

# Navigating to Wellness

## Chronic Pain Group Learning



Thursdays 230-4 - next 6 week session – June 6<sup>th</sup> to July 11<sup>th</sup>

**Where:** Saskatoon City Hospital Room 1932 (turn right at the main floor entrance, across from the library)

If you'd like to join, email: [painclinic@saskhealthauthority.ca](mailto:painclinic@saskhealthauthority.ca)

Please dress comfortably and bring any props you may need to feel comfortable for the session. This is a group medical appointment, so participants will be required to sign a consent to keep everything shared in the group as confidential.