



# JOURNEY TOWARDS RECOVERY

## PAIN MANAGEMENT PROGRAM



A holistic approach that  
looks at all aspects of  
your life



## Who is this program for?

- **People who suffer from chronic pain**



## What it covers?

- **8-10 weeks intensive group program**
- **One 60-75 minutes session per week**
- **Presentations & group discussions**
- **Educational videos & resources**
- **Mindful movement practice**
- **Development of Self Management Plan**
- **Working with multiple health professionals**



## What you get?

- **Deeper understanding of pain**
- **Learn to identify the cause**
- **Learn to self-manage your condition**
- **Gradual return to daily, sports & recreational activities**

Rebate available if you have extras cover through private health insurance

**CONTACT US TO ENERGISE YOURSELF!!!**

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