



Living well with Chronic Pain and Illness

A paradox is revealed when people living with chronic pain appear “normal” to others.

When people try to carry on as though they are not in pain, it may increase pain levels thus causing depression, fear and anxiety.

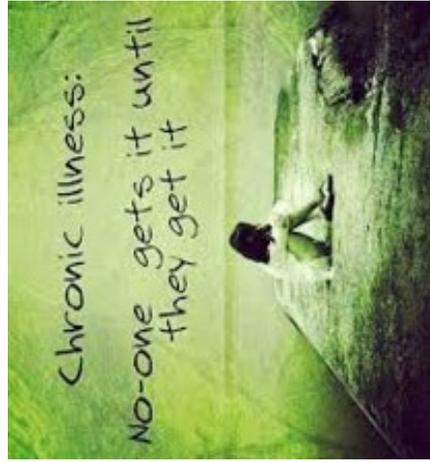
Come join our group and meet others who share a common goal: to “live well” with chronic pain, fatigue, and uncertainty.

Our Destiny

1277 Tomich Avenue
Richland, WA 99352

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Richland, WA 99352

Website: www.ourdestinysupportgroup.org
Email: info@ourdestinysupportgroup.org
Telephone: (509) 430-6474



Our Destiny

Chronic Pain and Illness Support Group

Our Destiny is a non-profit organization that is based on core Christian values and beliefs.

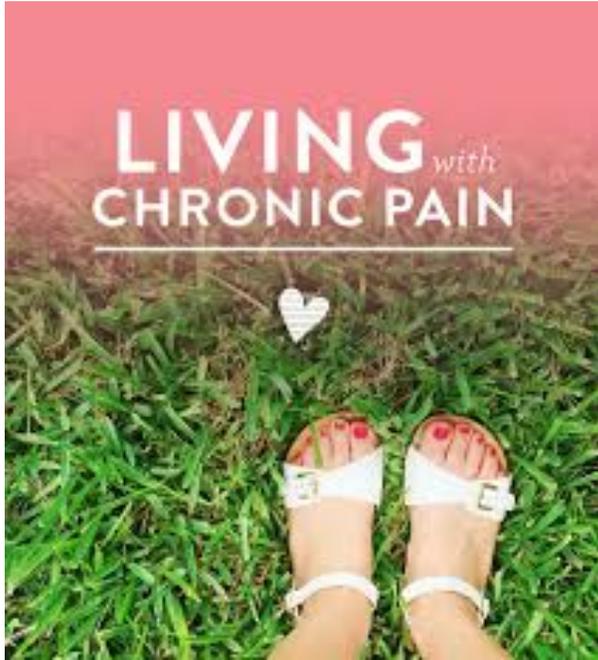
Meetings are held on the second and fourth Wednesday of the month from 10:00am –11:30am. Bring a friend and come as you are (no daycare provided).

MEETING LOCATION:

Richland Community Center
500 Amon Park Drive
Richland, WA 99352



WHAT WE CAN DO:



Together we can help each other relieve stress, pain, anxiety or depression by sharing information. I am deeply intuitive offering compassion and creativity to adult clients in an interactive and energizing style.

I strive to create a confidential and supportive atmosphere where we can share our experiences with others who are living with chronic pain and other disabling illnesses.

DEFINITION OF CHRONIC PAIN:

- ❖ Continuing or occurring again and again for a long time
- ❖ Suffering from a chronic illness
- ❖ Always present or encountered

MISSION STATEMENT:

To provide an uplifting, safe and encouraging place to gather among people whose lives have been affected by chronic pain. To share testimonies in a confidential and non-judgemental manner. A place to talk, learn, and listen to new technologies for treating chronic pain.



Biography



Anne-Marie Nelson moved to the Tri-City area from Seattle in 1971 and graduated from Richland High School. She studied

Computer Science at Columbia Basin College and proceeded to serve 26 years as a Graphic Designer at the Hanford Nuclear Reservation until she became disabled from arthritis and other related chronic conditions. Passionate about helping others who suffer from chronic pain, she devotes much of her time helping family members and friends who suffer.

"I know what it's like to lose everything. I lost my job, my income, relationships, and more. I know what it's like to lay in pain and despair and feel that no one understands, but there is hope"...

