



# Pain 101: Intro to Pain and Its Treatment

## Part of Pain University at Salem Health

Join physical therapy, behavioral health and occupational therapy in this fun 6 week class to help you better understand your pain, symptoms, improve sleep, set goals, and explore movement. Learn about why pain sticks around, and what you can do about it.

Additional classes to come as part of Pain University include Tai Chi, Yoga, Mindfulness Based Stress Reduction, Cognitive Behavioral Therapy for Pain and more!

## 2019 Schedule

**Wednesdays, 1 to 2:30 p.m.**

March 6 to April 10

May 1 to June 5

July 10 to Aug. 14

Sept. 4 to Oct. 9

## Where

Center for Health Education (CHEC)

Building D, First Floor

939 Oak St SE, Salem, OR 97302

## How

Register by phone at

503-814-2432 (CHEC)

Or register online at

[salemhealth.org/CHEC](http://salemhealth.org/CHEC)

*Scroll down and select 'click here'.*

*Select 'Classes and Forums' in the left column.*

## Cost

FREE

