



# Explain Pain - Chronic Pain Management

Do you suffer from Chronic Pain? Our team works with anyone suffering from non-cancerous pain lasting for 3 months or more. We provide group classes and individual 1-1 visits. Our program will improve your:

- Understanding of Pain & Ability to self-manage pain.
- Ability to engage in activities that matter to you.
- Overall quality of life.

Class Type	Start Date	Time	How to Register
9-part series, online, 1 class/week	March 12 - May 7	6:00 p.m. – 8:30 p.m.	<b>1-866-506-6654</b> (Lethbridge or rural)
	April 22 - June 24	1:30 p.m. – 3:00 p.m.	
	May 16 – July 11	1:30 p.m. – 3:00 p.m.	
9-part series, online, 2 class/week	July 16 - August 8	1:30 p.m. – 3:00 p.m.	<b>1-866-795-9709</b> (Brooks, Medicine Hat, and rural area)
9-part series, online, 1 class/week	September 4 - October 30	1:30 p.m. – 3:30 p.m.	Hosted by South Zone
	September 24 - November 19	6:00 p.m. – 8:00 p.m.	
	October 17 - December 12	1:30 p.m. – 3:30 p.m.	
	November 13 - January 22	1:30 p.m. – 3:30 p.m.	

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Please note that we do not offer interventional services such as injections, medications, or surgeries.

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.

