



Pain Cornerstones Class: A HALF-DAY PATIENT SELF-MANAGEMENT COURSE FOR CHRONIC PAIN



Open to patients, family, and community members hoping to live a better quality of life with chronic pain.

4.5 hours of enhanced education from clinical pain experts.

\$100 flat fee (includes one guest).

Now offering a local option for you at Decatur Morgan Hospital (Parkway Campus) on the Fridays below, from 10 am to 2:30 pm

July 15th

September 16th

November 11th

- **Exposure to basic pain mechanisms**, focusing on changeable brain pathways for enhanced symptom control.
- Improved confidence/ability to **self-manage pain** and decrease reliance on passive modalities, medications, and health care professionals.
- Enhanced **coping** and **acceptance** of chronic medical conditions to allow you to pursue or continue a satisfying quality of life.
- Expert education about **realistic expectations** for medications, as well as **common themes and complaints** among pain patients: sleep problems, depression and anxiety, family communication.
- Q&A opportunities to help debunk common **pain management myths**.

Call 205.982.3596 to sign up

www.doleysclinic.com