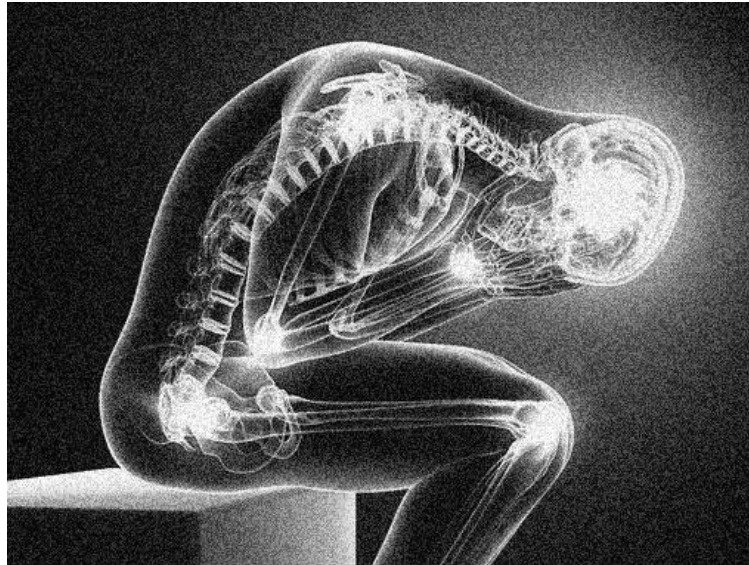


CHRONIC PAIN MANAGEMENT GROUP

Why do I hurt?

*I can't do what
I used to do*

*Why can't they
cure me?*



*I'll never
get better*

*No one
believes me*

I can't stand it

Join us for a **FREE**, hands-on workshop where you will learn:

- ✦ How pain works in the brain
- ✦ Techniques to help manage your pain
- ✦ How to break the pain cycle

This is a 6 week ongoing group!

Every second and fourth Monday of the month from 5:30 PM to 6:30 PM. Located at 1921 Main Street Alamosa, CO 81101

To join the group or get more information call Laura Burkhardt at 719-589-8123

Organized by San Luis Valley
Health, Behavioral Health
Department

For more information
please contact us @
719-589-8008

