



Empowered Relief[®]

Train your brain away from pain

This evidence-based, skills-based class requires only **ONE VIRTUAL VISIT!**

Learn about pain and what you can do to help yourself

Gain pain relief skills you can use right away

Receive a free binaural relaxation audiofile

Create a personal plan for pain relief

Bring a friend or family member with you!



**Please
JOIN US
for a 2-hour
class**

“I wish my doctor told me about this class on Day 1! Finally I have tools to manage my pain.”

— Janice

These **free** classes are held on Zoom each 4th Thursday of the month, at 12 noon PST. Classes can be arranged for other days and times.

Contact me for more information and to register for the meetings by emailing me at:

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 @EmpoweredRelief

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