

# CHRONIC PAIN MANAGEMENT GROUP

*Why do I hurt?*

*I can't do what  
I used to do*

*Why can't they  
cure me?*



*I'll never  
get better*

*No one  
believes me*

*I can't stand it*

Join us for a **FREE**, hands-on workshop where you will learn:

- ✦ How pain works in the brain
- ✦ Techniques to help manage your pain
- ✦ How to break the pain cycle

Join us EVERY Thursday from 12:00 to 2:00 pm  
in the Grizzly Education Center,  
1921 Main St. in Alamosa

This is a 6 week ongoing group, but feel free to drop in at  
any point!

For more information  
please contact us @  
719-589-8008

