

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!