

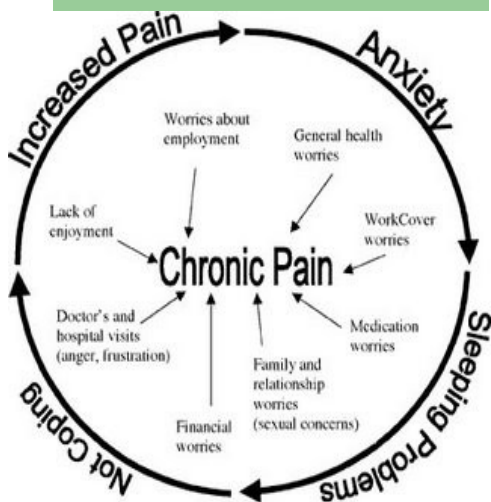


DEFEAT CHRONIC PAIN NOW!

Chronic Pain Support Group

Tuesdays 12:30 – 2 PM

Seerley Creek Christian Church—Pam Moncel , Facilitator



Self-introductions/story: 1 challenge for the week and 1 praise for the week

Meditation: relaxation

Self-care: coping techniques

Guidelines:

- Free to all chronic pain sufferers and their family
- Possible fee for guest speaker, e.g. massage therapist
- Members bring healthy snacks to share if desired
- Members bring their own comfortable mat, cushion, or pillow if desired
- Respect, compassion, and confidentiality for fellow member is expected and required

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