



Pain Neuroscience Education

Learn what we know about pain from a Psychologist. This class talks about:

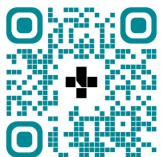
- The neurophysiology and the biopsychosocial model of pain.
- The Protectometer and 7 categories of danger (DIMs) or safety (SIMs) messages.
- How our nervous system can “wind up” and “wind down.”
- Ways to change your pain experience.

Class Type	Date	Time	How to Register
Online	Thursday, June 13, 2024	1:30 p.m. – 3:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

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