

# Life on your terms. Chronic Pain Self-Care Program

**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 and mitigate suffering
- Use food as medicine
- Feel sensations of comfort and relaxation
- Face fear of movement
- Develop self-compassion, cope with uncertainty
- Pace physical activity and befriend the body

The program consists of five weekly two-hour classes followed by an optional ongoing empowerment group that meets every six weeks. The integrative program includes co-facilitators from Physical Therapy, Yoga Therapy, Nutrition, Pharmacy & Behavioral Health.

**Please ask your physician to fax a referral to (928) 771-5507 (required).** The cost of this program should fall under your health insurance physical therapy benefit. If you have questions about Chronic Pain Self-Care at YRMC, call **(928) 771-5131**.