



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 Arthritis, Age-related, Post-surgical & Musculoskeletal chronic pain



What it covers?

- **12-15 weeks intensive group sessions**
- **One 60 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 deep rooted causes**
- **Learn to self-manage your condition**
- **Gradual return to daily, sports & recreational activities**

Cost - \$35 per session

Rebate available if you have extras cover through private health insurance

CONTACT US TO ENERGISE YOURSELF

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