

Health Classes

SPACE IS LIMITED — PRE-REGISTRATION IS REQUIRED



Managing Chronic Pain

Wish you could rely less on medication to control chronic pain? In this **free class** taught by a physical therapist and behavioral health specialist, you'll learn proven coping techniques.

South | Wednesday, Jan. 16, 2019 | 2-3 P.M.

6640 SW Redwood Lane, Portland, OR 97224

- Taught by Michael Shrifter, PsyD and Leigh Reece, DPT

Downtown | Tuesday, Feb. 26, 2019 | 2-3 P.M.

800 SW 13th Ave., Portland, OR 97205

- Taught by Patricia Blumenthal, PsyD and Leigh Reece, DPT

Northeast | Thursday, March 21, 2019 | 5-6 P.M.

5005 NE Sandy Blvd., Portland, OR 97213

- Taught by Patricia Blumenthal, PsyD and Steven Nakano, MSPT

Beaverton | Wednesday, April 17, 2019 | 2-3 P.M.

15950 SW Millikan Way, Beaverton, OR 97003

- Taught by Jessica Binkley, PsyD and Leigh Reece, DPT

South | Wednesday, May 15, 2019 | 2-3 P.M.

6640 SW Redwood Lane, Portland, OR 97224

- Taught by Michael Shrifter, PsyD and Leigh Reece, DPT

RSVP: Please call 503-293-0161 ext. 4138