

UPMC'S CENTER FOR INTEGRATIVE MEDICINE
PRESENTS:



EMPOWERED OVER PAIN

MANAGING CHRONIC PAIN THROUGH INTEGRATIVE HEALTH

A 6-WEEK COURSE

TUESDAYS FROM 3:00P-4:30P

FEB 20, 27 MARCH 5, 12, 19, 26

THIS GROUP WILL BE GUIDED BY EXPERTS WHO WILL
INTRODUCE TOPICS RELATED TO UNDERSTANDING
THE ROOTS OF PAIN AND OFFER PRACTICES TO
RE-PROCESS THE PAIN REACTION

PARTICIPANTS WILL BE BILLED FOR
BOTH A MEDICAL VISIT AND A BEHAVIORAL HEALTH VISIT
AND CO-PAYS MAY APPLY

FOR MORE INFORMATION PLEASE CONTACT 412-623-1203 OR
KAILB@UPMC.EDU