

# Pain Education Series

PRE-REGISTRATION IS REQUIRED



## Working through Loss & Grief in Dealing with Chronic Pain

*A support group for coping with the losses associated with chronic pain.*

**The Portland Clinic - Northeast | January 22, 2020 | 2:00-3:00 p.m.**  
5005 NE Sandy Blvd., Portland, OR 97213

## Understanding Pain with Fibromyalgia

*A class for those diagnosed with fibromyalgia to understand the mechanisms of their pain, and learn the tools and techniques to cope and live a better quality of life.*

**The Portland Clinic - South | February 11, 2020 | 2:00-3:00 p.m.**  
6640 SW Redwood Lane, Portland, OR 97224

## Introduction to Pain Management

*A class to better understand the physiological and emotional components of pain, and how to assemble your own toolkit for managing it.*

**The Portland Clinic - Northeast | March 17, 2020 | 2:00-3:00 p.m.**  
5005 NE Sandy Blvd., Portland, OR 97213

**The Portland Clinic - Beaverton | April 17, 2020 | 2:00-3:00 p.m.**  
15950 SW Millikan Way, Beaverton, OR 97003

To register for a class in our Pain Education Series, please call 503-293-0161 ext. 4138