

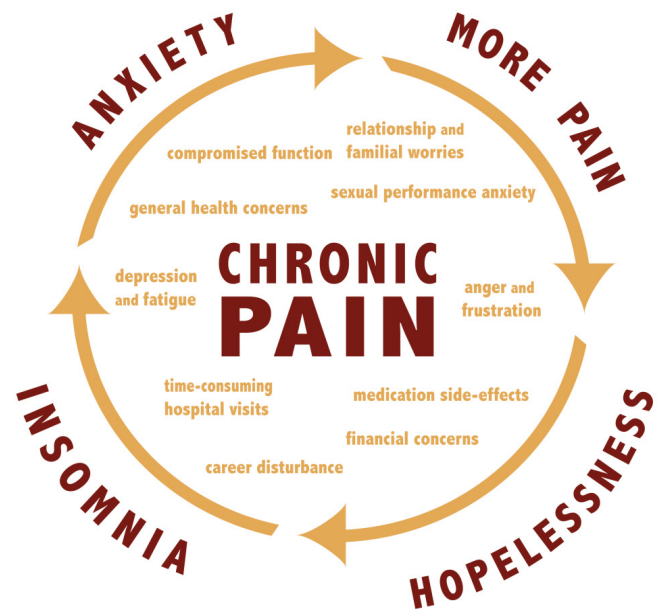
Rise Above Pain

NELSON: Free 6 Week Chronic Pain Support Program
Or in CASTLEGAR: Free 4 hour Introductory Program

If you or someone you know suffers with chronic pain, the Rise Above Pain Program can help!

Researched and developed by Dr. Joel Kailia, this new, evidence-based holistic pain management program includes:

- Pain education
- Nutrition for chronic pain
- Movement and yoga (that everyone can do!)
- 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 and allied health professionals.

The Rise Above Pain Program helps break the Chronic Pain cycle

SPACE LIMITED
NO COST

In Nelson: Starts Sep 27th, 4:00 - 6:00

In Castlegar: Sunday Nov. 3, 1:00 - 5:00

Financial Transportation Assistance Available for Winlaw and Area Residents

For Info and to Register: office@risebc.com
250-352-5259

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.

