Managing Pain
Before It Manages You

This workshop is based on the well-researched pain management program developed by Dr. Margaret Caudill and outlined in her book, Managing Pain Before It Manages You. In this workshop participants will learn to:

• Understand the causes of chronic pain
• Recognize what increases and decreases their pain symptoms
• Reduce pain with proven mind-body techniques such as relaxation, meditation and gentle exercise
• Make informed decisions about medications and nutritional therapies
• Set realistic goals and enjoy life again!