

## Free Community Seminar

# Living with Fibromyalgia: The Invisible Illness

**Thursday, May 16, 2019 from 6 to 8 p.m.**

Casa Colina Hospital and Centers for Healthcare, William W. Norin Education Center  
in the Tamkin Room (Building 1D) • 255 East Bonita Avenue (at Garey) in Pomona

### GUEST SPEAKERS



**Samy Metyas**  
MD, MSc, FACR, FACP  
Board-certified in Rheumatology  
& Internal Medicine,  
Assistant Clinical Professor  
of Rheumatology at USC



**Dianne Whiting**  
MA, PT  
Manager of Fibromyalgia  
Management Program at  
Casa Colina

### Topics of discussion include:

- What is Fibromyalgia and who gets it?
- Latest updates on management and treatment of Fibromyalgia
- Lifestyle modifications and exercise that improve symptoms
- Managing Fibromyalgia pain

**Refreshments will be served. Seating is limited. Please call to reserve your space.**

**866/724-4132**



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