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**For Grace to Host 9<sup>th</sup> Annual Women In Pain Conference and Live Webcast:  
“Pain Takes a Vacation: Actions and Strategies that Get Us Away”**

*The September 23rd “By Women In Pain, For Women In Pain” conference has a flare for the islands while focusing on the power of distraction to promote self-care and better chronic pain management*

LOS ANGELES (August 22, 2016) – For Grace will host its **9th Annual Women In Pain Conference: “Pain Takes a Vacation: Actions and Strategies That Get Us Away”** on September 23rd at the California Endowment’s Center for Healthy Communities in downtown Los Angeles and via live worldwide webcast. The conference will bring together hundreds of women in pain and their caregivers with leaders in pain management and wellness advocacy to cultivate the power of distraction by giving women the tools they need to cope well with the daily challenges of persistent physical pain.

*For complete program, registration and conference fee information, including scholarship availability, please visit [forgrace.org](http://forgrace.org).*

The conference will feature presentations and a special interactive session from distinguished clinical and wellness practitioners who will focus on strategies that empower the use of distraction such as good sleep, sexual health and self-love, guilty TV pleasures and expressive arts. Also throughout the day, the event will serve as a fun and relaxing Hawaiian-infused get-away complete with hula dancing, tiki bar, limbo dancing, leis and ukulele performance.

"This year we're going to let our hair down and enjoy a tropical get-away, vacation garb and all. We women in pain need to be reminded that, even though it can be hard work, we deserve to take breaks from our pain and not let it define us. We're going to learn at this conference how distraction lowers our pain level and get a boatload of get-away ideas", 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, and the pain can come more frequently and hit with greater intensity.

The day-long conference will kick-off at 9 am on Sept. 23rd. During the morning session, pain psychologist **Dr. Kristen Richards** will present on how healthy distraction practices help control persistent physical pain, increase mental wellness and improve function. Later that morning, panelists **Dr. David Kilgore**, **Kirsten Schultz** and **Kevin Dobson** will lead a “Getting Away in the Bedroom” session that promotes the virtues of good sleep, good sex and guilty TV pleasures. Leading up to the lunch break, fibromyalgia expert and author of *The Fibro Manual*, **Dr. Ginevra Liptan**, will share her own inspiring chronic pain story while enlightening attendees about easy-to-do “get-away” techniques .

Mid-day, **California Senator Carol Liu** will be the 2016 recipient of the Women In Pain “Patron of Women’s Rights” Award. Following a hula dancing performance, a special interactive session that features the expressive arts as a powerful pain control strategy will be led by **Ping Ho**, Director of UCLA’s Art and Healing Program.

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**.

Additional speakers and panelists include:

**Kristina Breen** – VP, Public Policy, Visa International 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

**Cynthia Toussaint** – Founder and Spokesperson, For Grace and 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 [www.forgrace.org](http://www.forgrace.org).

Reporters seeking to attend and/or cover the 9th Annual Women In Pain conference are advised to contact For Grace Director John Garrett at 818.760.7635 or [jgarrett@forgrace.org](mailto:jgarrett@forgrace.org).

