

Chronic Pain **SELF-CARE PROGRAM**

Life on Your Terms.

You can redefine your quality of life. YRMC's Chronic Pain Self-Care Program will show you how to work in concert with your body to understand and ease chronic pain. All you need is the willingness to learn more about what chronic pain actually is—and what you can actively do about it.

Along with exploring the neurological side of pain, this program explores ways to:

- Reduce stress
- Feel sensations of comfort and relaxation
- Use food as medicine
- Face fear of movement
- Mitigate suffering
- Cope with uncertainty
- Befriend the body
- Pace physical activity
- Develop self-compassion

THE PROGRAM consists of five weekly two-hour classes followed by an optional ongoing empowerment group that meets every six weeks to practice learned skills.

Participation in the program requires a referral by your physician. Please ask your physician to fax a referral to (928) 771-5507.

If you have additional questions about Chronic Pain Self-Care at YRMC, please call YRMC's Physical Rehabilitation Program at (928) 771-5131.



CHRONIC PAIN SELF-CARE FACILITATOR

Cheryl Van Demark, PT
Physical Therapist and
Certified Yoga Therapist

CO-FACILITATORS

**Nutrition, Pharmacy, Behavioral
Health and Interventional
Pain Management Staff**



**YAVAPAI REGIONAL
MEDICAL CENTER**

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YRMC.org

YRMCHealthConnect.org

The cost of this program should fall under your health insurance company's physical therapy benefit.

