

## INTEGRATIVE CHRONIC PAIN SELF-MANAGEMENT PILOT PROGRAM

### Do you have chronic pain? We can help!

The Integrative Chronic Pain Self-Management Program is an 8-week workshop that helps people with chronic pain become self-sufficient in improving their health. Using Dr. Kailia's holistic approach to pain assessment and management, we have developed eight modules that integrate:

*Science-based medicine  
Yoga, Movement Therapy, and Trigger Point Therapy  
Cognitive Behavioural Therapy (CBT) and Somatic Relational Therapy  
Goal-setting; and Creating a Self-Management Health Plan*

We will arm participants with effective knowledge, tools, resources, and practical applications that work to help reduce pain, improve sleep, mood, body function, and overall quality of life.

**WHEN:** Wednesday evenings, 6:00pm - 8:00pm, for 8 weeks STARTING:

**Wednesday, March 1 - Wednesday, April 19**

**WHERE:** Horizon Room, Community First Health Coop, #205 - 518 Lake St, Nelson

**COST:** This workshop is being offered free of charge by Dr. Kailia, limited to 10 participants  
YOU MUST COMMIT TO ATTENDING ALL 8 SESSIONS

**WHAT PARTICIPANTS NEED:** We will provide materials. Come ready and willing to learn. \*\*If you have Therapy Massage Balls, we ask that you bring them. These can be purchased for a nominal fee at RISE BC Wellness Centre.

***If you are interested in participating, please contact either:***

*Dr. Kailia at RISE BC Wellness Centre (250) 352-5259 or*

*Jacqui at [riseabovepainbc@gmail.com](mailto:riseabovepainbc@gmail.com) (250) 777-1794*