



FOR IMMEDIATE RELEASE

## **Promote the body's potential to heal itself:**

### **Learn more at a FREE Community Talk**

(Edina, MN) July , 2011 - Twin Cities Pain Clinic will hold its first FREE community talk on **Tuesday, July 12 at 5:00 p.m.** in its new location, 7235 Ohms Lane, Edina, Minnesota. ([www.twincitiespainclinic.com](http://www.twincitiespainclinic.com)). "***Promote the body's potential to heal itself,***" will be the featured topic presented by TCPC Physical Therapist Linnae Wagner, a certified McKenzie therapist. The 30 minute talk will be followed by a Q & A period and a tour of the new facility. Refreshments will be served.

"If you wake up every morning with tight hamstrings, your nerves are sending off an error message to your muscles which needs to be turned off," said Linnae Wagner, P.T. "Tight muscles and other issues that can cause acute and chronic pain can be helped with proven physical therapy techniques." Twin Cities Pain Clinic physical therapists work with patients to create independence from their pain and to teach patients life-long pain management and prevention skills.

Twin Cities Pain Clinic is a leading acute and chronic pain clinic which offers a range of treatments including physical therapy, interventional pain treatments such as injections, medication management, psychology, and implantable devices.

Twin Cities Pain Clinic is located just off Highway 100 and 70<sup>th</sup> Street. Printable directions are on the website. [www.twincitiespainclinic.com](http://www.twincitiespainclinic.com). For more information, call 952-841-2345.