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## **For Grace to Host 8<sup>th</sup> Annual Women In Pain Conference and Live Webcast: “Transform Pain Into Strength: The Power of the Comeback”**

*The September 11th “By Women In Pain, For Women In Pain” conference will focus on building and sustaining resilience to overcome the daily challenges of chronic pain*

LOS ANGELES (August 18, 2015) – For Grace will host its **8th Annual Women In Pain Conference: “Transform Pain Into Strength: The Power of the Comeback”** on September 11th at the California Endowment’s Center for Healthy Communities in downtown Los Angeles and via live webcast. The conference will bring together hundreds of women in pain, their caregivers and healthcare providers along with leaders in pain research, management and advocacy to discover the building blocks of resiliency and to give women the tools they need to survive and thrive despite the challenges of enduring chronic pain.

*For complete program, registration and conference fee information, including scholarships availability, please visit [forgrace.org](http://forgrace.org). Five Continuing Education Units (CEUs) will be available for California Registered Nurses in attendance.*

The conference will feature presentations and a special interactive session from distinguished medical and wellness practitioners who will focus on strategies that build resilience such as cognitive reappraisal, maintaining strong support systems, controlling negative emotions and self-reliance. Also throughout the day, women in pain presenters will serve as inspiring role models to encourage attendees to forge their own emotional and physical “comebacks.”

"This year I'm excited that we'll be focusing on resilience. When we're broadsided by chronic pain, we lose most everything important to us and that we can count on. In order to survive and thrive, we must pick ourselves up, reinvent ourselves and move forward. To do that, resilience is key. Whether we're born with an abundance of resilience or not, we can all learn to develop more. And that's what our day is about", says For Grace Founder and Spokesperson, Cynthia Toussaint.

According to a groundbreaking 2011 report by the Institute of Medicine, more than 100 million people in the United States suffer from chronic pain. Continuing research shows that women are more likely to suffer from chronic pain than men, and the pain can come more frequently and hit with greater intensity.

This year's Women In Pain conference will also feature educational sessions on:

- Cognitive Reappraisal
- Mindfulness Meditation
- Creative Cursing Therapy
- Personal Comeback Stories

The day-long conference will kick-off at 9 am on Sept. 11th. During the morning session, **Dr. Afton Hassett**, a pain psychologist and associate research scientist at the University of Michigan's Chronic Pain and Fatigue Research Center, will present on the importance of resilience building and sustainability. Later that morning, women in pain **Christina Kish** and **Maddie Mae Ruud** will share how they use pole dancing and burlesque performance to spark personal comebacks in their daily struggles with chronic pain. Leading up to the lunch break, chronic illness advocate and author of *Chronic Resilience*, **Danea Horn**, will share her inspiring story while enlightening attendees about how stress management is essential to overcoming life-altering illness.

**Denise Dador**, KABC7 Health Specialist, will be the recipient of our 2015 "Patron of Women's Rights" Award. Also featured that day will be an award-winning art gallery by woman in pain **Radene Marie Cook** that depicts the chronic pain experience as well as photography by woman in pain **Dana Gambill**. Featured readings from actor **Kevin Dobson** will compliment this day of inspiration and empowerment.

Additional speakers and panelists include:

**Suzanne Hogren** – Group Leader, HopeKeepers Pain Support Group and Woman In Pain  
**Jennifer Hughes** – Marketing Strategist and Woman In Pain  
**Mindy Meyer** – Lead Moderator, Center for Collaborative Policy, California State University, Sacramento and Woman In Pain  
**Dr. Susan Nyanzi** – Chronic Disease and Wellness Specialist/Researcher and Woman In Pain  
**Irma Resendez** – Founder, Familia Unida Living with MS and Woman In Pain  
**Cynthia Toussaint** – Founder and Spokesperson, For Grace and Woman In Pain  
**Dana Wilson** – Woman In Pain

#### **About For Grace**

Founded in 2002, For Grace is a nationally recognized nonprofit organization that promotes better care and wellness for women in pain. For Grace has educated, supported and empowered thousands of women in pain through the use of public advocacy, legislative outreach, and mass media. For more information, please visit For Grace's brand new website at [www.forgrace.org](http://www.forgrace.org).

Reporters seeking to attend and/or cover the 8th Annual Women In Pain conference must contact John Garrett at 818.760.7635 or [jgarrett@forgrace.org](mailto:jgarrett@forgrace.org).

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