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Mindfulness Based Chronic Pain Management (MBCPM)

THE MBCPM PROGRAM MAY HELP YOU:

**REDUCE PAIN AND
IMPROVE RESILIANCE**

**BETTER MANAGE ANXIETY,
STRESS AND FEELINGS OF
ISOLATION**

**IDENTIFY PERSONAL
TRIGGERS THAT LEAD TO
PAIN EXACERBATION**

**CONNECT WITH OTHER
PEOPLE WITH CHRONIC
PAIN WHO UNDERSTAND
YOUR EXPERIENCE**

What is MBCPM?

The MBCPM is a 12-week evidence based trauma-sensitive and trauma-informed program designed specifically for those with chronic pain. It can help reduce pain, decrease stress and improve overall function.

Participants can expect to:

- Participate in a weekly 2.5h group class where they will connect with other pain sufferers
- Practice mindfulness and meditation (for as little as 10 min/day)
- Gain an understanding of the connection between stress and mind/body symptoms
- Enhance self-care practices, including eating, exercising, and sleeping
- Gain tools to enhance behaviors and self-awareness in relationship with others and with self

Program Details?

Who: Facilitated by Nicole Aylwin, Owner of Yoga Therapy & Wellness and Kristina Borho, Owner of Empowering Mind & Body.

When: Wednesday's 9:30am - 12:00pm, February 10 - May 5, 2021 (no class March 17th)

Where: The course is offered via Zoom Healthcare

Cost: \$1300 + HST

Registration: Email Kristina Borho at kristina@empoweringmindandbody.com