



Do you have **tinnitus** (ringing or other sounds in the ears)?  
Learn how to make life more comfortable.

## Progressive Tinnitus Management Class

At this 2-session, **patient-friendly** seminar, we teach you how to use sound to change how you feel.

Presented by VA researchers Candice Manning, PhD, Leslie Grush, AuD, and Sarah Faucette.

Tuesday, November 1<sup>st</sup> @ **4:00 – 5:30 PM**

Tuesday, November 8<sup>th</sup> @ **4:00 – 5:30 PM**

Attendance at both sessions is recommended.

Place: NCRAR - Portland VA Medical Center,

Building 104, Level P5 (Building 104 is across the street from the main hospital. Follow the signs to the Primary Care Clinic and take the elevator down to P5.)

**If you plan to attend, please call Leslie at 503-220-8262 ext. 56446.**

The class is open to all (Veteran or not). Feel free to pass this information along to anyone who's interested.

Sponsored by the VA National Center for Rehabilitative Auditory Research

