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NEWS

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For Immediate Release

Westfield Historical Society's May First Wednesday Luncheon – Staying Fit for Pain Management

Westfield, NJ -- As part of The Westfield Historical Society's *First Wednesday Luncheon* series, Dr. Laura Wong will be speaking on the topic of **Staying Fit for Pain Management** on May 1, 2019. The event will begin with check-in at 11:45 am at the Echo Lake Country Club, located at 515 Springfield Avenue, Westfield.

Dr. Laura Wong of AmeriCare Physical Therapy will be presenting a workshop on "Staying Fit for Pain Management". Being in good physical condition can be one of the best ways to manage your pain. Physical Therapist, Dr. Laura Wong, who is also a Certified Strength and Conditioning Specialist, will give some great insight and information on helping one maintain a strong, healthy lifestyle while reducing pain.

Dr. Wong graduated from Boston University with a major in Biology and minor in Public Health. Laura's passion in physical therapy began when she studied abroad in Sydney, Australia and spent four months as a physical therapy intern in an outpatient orthopedic private practice facility alongside a manual therapy physical therapist. She then furthered her career by studying at the Rutgers School of Health Professions, graduating with a

Doctorate in Physical Therapy. Laura has experience in outpatient orthopedics, hospital-based acute rehabilitation, and adult traumatic brain injuries. Her interests include manual therapy and treatment of movement disorders. Laura has recently earned a certificate as a Certified Strength and Conditioning Specialist. Dr. Wong has also received training in low back pain using the McKenzie method.

Those wishing to attend the luncheon may make a reservation by email to westfieldhistoricalsociety@gmail.com; or, by calling 908-654-1794, before 11:00 am on Friday, April 26th. Please advise if there are special dietary needs. The luncheon fee of \$35 (WHS members) or \$40 (non-members) includes a three-course meal, coffee/tea, and gratuity. The luncheon fee should be paid in advance (check payable to Westfield Historical Society) by mailing to Westfield Historical Society, P.O. Box 613, Westfield, NJ 07091; or, online at www.westfieldhistoricalsociety.org/registration/. Payments should be received by Friday prior to the luncheon. Westfield Historical Society memberships will also be available at the luncheon.

The Westfield Historical Society celebrated its 50th anniversary in 2018. Since 1968, the 501(c)(3) non-profit Westfield Historical Society has worked to preserve, interpret and encourage interest in history, Westfield, and its residents through educational efforts and community outreach programs. Echo Lake Country Club is at 515 Springfield Ave, Westfield, NJ. For Echo Lake County Club dress code information, check out the Guest Information at: www.echolakeecc.org/club.

For more information on the Westfield Historical Society and their events, visit <http://westfieldhistoricalsociety.org> and like us on Facebook.

PHOTO CAPTION: Dr. Laura Wong of Americare Physical Therapy will present a program on **Staying Fit for Pain Management** reviewing why being in good physical condition can be one of the best ways to manage your pain during the Westfield Historical Society's First Wednesday Luncheon to be held on May 1, 2019 at Echo Lake Country Club.

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