

Managing Chronic Pain and Suffering: A Whole Health Resource Workshop

Do you live with chronic pain? Join us to hear about the many resources available at Portland VA to help you manage chronic pain and improve your quality of life.

Presenters will include experts in:

Pain Medicine
CBT for Chronic Pain
Chiropractic Care

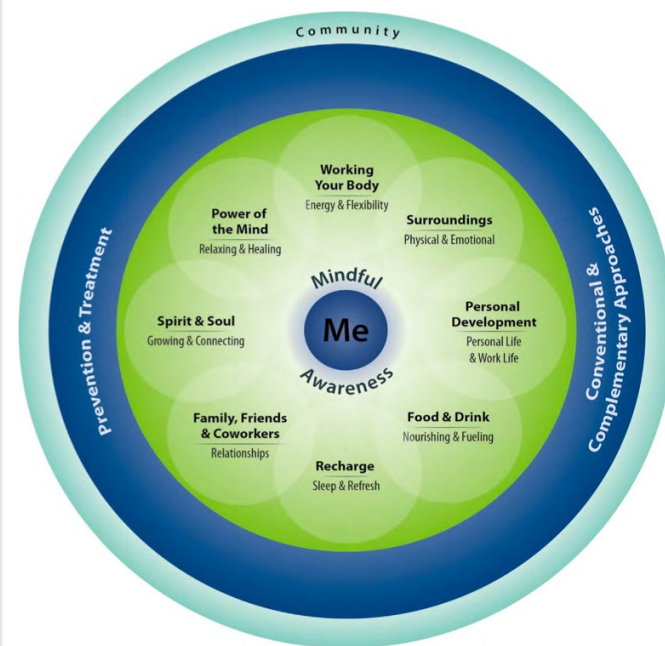
Medications
Nutrition
Yoga/Tai Chi

Acupuncture
Movement Therapies
Stress Management

You will learn about multiple evidence-based approaches to reduce your pain-related distress and will leave with a plan of action to improve your daily life.

When: Monday, February 11th 9 a.m. – 1 p.m.

Where: Portland Campus, Building 100, Auditorium



For more information or to sign up,
call Dr. Timothy Wright, PsyD

(503) 220-8262 ext.55612

Sponsored by VA Portland Center for
Integrative Pain Care (formerly NW Pain)

VA



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