

Navigating to Wellness

Chronic Pain Group Learning

This free 6 - week course allows you to learn more about pain and how it can be managed to support your journey to wellness.

Topics include:

- Taking back control of your experience
- Building a plan for the future
- Learning the science of pain
- Discuss proven strategies



Thursdays 230-4 - next 6 week session – June 6th to July 11th

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.

