

# Mindful Management For Chronic Pain

Do you experience constant pain or have repeated episodes of severe pain? Maybe you have given up activities you love, or isolate yourself from family and friends because of your pain.

But you can do more than just “live” with your pain. This eight week experiential class focuses on alleviating physical and emotional pain as well as mental distress using

- Deep Breathing
- Progressive Muscle Relaxation
- Guided Imagery
- Body Awareness
- Gentle Movement
- Meditation

Join us as we explore mindful solutions for reducing symptoms and restoring hope in your ability to manage your pain and experience optimal wellness in a caring, supportive environment. No experience is necessary.

**When:** Bi-weekly meetings  
beginning Tuesday  
February 17, 2015

**Time:** 1 - 2:30 pm

**Where:** Infusion room of  
Restorative Medicine Center  
245 Barclay Circle, Suite 600  
Rochester Hills, MI 48307

**Fee:** \$20.00 per session  
\$150.00 entire series

**Presented by:** Roots & Wings Counseling

## For More Information Contact:

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