



REACH
Community Health Centre
Building healthy, sustainable communities since 1969

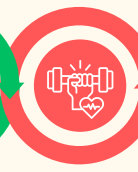
PAIN  **BC™**



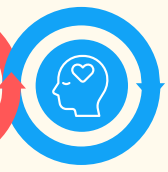
KNOW WELL
Chronic disease
management & prevention



EAT WELL
Creating healthy
meals at a low cost



MOVE WELL
Physical activity
support program



BE WELL
Mindfulness for stress
& pain management

WORKSHOP **KNOW WELL**

MAKING SENSE OF PAIN

If you are living with pain, you are not alone. Join this free, 10-week group program to explore practical strategies to help manage your chronic pain.

COME AND LEARN:



What causes pain and how it affects your brain and body.



Strategies to increase confidence, movement, and well-being.



Ways to improve your quality of life while living with pain.

SCHEDULE:



**Starts Friday,
November 6**
10 weekly sessions



2:00 PM to 4:30 PM

LOCATION:



REACH Community Health Centre
1145 Commercial Drive, Vancouver, BC
In-person sessions will take place in the upstairs kitchen on the second floor. Access is available by stairs or elevator.

REGISTRATION REQUIRED!

For questions or to join the waitlist, please contact us:



HEED@reachcentre.bc.ca



604-251-3000 ext. 298



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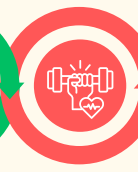
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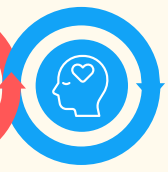
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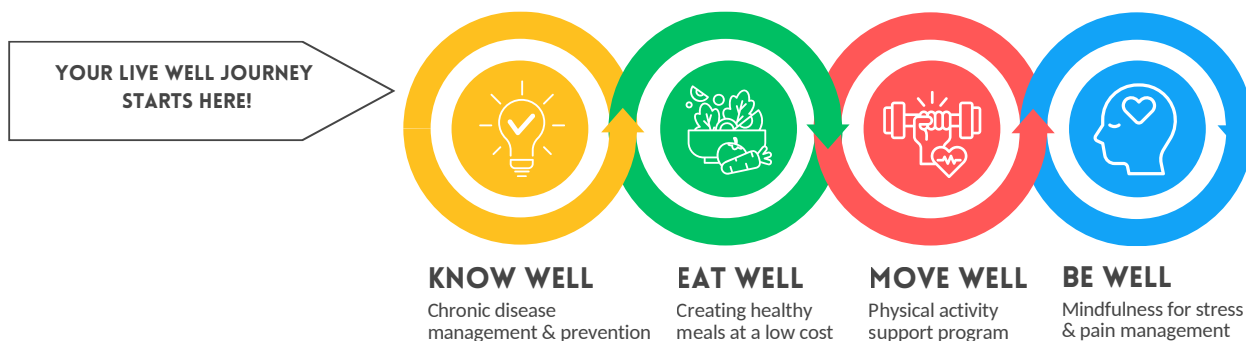
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Hi Medical!

The Live Well program has been running for TWO years and we want your feedback!



Join us on:

**Tuesday, September 1st from
12:30-1:30pm
in the Medical Meeting room**

Bring your lunch & see you there or email heed@reachcentre.bc.ca to reserve a sandwich!

-the public health team (Jay, Hailey, Lisa and J-F)