



Do you or someone you know suffer with chronic pain?

Do you work with people who have chronic pain?

Six week Integrative Chronic Pain Self Management program

Starts: Jan. 25th 3-5pm

Location: The Hub in Nelson

The new holistic way to manage pain will be offered in Nelson this winter with the team of Rise BC.

Program includes:

- Pain education
- Nutrition for chronic pain
- Movement and yoga
- Sleep and mindfulness education
- Grief and loss
- Medication / cannabis
- Self management skills
- Stress and health action plan



Who should attend: Patients, family members, caregivers, healthcare providers, allied health professionals.

**SPACE LIMITED
NO COST**

Please contact and register with:
office@risebc.com

We want to thank The Regional District of Central Kootenay and the residents for sharing their Community Initiative Funds to support Rise Above Pain Society's Outreach Program.
