

CHRONIC PAIN

WHAT IT IS
WHY IT PERSISTS
WHAT HELPS

Explore why chronic pain is more than just physical pain and learn practical tools to better understand and manage the emotional and mental health aspects of chronic pain.

Speaker: Abir Aldhalimi, PhD

Date: Tuesday, May 19

Time: 11 - 12 am DC time

Location: Virtual & MC 6-860

**Hosted by HSD
Mental Health & Wellbeing**

Abir Aldhalimi, PhD, is a licensed clinical psychologist who specializes in helping professionals navigate anxiety, stress, and trauma. She works with patients to manage the mental health impact of medical conditions.

To join meeting, scan here:



Teams Meeting ID:

257 029 910 288 61

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