

Chronic Pain Management Lecture Series

Public Welcome

Thursday, November 4, 2010

1:00 p.m. Introduction to Pain

2:10 p.m. This is your body

Thursday, November 18, 2010

1:00 p.m. Medications

2:40 p.m. The Role of Exercise in Managing Pain

Thursday, November 25, 2010

1:00 p.m. Pacing in Pain Management

2:10 p.m. Nutrition

3:20 p.m. Attention and Memory

Thursday, December 2, 2010

1:00 p.m. Anxiety, Depression and Chronic Pain

2:10 p.m. Sleep

**3:20 p.m. Understanding Medical investigations
and the Health Care System**

**For further information and to RSVP
Please call 403-943-9925 ext. 3**

To view online please visit our website:

<http://www.calgaryhealthservices.ca/programs/rpp/resources/lectures.htm>