

A NOTE FROM DR. LEMONS...

Thanks to the staff and many of our graduates, I am overcoming my resistance and excited to join the “modern world of telecommunications”! I look forward to keeping in touch with you through these newsletters.

One of our primary goals is to stand behind our “graduates” and continue to be here for you. As the program teaches, “even though chronic pain does not go away, we can make great progress in our ability to manage it, and clear up lots of the suffering caused by pain”.



Welcome to our inaugural newsletter! We will be giving updates about the clinic, some education about pain, as well as, some helpful tips from Dr. Lemons, Alicia (our physical therapist) and Norma (our nurse).

We need your help!

We are very passionate about what we do and know we can be helping so many more people. We have upgraded our website and Facebook page and would like help in spreading the word around Kansas City!

New Website: www.LemonsCenter.com

New Facebook: [CLICK HERE](#)

If you are on Facebook, please Like and Share our page with your friends! We would also greatly appreciate an honest review or recommendation on Facebook or Google. We are dedicated to improving your experience!

After going through the Comprehensive Program... *“I feel like I have my life back”*. -MR

NEW STAFF

Alicia Hyde joined us in December as our new Physical Therapist. She received her Masters of Physical Therpay from University of Missouri-Columbia 15 years ago. She lives with her husband and three kids in Lee’s Summit. Alicia enjoys vacationing with her family and doing photography.

Norma Boehner joined us in November. She is a Registered Nurse, Certified Case Manager, Certified X-Ray Technologist and Certified in Mental Health Nursing. Norma lives in Lenexa with her husband, and has three daughters and 4 grandchildren. She enjoys lake time with her family.

RELAX, JUST RELAX

Relaxation can help you take charge of your reaction to pain and promote a positive healing cycle, rather than remain in the vicious cycle. By using the relaxation techniques, it can:

Reduce the effects of stress

Decrease acute anxiety

Decrease muscle tension

Act as a distraction for pain

Enhance the effectiveness of other pain relief measures

Allows you to become more open to suggestions of comfort

Combat fatigue and/or facilitate sleep



