agility, and increase feelings of well-being.

Come to learn about the various reasons of why people suffer from chronic pain! This is a FREE seminar, so please bring your family and friends! Light refreshments will be served and giveaways will be awarded to those who attend!

Date: Tuesday, April 21, 2009  
Time: 6:00 pm  
Location: JFK Classrooms  
(Across the street from the main hospital campus)  
70 James Street - Edison, NJ 08820  
More Info: To register, please call the JFK Public Relations Department at 732-632-1528

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JFK Medical Center, an affiliate of Solaris Health System, is a 535-bed full-service, acute care hospital, consisting of The Anthony M. Yelensics Community Hospital and the adjacent JFK Johnson Rehabilitative Institute. Located in the heart of Edison, NJ, it has remained at the forefront of quality care in the region since its inception in 1967. Today, JFK accommodates more than 20,000 admissions, 3,000 births and 50,000 Emergency Room visits on a yearly basis. The Medical Center features a complete array of services, including general surgery, emergency medicine, mental health, orthopedics, maternity and pediatric care. It is home to the New Jersey Neuroscience Institute, Regional Cancer Center, Haven Hospice, JFK Imaging Center and the JFK Family Practice Center. Affiliated with UMDNJ -Robert Wood Johnson Medical School and Seton Hall University School of Graduate Medical Education, JFK offers residency programs in physical and rehabilitation medicine, family practice and dentistry.