



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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