

# **BREAKING FREE OF CHRONIC PAIN™**

## ***Regaining Hope for Improvement***



**Mondays beginning June 1st, 3:30 to 5:00 p.m.**  
**Orenda Energy Arts, 617 East Main Street, Medford**

This unique 7-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.*

- Learn about the nature of chronic pain as a mind-body phenomenon.
- 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 winding down your nervous system by eliciting the relaxation response while diminishing the stress response.
- Explore gentle movement, body awareness, deep breathing, mindfulness and deep relaxation through mind-body practices.
- Become empowered to reclaim responsibility for your own well-being.

***The total cost for the 7-week course is \$140. A sliding scale as low as \$98 is available to those in need. Pre-registration required.***

***PLEASE RESERVE YOUR SPOT NOW AS SPACE IS LIMITED!***



To register contact :  
Laura Winslow at (541) 210-1952 or  
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For more information visit our website at:  
[www.breakingfreeofchronicpain.com](http://www.breakingfreeofchronicpain.com)