

# BREAKING FREE OF CHRONIC PAIN™

## *Regaining Hope for Improvement*



This unique 6-week self-help program teaches tools and techniques for self-care and chronic pain management. The program helps to restore well-being and provides information about the effects of chronic pain on the health of your body, mind, emotions, stress and energy levels. You will learn how to retrain your nervous system, gain more control over your mood, achieve better function and *improve your quality of life*.

- Explore gentle movement, body awareness, deep breathing, mindfulness and deep relaxation through mind-body practices.
- Understand the impact of lifestyle, stress and diet on pain levels.
- Learn techniques for getting centered and feeling more comfortable in your body.
- Experience the benefits of deep relaxation for calming your nervous system and reducing stress.
- Learn about the nature of chronic pain as a mind-body phenomenon.
- Become empowered to reclaim responsibility for your well-being.

***Each session includes chronic pain education, breathing exercises, gentle movement and guided deep relaxation. Call now to register for classes beginning October 17th on Tuesdays from 11:30 to 12:45 in the Madrone Room (#2202) at 140 S. Holly, Medford, or to be placed on a waiting list for the next available start date. The total cost for the 6-week course is \$120 with a reduced rate of \$72 for OHP Members. Payment plans available***



To register contact:  
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For more information visit our website at:  
[www.breakingfreeofchronicpain.com](http://www.breakingfreeofchronicpain.com)

*A Program of Integrative Healing & Recovery Programs, LLC*