

Managing Chronic Pain and Suffering: A 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 increase your quality of life.

Presenters will include experts in:

Pain Medicine
CBT for Chronic Pain
Sleep

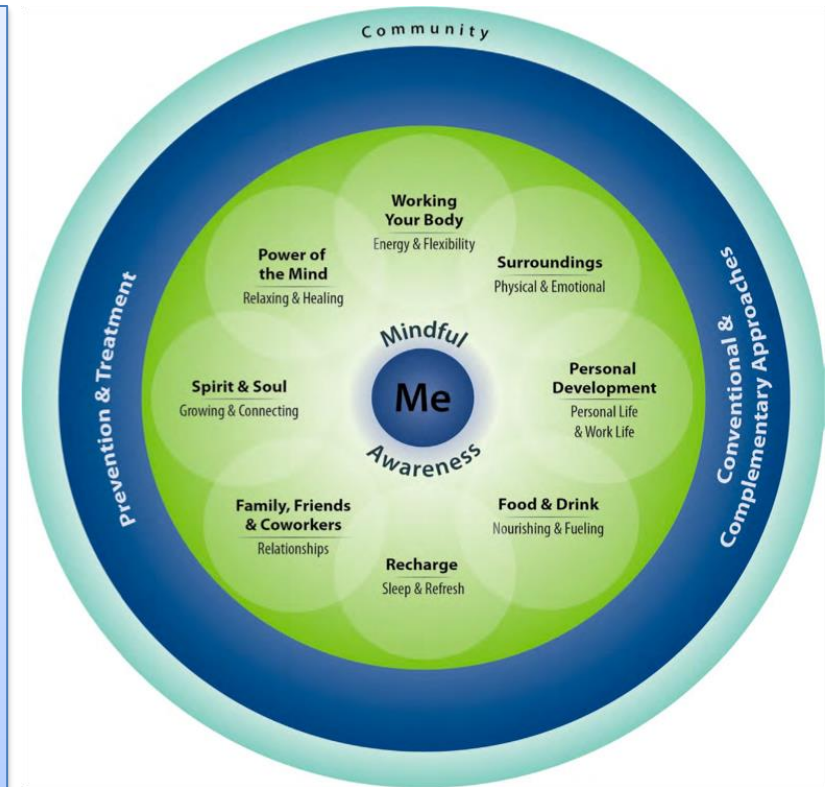
Medications
Nutrition
Yoga/Tai Chi

Complementary Medicine
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: February 13, 2018 – 9 a.m. - 1 p.m.

Where: Portland Campus, Building 101,
Room 201



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

At 503-220-8262 Ext. 55612

Program offered by NW Pain Clinic & PCMHI

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Portland Health Care System