

Explaining Pain (Chronic Pain Management)

What can I expect to learn?

- Insights into understanding chronic pain
- Knowledge to build upon the practical implications and actions you can take to manage your pain
- How to manage your pain differently
- Ways to reduce your pain

How many classes are there?

- 9 classes for 1 hour and 30 minutes each

How is this class being offered?

- Over Zoom

Who can register for this class?

- Adults who are living in Alberta and will be in Alberta during the class

How can I register for this class?

- For more information about class schedules or to register, phone toll free 1-866-506-6654 or 1-866-795-9709