

Tame Your Pain – Beyond Medication Online Group Medical Visit Series, Tuesday Afternoons July 11 – August 29, 2023

Living with chronic pain? We are committed to our community and empowering YOU with tools to manage your pain beyond medication and general well-being. Learn the most up-to-date research to “Tame Your Pain.”

Each visit will include a check-in practice, focused teaching on a topic related to easing pain, the latest evidence-based research, mind-body skills practices, group sharing and goal setting.

- WHAT:** An 8-week series of Tame Your Pain Group Medical Visits
WHEN: Tuesday afternoons 1:30 – 3:30 pm (In-Person)
WHERE: Whittier Clinic, 2nd Floor Group Medical Visit Space

Questions? Ready to schedule? Call 612-873-8048

Tame Your Pain Beyond Medication	
Tuesday Afternoons	Time 1:30 – 3:30 pm
1) Information Session: Neuroscience of pain	July 11
2) Mindfulness-Based Interventions and applied research	July 18
3) Shifting Inflammation: Food choices and Nutrition	July 25
4) Calming Stress: Physical and emotional to ease pain	August 1
5) Trauma Informed Care health and wellbeing	August 8
6) Movement With Pain: Being “sore but safe”	August 15
7) Sleep: How it affects pain	August 22
8) Connecting with Heart: Self and others easing pain	August 29



Sue Haddow, MD a doctor at Whittier Clinic trained in Integrative and Functional Medicine. Dr. Haddow has a passion for sharing skills and resources that people can use to meet their health goals.

For more details other group visits, logistics and insurance coverage visit, [Group Medical Visits - Hennepin Healthcare](https://www.hennepinhealthcare.org/groupvisits), email: groupvisits@hcmcd.org or call 612-873-8048.